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## Prescription for living: Spend your days with God

### *New Chicken Soup for the Soul release offers stories for the devout*

**COS COB, Conn.** - According to findings published in the November 2008 *Psychology and Health Journal*, individuals who attend religious services once a week are likely to live longer, lowering their risk of death by 20 percent when compared with those who do not regularly attend religious events. After reviewing the religious habits of more than 95,000 study participants, researchers observed that regardless of health threat, those regularly attending religious events were generally less susceptible to life-threatening conditions than their non-religious counterparts.

As a devout Catholic, mother, nurse, author and popular Chicken Soup for the Soul® contributor, Leann Thieman is well familiar with both the pleasures and struggles that come with a life of faith. After contributing to over 10 titles in the series, she is now co-author of her most personal Chicken Soup for the Soul book to date, *Chicken Soup for the Soul: Living Catholic Faith* (Chicken Soup for the Soul Publishing, LLC, December 2008, 978-1-935096-23-8, \$14.95), a collection of 101 stories about the Catholic experience.

With topical sections ranging from "Angels Among Us" to "The Power of Prayer," *Living Catholic Faith* shares stories of the miracles, sacraments, and community that comes with a God-filled life. True to the spirit of Chicken Soup for the Soul, these stories both motivate and challenge readers.

"Whether the reader is a cradle Catholic or a convert; lay, clergy, or religious; simply curious or struggling; these stories will deepen their faith and hope in God," says Thieman.

In her story "The Healing Power of the Family Rosary," *Living Catholic Faith* contributor Cathy Kruse admits that her family members are "hardly saints, and sometimes sinners... We juggle commitments, struggle with setbacks and try to count our blessings as we work, raise our children, nurture relationships and journey in faith. Sometimes when the monthly prayer meeting rolls around, we get distracted by work, school and travel schedules. Sometimes, we're just plain tired."

"But we persevere because we know that regular prayer, including prayer with others, is essential to sustain our faith," says Kruse. "Through prayer, our faith comes alive."

Inside *Living Catholic Faith*, readers will also find:

- Joan Stamm's discovery of a white rosary as a sign that her recently deceased father was in heaven
- How a woman's hesitation over holding hands with a homeless person at Mass taught her to love all God's children
- A mother's joy at receiving heartfelt thanks from her son for her sacrifice in sending him to Catholic school
- How Jennifer Harris's deceased brother visited her while she was in intensive care after a difficult labor

*Chicken Soup for the Soul: Living Catholic Faith* (Jack Canfield, Mark Victor Hansen, and Leann Thieman) releases December 2008. 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 request a review copy or excerpt of *Chicken Soup for the Soul: Living Catholic Faith*, please contact Shelby Sledge at (512) 478-2028 ext. 227 or [ssledge@phenixpublicity.com](mailto:ssledge@phenixpublicity.com).