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According to Chicken Soup for the Soul, We All Have Inner Strength

When tough times happen, we're surprised by how powerful we can be

COS COB, Conn. – There are plenty of people going through tough times these days. The editors at the iconic publisher Chicken Soup for the Soul have good news. They collect stories from regular people who share their milestone moments and their best advice, and what they're seeing is that everyone has a core strength just waiting to be called upon when needed.

According to Amy Newmark, editor-in-chief and publisher of the *Chicken Soup for the Soul* series, "Money, health, family issues, loss, trauma, and other difficulties are part of all our lives at some point. What I've learned from our writers is that we all have more power and resilience than we think. It's just sitting there inside us waiting for us to use it."

"When I've gone through my own tough times – divorce, losing my mother, my father's dementia, and my own cancer diagnosis, I've seen this in action," Newmark continues. "I never would have believed that I could handle one blow after another, but through our stories I was ready with the right perspective: I didn't feel sorry for myself, and through the examples of our writers, I knew I'd find a way to weather it all. The stories I chose for this new edition, from our vast library, are the ones I think will empower our readers as they navigate their own set of challenges."

The 101 true and inspiring stories in *Chicken Soup for the Soul: Tap into Your Inner Strength* (February 17, 2026, 978-1-61159-130-9, \$16.99) are a testament to the human spirit. People from all walks of life share their advice and experiences in this new collection, serving as role models for anyone going through tough times. Readers will feel less alone with their problems, and the actionable ideas in these pages provide a path to better days, or at least a more constructive attitude for dealing with today's issues.

Readers may feel like they're holding a portable support group in their hands as they dive into these personal narratives, which are divided into 13 relatable chapters: The New Normal; Fighting Health Challenges; Reframing Your Future; Appreciating Simple Pleasures; Loss, Grieving & Healing; Role Models of Strength; It Takes a Village; Silver Linings; Starting Over ; Thinking Positive; Hope & Faith; Facing Your Fears; and Wise Words.

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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