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## **Your Dreams and Premonitions Can Serve as GPS for Your Life**

*Chicken Soup for the Soul* wows readers with 101 stories about the power of the mind

**COS COB, Conn.** – A new volume from Chicken Soup for the Soul is out, with an interesting premise. The 101 stories in *Chicken Soup for the Soul: Let Your Dreams and Premonitions Guide You* (May 26, 2026, 978-1-611594638, \$16.99) support the publisher’s view that your dreams and premonitions are powerful tools, ones that can be used as a form of GPS for your life.

Editor-in-chief and publisher Amy Newmark says, “We’ve seen thousands of people relying on their dreams and premonitions to help them make important decisions, avoid danger, improve relationships, and find joy. Were these dreams and premonitions divinely inspired? Or were they our writers’ subconsciouses telling them what they already knew deep inside, knowledge they ignored while awake?”

Either way, you can learn how to use your dreams and premonitions, along with your intuition, for personal transformation. The enlightening stories in this book are from ordinary people who have experienced the extraordinary and report on how their lives were changed for the better.

Kim Childs, for example, had a dream in which she survived falling hundreds of feet into the Grand Canyon and then got out by riding a magic carpet. When she analyzed her dream, she realized that she had been afraid to start an entirely new career, but her subconscious was telling her to embrace risk and make the change. She took that leap and she couldn’t be happier.

Dreams can even save your life. Debbie Sistare had the same dream four days in a row, about a tornado and a voice saying, “Safe in your closet.” She lived in tornado territory and her normal place to ride out a storm was in a room under the house. But when a tornado hit after her fourth dream, she and her daughter sheltered in the closet as directed. Their normal refuge under their home was destroyed.

Finding love is a miracle, and your dreams can lead you to it. LaRonda Bourn tells us that her husband found her in a series of three dreams. He saw that he would marry a woman with a little girl and told his friend Rob all the details. Rob knew LaRonda, and although she was more than 400 miles away, he orchestrated a meeting. Nine months later, Rob was the best man at their wedding.

In addition to dreams, there are times when we have a premonition or hear a little voice that tells us to do something. James Gemmell went up against his boss when a little voice told him to question whether the power had truly been shut off at the mill where they were doing maintenance. This required obtaining a voltage meter, and it would delay their work. It was worth it though, as it turned out that the power had not been shut off after all. That little voice in James’s head saved some lives that day.

### **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, more than 300 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, 33 years after it first began sharing happiness, inspiration and hope through its books, this iconic storyteller continues to publish a new title a month. It has also evolved beyond the bookstore, with a podcast, education programs, dog and cat food, licensed products, and the Chicken Soup for the Soul streaming service.

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