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Self-Care Isn't Selfish and It Isn't Optional

A new Chicken Soup for the Soul collection motivates readers to take care of themselves

COS COB, Conn. – We're halfway through the year, and it's time to review how we're doing and even make a new resolution or two. That's why Chicken Soup for the Soul has put together a new collection of stories selected from its vast library—stories that will motivate readers to take care of themselves at the same time they are taking care of their other obligations. Why? Because self-care isn't selfish, and it should be viewed as a necessity.

The 101 inspirational stories in *Chicken Soup for the Soul: Self-Care Isn't Selfish* (June 22, 2025, 978-1-611591224, \$16.99) show readers how to prioritize their mental, emotional and physical health. Storytellers from all walks of life share their practical tips and actionable ideas—what worked for them as they learned how to look out for themselves and realized that self-care is not a luxury, but rather an essential part of being a functioning human being.

The stories are organized into chapters that cover nine key ways to engage in self-care, including:

- 1) using “no” as a complete sentence;
- 2) taking back control of your calendar;
- 3) getting outside in nature;
- 4) making fitness a priority;
- 5) scheduling that all important me-time;
- 6) remembering to treat yourself to little luxuries;
- 7) embracing who you are, not who you think you should be;
- 8) putting yourself first on your to-do list every day; and
- 9) doing something that you love on a regular basis.

“Self-care makes us better at caring for the people we love. It stops the frustration and resentment that arise when we forget that we aren't much good to the rest of the world if we're frazzled and overcommitted,” says Amy Newmark, publisher and editor-in-chief of Chicken Soup for the Soul. “These stories helped me get my own schedule in order and renewed my commitment to look out for my own health and wellbeing even while I take care of everyone and everything else in my busy life!”

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 in the U.S. and Canada, 400 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. More than 30 years after it began sharing happiness, inspiration and hope through its books, it publishes 10 new titles a year containing stories written by people from all walks of life. 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: Self-Care Isn't Selfish* or an interview with Amy Newmark or one of the contributors, please contact Shelby Janner at (512) 638-6379 or shelby@zilkermedia.com.