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Emotional stimulus for tough times

Chicken Soup for the Soul comes to the rescue with stories about surviving the economic crisis

COS COB, Conn. - Tough times won't last, but tough people will. Despite record unemployment which is rising, millions of homes in foreclosure and a worldwide economic downturn, people are learning to see the "green shoots" that are actually all around them.

Chicken Soup for the Soul: Tough Times, Tough People (Chicken Soup for the Soul Publishing, LLC, June 2009, 978-1-935096-35-1, \$14.95) is all about overcoming adversity, pulling together, making do with less, facing challenges, and finding new joys in a simpler life. The stories in this book remind us that we are all going through tough times, but we are tough people and we will survive.

"Amazingly enough, many of the writers in this book stressed how happy they are now, despite lower incomes and simpler lives," says publisher and co-author, Amy Newmark. "Many wrote about their new lives after economic troubles, chronic illnesses, natural disasters, or losing a loved one. In every story, you will find a common theme: people working together to help each other overcome their challenges, and finding blessings they didn't even know existed."

Chicken Soup for the Soul: Tough Times, Tough People presents tales of people who have been laid off, lost their homes, and endured wrenching life changes, but discovered the underlying gifts in their new situations. More time at home with family, creative "staycations," more satisfying job opportunities, and renewed gratitude for health and life are just a few of the silver linings these survivors cherish. As a gift to readers during tough times, the book includes "Ten Bonus Stories of Faith" in which writers talk about how their faith has helped them brave tough times.

"Perhaps these rough economic times can teach us all a thing or two about what is really important in life," says LaVerne Otis, who shares her personal survival strategies in her story "What's Really Important?" "We don't have to go to a theme park or even to a movie to have a good time. House, jobs, and health will come and go, but the love and enjoyment of family can sustain me through any kind of situation, including a rough economy."

In *Chicken Soup for the Soul: Tough Times, Tough People*, you'll also read about:

- Candace Simar, who after a painful job layoff finally had time to pursue her passion: writing
- Kristen Eberhard, now a single mom and "profoundly grateful," whose Wall Street husband went to jail, forcing mother and child into a spare room at her parents' house
- "Ziggy," a widowed retiree who devoted his golden years to buying groceries for strangers in need
- Eva Schlesinger, a burn survivor who had to learn to walk again - and today, is a long-distance cyclist

Chicken Soup for the Soul: Tough Times, Tough People (Jack Canfield, Mark Victor Hansen and Amy Newmark) released in June 2009. Chicken Soup for the Soul Publishing, LLC, publishes all the latest titles in the famous Chicken Soup for the Soul book series which are distributed through Simon and Schuster, Inc. Since 1993, books in the Chicken Soup for the Soul series have sold more than 112 million copies, with titles translated into more than 40 languages. Chicken Soup for the Soul Publishing also licenses the right to use its famous trademark to high quality licensees through IMG, the world's premier licensing agent. The company is currently implementing a plan to expand into all media, is working with TV networks on several TV shows and is developing a major Internet presence dedicated to life improvement, emotional support and inspiration. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable and impactful books in the last quarter century. For more information visit: www.chickensoup.com.

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To schedule an interview, or to receive a review copy of *Chicken Soup for the Soul: Tough Times, Tough People*, please contact Rusty Shelton at (512) 785-4469 or rusty@sheltoninteractive.com.