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CONTACT: Shelby Janner (512) 638-6379

Tough Times Won't Last But Tough People Will

A New Chicken Soup for the Soul collection spotlights stories of resilience, fortitude and hope

COS COB, Conn. – “We all have hidden reserves of strength and resilience, just waiting for us to call on them,” says Amy Newmark, author, editor-in-chief and publisher of Chicken Soup for the Soul. “That’s why we surprise ourselves by making it through the inevitable challenges that we face as we navigate the ups and downs of life, and even more so during the past couple of years of the pandemic.”

This new collection of stories from Chicken Soup for the Soul introduces readers to role models who describe how they made it through their own tough times, COVID-related or not, whether they faced financial challenges, health issues, relationship troubles, loss and grieving, natural disasters, or any of the other ways in which life can go off track. The 101 stories in *Chicken Soup for the Soul: Tough Times Won't Last But Tough People Will* (November 2, 2021, 978-1-611590760, \$14.95) are like a portable support group for anyone looking for a boost of confidence and an infusion of positive thinking.

The courageous people in these pages show us all what is possible, with the stories sorted into ten chapters with the following themes:

- The New Normal
- Count Your Blessings
- Find Your Inner Strength
- It Takes a Village
- Coping with COVID
- Attitude & Perspective
- Moving Forward
- Meet the New You
- Face Your Fears
- Loss, Grieving, and Healing

Readers will feel like they’ve sat down and had coffee with the contributors of these revealing, personal stories. They’ll meet Jenine Zimmers, for example, whose started a successful Etsy business when her job disappeared during the pandemic. They’ll be inspired by Joan Donnelly-Emery, who was diagnosed with cancer the same day her husband was fired. Now they celebrate their “worst day ever” every year on its anniversary. They’ll find inspiration in Lakeyshia Crummel’s story of raising a baby by herself as a teenager, while finishing high school and going on to college. Then there’s Lori Bryant, who bought blankets for everyone waiting in the line outside the hospital during the worst of COVID and continued providing blankets to those patients even after her husband didn’t make it. These are just four of the brave people who share their powerful messages of resilience and hope.

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: Tough Times Won't Last But Tough People Will* or an interview with Amy Newmark or one of the contributors, contact Shelby Janner at (512) 638-6379 or shelby@zilkermmedia.com.