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CONTACT: Shelby Janner (512) 638-6379

The Dogs that Change Our Lives

A new Chicken Soup for the Soul collection shares 101 stories about our canine companions

COS COB, Conn. – Chicken Soup for the Soul has published their latest book about dogs and the myriad ways they change the lives of their humans. The 101 feel-good stories in ***Chicken Soup for the Soul: What I Learned from My Dog*** (April 1, 2025, 978-1-611591194, \$16.99) were selected from thousands of submissions and cover the gamut, from heroic dogs to hilarious ones, from dogs with purpose to mischievous ones, from natural therapists to stress management specialists (i.e. lap dogs), and from clever dogs to social directors.

In keeping with Chicken Soup for the Soul's support for pet adoption and shelters, the stories chosen for the book are not only inspirational and fun, but also feature rescue dogs, including black dogs, senior dogs, and pit bulls, the types of dogs that are often left behind at shelters. It's part of Chicken Soup for the Soul's mission to make people think "shelter first" and "not just puppy" when they're considering adding a new pet to their families.

The contributors to the book did indeed learn from their canine companions. Sandra Martin, for example, realized that she'd been too demanding of the dogs and people in her life when she had to accept that her Dachsund wasn't going to behave as she wished. Anne Taylor's rescue dog helped her overcome her lifelong shyness by forcing her out of her shell as she walked around her neighborhood. Kristin Evans learned from her senior dog how to slow down and enjoy the present moment.

Other contributors describe their dogs as role models for expressing gratitude or using the power of forgiveness. Some of these rescues are examples of fortitude and resilience as well. And there are the dogs who teach their people that there's nothing wrong with failing once in a while. Mark Rickerby and his overly enthusiastic dog were kicked out of an event for mutts, and Irene Maran's German Shepherd failed obedience class and had to go to a "sleepaway camp" for training with a retired Navy SEAL.

"The theme that prevails throughout the book is how embedded these dogs are in their families, and how much they enrich the lives of everyone they encounter, from their owners to perfect strangers," says Amy Newmark, publisher and editor-in-chief of Chicken Soup for the Soul. "Don't be surprised if you find yourself heading to a shelter to meet your next dog after you read these stories!"

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: What I Learned from My Dog* or an interview with Amy Newmark or one of the contributors, please contact Shelby Janner at (512) 638-6379 or shelby@zilkermedia.com.