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A Welcome Source of Tips for Grieving, Loss and Healing

A New Chicken Soup for the Soul collection provides comfort, compassion and advice

COS COB, Conn. – Losing a loved one, whether a child, a spouse, a parent or grandparent, a sibling, a friend, a pet... it's a process we all have to work through. Everyone goes through grieving in their own way, but it helps to learn what worked for other people. A timely new Chicken Soup for the Soul collection of stories addresses this need, with 101 personal, revealing stories from people who share their own grieving and healing experiences.

***Chicken Soup for the Soul: Grieving, Loss and Healing* (February 22, 2022, 978-1-611590876, \$14.95)** is like a portable support group for anyone in mourning. It provides readers with comfort and compassion—and when they're ready to start moving forward, advice on how to do that. The stories are short, so even someone dealing with the busyness and haze of a recent loss can digest them one at a time in a few minutes a day.

One of the themes that emerges from these stories is that we all have inner reserves of strength, positive thinking, resilience and creativity, just waiting to be used when needed. The courageous people in these pages show us all what is possible, with the stories sorted into 11 chapters with the following themes:

- Oh, How It Hurts
- Saying Goodbye
- Let It Out
- The New Normal
- Honoring and Remembering
- Moving Forward
- It Takes a Village
- Words of Wisdom
- Finding New Purpose
- Love that Doesn't Die
- Creative Coping

Readers will feel like they've sat down and had coffee with the contributors of these helpful stories. They'll meet Julie Stielstra, who shows us how the rituals of death help the living moving forward. They'll be inspired by Kim Johnson, who found new purpose in renovating and flipping a house after the devastating loss of her mother. They'll find inspiration in Camille Dan's nature walks in which she talks to her deceased son and maintains a relationship with him. Then there's Jamie Korf, who shows us the power of talking it out, in her case to an Uber driver. These are just four of the brave people who share their powerful messages of resilience and hope in this powerful new volume.

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, 28 years after it first began sharing happiness, inspiration and hope through its books, this socially conscious company 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 video, television and movies through its subsidiary, Chicken Soup for the Soul Entertainment.

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For a review copy of *Chicken Soup for the Soul: Grieving, Loss and Healing* or an interview with Amy Newmark or one of the contributors, contact Shelby Janner at (512) 638-6379 or shelby@zilkermmedia.com.