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Deborah Norville says you can find your happiness

Respected journalist, Chicken Soup for the Soul partner to share stories of purpose, passion, joy

COS COB, Conn. – Forget fad diets, holistic remedies and meditation, veteran journalist Deborah Norville says the key to good health and longevity is happiness. “Research has found being happy adds about nine years to your life!” says Norville, who has written the foreword for Chicken Soup for the Soul’s new book, *Chicken Soup for the Soul: Find Your Happiness* (Chicken Soup for the Soul Publishing, LLC, October 25, 2011, 978-1935096771, \$14.95), a book filled with personal stories that will encourage and inspire readers to find their purpose, passion and joy.

In her foreword, Norville recounts a time when she felt profoundly unhappy and possibly depressed. She says she was too blue to seek professional help, her telephone had quit ringing and she didn't think she'd ever work again. Her happiness therapy? She pulled out her sewing machine and started making curtains and slipcovers.

“That long-ago search for happiness led me to reconnect with a long-ignored passion,” says Norville, who has since launched a line of fine yarns for hand knitting and crocheting. “That I was happy after returning to my long-lost hobby was an unintended consequence of engaging in something that I had once enjoyed. Without expecting to, I had created my own happiness.”

Norville says we often put our energy into being happy but frequently end up frustrated. But, when we turn our attention to the “right” things, happiness has a way of finding us.

Inside the pages of *Chicken Soup for the Soul: Find Your Happiness*, readers will find 101 stories specifically chosen to show there are many roads to happiness. From finding your purpose and counting your blessings to discovering the joy of giving and pursuing your passions, these stories explore how people from all walks of life have found happiness by looking at their lives with a new eye.

“After you read these stories, you’ll be much better equipped to find the path—and the destination—that’s right for you,” Norville says.

Chicken Soup for the Soul: Find Your Happiness (Jack Canfield, Mark Victor Hansen, and Amy Newmark; foreword by Deborah Norville) releases on October 25, 2011. 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 & Schuster, Inc. Since 1993, books in the Chicken Soup for the Soul series have sold over 112 million copies, with titles translated into over 40 languages. Chicken Soup for the Soul Publishing also licenses the right to use its famous trademark to high quality licensees. 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, inspiration and wellness. 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 receive a review copy of *Chicken Soup for the Soul: Find Your Happiness* or to request an interview, please contact Shelby Sledge at (512) 206-0229 or shelby@sheltoninteractive.com.