



FOR IMMEDIATE RELEASE

CONTACT: Rusty Shelton (512) 785-4469

## From braces to Botox: Teens pressured to grow-up

*New Chicken Soup for the Soul release brings teens age-appropriate entertainment*

**COS COB, Conn.** – “Gossip Girl’s” teen-queen character Blair harasses new-comer to the cast Amanda, Miley Cyrus wears nothing but a bed sheet in the February issue of *Vanity Fair*, and “Speidi” of *The Hills* berates Lauren Conrad, yet again – all fodder for high-school-locker-room chatter. With the onslaught of teen shows that glorify volatile issues, such as sex and drugs, young adults are left with few prospects for adolescent friendly entertainment. In a 2008 Girlguiding study, over 350 adolescent girls reported feeling pressure from the media to dress older, have sex, take drugs or get plastic surgery to become more like their favorite stars.

*Chicken Soup for the Soul: Christian Teen Talk* (Chicken Soup for the Soul, October 2008, \$14.95, paperback) offers inspirational stories from faithful teens that provide new topics for discussion among young adults. These real-life accounts from teens dealing with dating, friendships and peer pressure invite the reader to share in their triumphs as well as achieve personal growth with God.

With topics ranging from “Finding God” to “Real Friends,” *Chicken Soup for the Soul: Christian Teen Talk* inspires and supports Christian readers, giving them relatable stories to help them with the challenges of adolescence. The book provides a community of Christian teens to help young adults be comfortable with who they are and prepares them to face difficult issues. In addition, *Christian Teen Talk* offers a conversation-starter for parents who wish to talk with their kids about their relationship with God and the pressures of navigating adolescence.

Inside *Chicken Soup for the Soul: Christian Teen Talk*, you’ll read about:

- How Lana Comstock’s discovery of a cross buried in the sand led her to become a Christian
- A teen’s desperate desire to fit in and how she recovered from an eating disorder
- Matt’s journey to finding God and love after his father’s death
- Erika, a 7-year-old orphan, who changed high school student JoLynn’s life during a mission trip

*Chicken Soup for the Soul: Teen Talk* is a collection of Chicken Soup stories from teens, teachers and parents. It is part of the new “101 Best Stories” series by the new publisher of Chicken Soup for the Soul books. With refreshed cover designs and interior layouts, books in the “101 Best Stories” series offer the editor’s favorite tales and poems submitted in the 15-year history of Chicken Soup for the Soul, reflecting the brand’s excitement and new energy on this memorable anniversary.

*Chicken Soup for the Soul: Christian Teen Talk* (Jack Canfield, Mark Victor Hansen, and Amy Newmark) releases October 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 over 112 million copies, with titles translated into over 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).

###

To receive a review copy of *Chicken Soup for the Soul: Christian Teen Talk*, or to schedule an interview with one of the co-authors, please contact Rusty Shelton at (512) 785-4469 or [rusty@sheltoninteractive.com](mailto:rusty@sheltoninteractive.com).