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## **A New Year's Resolution You Can Accomplish Just by Deciding**

*Chicken Soup for the Soul shares 101 different ways to use the power of positive thinking*

**COS COB, Conn.** – Everyone can use a little more positive thinking—to create an even better life—and there's nothing better than reading true, personal stories from almost 100 people who have done just that. These role models, with their proven methods for improving their lives, share 101 ways they effectively use the power of positive thinking to navigate the ups and downs of life and even change their futures.

***Chicken Soup for the Soul: 101 Ways to Think Positive*** (January 7, 2025, 978-1-611591071, \$16.99) shows readers how to use a constructive mindset to do the impossible, whether they are achieving success despite predictions to the contrary, coming back from trauma and disasters, or rebooting their lives through their mindsets and force of will.

The role models in this book are fascinating and inspiring men and women from all walks of life. They show us how to use attitude as a powerful tool, with stories about:

- Manifesting and visualizing positive outcomes
- Making every day count through mindfulness and thankfulness
- Trying new things and stepping outside their comfort zones
- Turning lemons into lemonade and finding the silver lining in every situation
- Finding their inner strength and turning adversity into opportunity
- Counting their blessings and using the power of gratitude
- Rebooting their lives and living with passion and purpose
- Volunteering and making a difference
- Allowing joy back into their lives, and
- Managing cancer and other health challenges.

These stories manage to entertain and inspire at the same time that they present readers with quick, easy-to-implement techniques that everyone can use to change their attitudes and create more happiness in their lives. These real-life examples of positive thinking show that people do have the ability to call on resilience and inner strength when needed, and to change their lives through something as simple as deliberate positive thinking.

"I'm so excited about this new collection," said Amy Newmark, editor-in-chief and publisher of Chicken Soup for the Soul. "I included four of my own stories—containing my own 'wins' through positive thinking, and I've already picked up lots more great advice from the other contributors to the book."

### **ABOUT CHICKEN SOUP FOR THE SOUL**

Chicken Soup for the Soul publishes the famous *Chicken Soup for the Soul* book series. With well over 100 million books sold to date in the U.S. and Canada, hundreds of titles, and translations into more than 40 languages, the phrase "chicken soup for the soul" is known worldwide and is regularly referenced in pop culture. Today, more than 30 years after it first began sharing happiness, inspiration and hope through its books, this socially conscious company continues to publish 10 new titles a year. It has also evolved beyond the bookstore, with a podcast, education programs, dog and cat food, and licensed products.

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**For a review copy of *Chicken Soup for the Soul: 101 Ways to Think Positive* or an interview with Amy Newmark or one of the other contributors, please contact Shelby Janner at (512) 638-6379 or**

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