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You can reboot your life

Chicken Soup for the Soul shares stories about how you can find a new path to happiness

COS COB, Conn. – Claire Cook was sitting with a group of parents at her daughter’s swim practice when she realized she needed to change her life. “I was in serious danger of living out my days without ever once going for it. Without even *trying* to achieve my lifelong dream of writing a novel.” So Claire started writing a book in her minivan, on a lined pad, while her daughter swam. Claire published her first novel at age 45, followed by the bestseller *Must Love Dogs*. At 50, she walked the red carpet at the Hollywood premiere of the movie based on her book! Now she’s a bestselling author of twelve books. “Not many days go by that I don’t ... remind myself that this is the career I almost didn’t have,” she writes in *Chicken Soup for the Soul: Reboot Your Life*. “Anything can happen. It is never, ever too late.”

Are you stuck in a rut? Looking for purpose and meaning in your life? Ready for a new job, a new hobby or new relationships? You’ll feel empowered to take chances, follow your dreams and reboot your own life as you read the 101 inspiring stories by people, just like you, who did just that in ***Chicken Soup for the Soul: Reboot Your Life*** (Chicken Soup for the Soul Publishing, LLC; Amy Newmark and Claire Cook; Sept. 16, 2014, 978-1611599404, \$14.95).

You will be inspired to pursue your true passion as you read stories like the one from ultra-marathoner Dean Karnazes. He didn’t like where his life was headed and literally ran out of his 30th birthday party and didn’t stop for 30 miles. Shortly after that pivotal moment, Dean quit his corporate job and his partying lifestyle. He wanted to make his living by running. And he did. “Now, some two decades later,” Dean writes. “I’ve realized more happiness and greater fulfillment than I ever dreamed imaginable.”

Within these pages, you’ll find the tools and the advice you need to solve your problems, use positive thinking, find your purpose, follow your dreams and start over. The 101 role models in this collection of revealing personal stories will help you change your life, and become the person you are meant to be.

ABOUT CHICKEN SOUP FOR THE SOUL

Chicken Soup for the Soul publishes the famous Chicken Soup for the Soul book series. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable books in the last quarter-century. With over 100 million books sold to date in the U.S. and Canada alone, more than 250 titles, and translations into more than 40 languages, “chicken soup for the soul” is one of the world’s best-known phrases. Today, 21 years after it first began sharing happiness, inspiration and wellness through its books, Chicken Soup for the Soul continues to delight readers and fans with new titles, but has also evolved beyond the bookstore, providing wholesome and balanced pet food, a line of delicious, nutritious food that makes it easier to bring people together around the table for healthy meals, movies, television, licensed gifts, and digital offerings, all of which are inspired by stories. Chicken Soup for the Soul is “changing the world one story at a time.®” For more information visit www.chickensoup.com.

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To receive a review copy of *Chicken Soup for the Soul: Reboot Your Life* or to request an interview, please contact Shelby Sledge at (512) 206-0229 or shelby@sheltoninteractive.com.

