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Toilet-training triplets... and other adventures with twins and multiples *Chicken Soup for the Soul® offers multiple lessons and laughs*

COS COB, Conn. - These days, it's hard *not* to see twins or multiple children smiling back at us from every television screen and glossy magazine. From *Jon & Kate Plus 8* to Angelina Jolie, twins and multiples are bounding into our lives from all corners. In fact, according to The Nemours Foundation, between 1980 and 2004 the number of twin births increased by 70 percent. And during the same time span, the number of births involving three or more babies quadrupled.

More people than ever are fascinated by multiples and what it takes to raise them. In *Chicken Soup for the Soul: Twins and More* (Chicken Soup for the Soul Publishing, LLC, 978-1-935-09632-0, March 10, 2009, Paperback, \$14.95), Jack Canfield, Mark Victor Hansen and Susan M. Heim offer a collection of heartwarming and hilarious stories from parents of "twins and more," and from multiples themselves, filled with time-tested advice from those who have "been there, done that." Twins mom and CNN journalist Soledad O'Brien lends her hearty recommendation to this book as well, saying "*Chicken Soup for the Soul: Twins and More* is funny and moving, insightful and inspiring. Life with twins is a chaotic, wonderful, joyful experience - and this book captures it perfectly."

"Twins and multiples are seen as a blessing today, despite their often well-deserved reputation for 'double trouble' and 'multiple mischief,'" says Heim, who is also the author of *It's Twins! Parent-to-Parent Advice from Infancy Through Adolescence* (Hampton Roads Publishing, 2007). "Who isn't moved by the sight of twin babies snuggled together in a crib, holding hands as they begin their life together?"

From sections like "Sleep Deprivation" to "Grandparenting Twins" to "A Different Path to Parenthood," *Twins and More* includes 101 stories that speak to the twin and multiple experience, and how parents got there. This book also explores the "twin connection" - which is fascinating to witness.

"The bond between twins is amazing. They were meant to share their life together," writes *Chicken Soup for the Soul: Twins and More* contributor Joanne C. King of her twin daughters. "They share a friendship that will span a lifetime." As any parent of multiples knows, twinship is an adventure for the entire family.

Inside *Chicken Soup for the Soul: Twins and More*, you'll also read about:

- A frustrated mother of triplet girls who got great advice from the cable repairman: Toilet train them one at a time by setting up a competition that included stickers and mommy's "potty dance"
- A mother of newborn twins, desperate for "nap time," who tossed an expensive ham over the fence to keep the neighbor's barking dog from waking her twins
- Toddler twins who escaped from the bath and led their mother on a naked chase around the neighborhood, until one of the twins crouched on the neighbor's lawn and used it as a toilet
- International singing twins who convinced villagers in Papua New Guinea that multiples are a blessing, not a cultural curse
- The new mother who was so sleep-deprived that she panicked over how she would tell her twins apart after their hospital bracelets were removed, forgetting that they were a boy and a girl

Chicken Soup for the Soul: Twins and More (Jack Canfield, Mark Victor Hansen, Susan Heim) releases March 10, 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.