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## Have an attitude of gratitude

*Chicken Soup for the Soul shares stories of silver linings and unexpected blessings*

**COS COB, Conn.** – It's more than a popular expression: Studies show that counting your blessings actually *does* help you live life to the fullest. Terri Tiffany seems to have understood this, because when her husband lost his job, she started a new tradition: posting a "blessing list" on the refrigerator. By writing down daily blessings such "no bills today" or "my back doesn't hurt," Tiffany got in touch with an unfamiliar sensation – gratitude – and her life got better. When Britteny Elrick turned to junk food, and not a blessing list, after she was laid off by her company, she needed some time to remember amidst the chips and chocolate that she actually hated that job. After that she made her life better by using her new free time to fulfill a dream: launching a freelance writing career.

In *Chicken Soup for the Soul: Count Your Blessings* (Chicken Soup for the Soul Publishing, LLC, November 2009, 978-1-935096-42-9, \$14.95), contributors share stories of thankfulness amidst life's rough patches. The stories remind us that each day holds something to be grateful for. Whether it is having the sun shine or having food on the table, there is always a silver lining.

On December 26, 2004, when 13-year-old Sheoli Gunaratne had her trip to the beach in Sri Lanka delayed – due to her mother's lost water bottle – she thought her trip had been ruined. Instead, she and her family missed the first tsunami wave by mere minutes. Her family turned the car around, just missing the second wave too – a wave that took thousands of lives, including 200 cars driving behind them. "It all came down to a minute or two that had saved our lives," Gunaratne writes in her story "Tsunami Survivor."

*Chicken Soup for the Soul: Count Your Blessings* also reminds us that good things can come from seemingly very bad events. In her story "The Strings That Pulled Me Through," Leah Cano remembers exactly how she felt when her doctor told her she faced surgery and a year of chemo: like "a zombie." But instead of despairing, Cano turned her year of forced inactivity into a true blessing, by learning to play the violin. "I had something meaningful to do with my fingers, with my mind, something that made my heart soar," writes Cano. "The strings awakened my spirit again. It was medicine for my soul and spirit, counteracting the dark liquid flowing through me. It lightened my fear, replacing it with hope."

A new board game by the same name – *Chicken Soup for the Soul: Count Your Blessings* – will also hit stores upon the book's release. Playing the game or reading the book can give the player or reader a lasting benefit: a new attitude about life and a lesson on the importance of silver linings.

*Chicken Soup for the Soul: Count Your Blessings* (Jack Canfield, Mark Victor Hansen, Amy Newmark, Laura Robinson and Elizabeth Bryan) releases in November 2009. Chicken Soup for the Soul Publishing, LLC, publishes all the latest titles in the famous Chicken Soup for the Soul book series which are distributed through Simon and Schuster, Inc. Since 1993, books in the Chicken Soup for the Soul series have sold more than 112 million copies, with titles translated into more than 40 languages. Chicken Soup for the Soul Publishing also licenses the right to use its famous trademark to high quality licensees through IMG, the world's premier licensing agent. The company is currently implementing a plan to expand into all media, is working with TV networks on several TV shows and is developing a major Internet presence dedicated to life improvement, emotional support and inspiration. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable and impactful books in the last quarter century. For more information visit: [www.chickensoup.com](http://www.chickensoup.com).

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To schedule an interview, or to receive a review copy of *Chicken Soup for the Soul: Count Your Blessings*, please contact Maia Levenson at (512) 478-2028 ext. 245 or [melevenson@phenixpublicity.com](mailto:melevenson@phenixpublicity.com).