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Being a Preteen Is Harder than It Looks

Chicken Soup for the Soul shares stories about changes, challenges and inspiration for tweens

COS COB, Conn. –Technology and social media seem to take precedence over most things in our preteens' lives. From texting under the dinner table to Facebook updates on family trips, there are a million things competing for a preteen's attention. At the core of social media is a reliance on stories and sharing personal experiences, which is just what Chicken Soup for the Soul does in its latest preteen title, which is full of relatable, funny and entertaining anecdotes - each of them offering advice and inspiration for the challenging preteen years.

Chicken Soup for the Soul: Just for Preteens (Chicken Soup for the Soul Publishing, LLC, July 26, 2011, 978-1935096733, \$14.95), offers readers encouragement through stories about the problems and issues preteens face every day. Being a preteen is harder than it looks! School is more challenging, bodies are changing, relationships with parents are different, and new issues arise with friends.

With 101 stories of inspiration and support for preteens, this book explores the many changes preteens are experiencing through stories written by those who have been there. For example:

- When the school bully threatened to cut off Courtney Conover's braid, she decided to take her mother's advice and befriend her bully. She realized bullies are just people and their behavior is an attempt to deal with their own insecurities.
- After Claire Illies learned a fellow classmate had cancer, she decided to surround herself with people she loved. "You know -- those people who never leave your side, who constantly make you feel good about yourself." She stopped trying to fit in with the wrong group and found new friends whose company she truly enjoyed.
- Cynthia Patton found her passion early in life and pursued it wholeheartedly—beginning in her preteen years. Thanks to that early dedication, she eventually became an in-demand oboist in her region.

In addition to the stories above, the book is filled with anecdotes ranging from falling for your first crush to figuring out who your friends truly are. This collection will help preteens by showing them they are not alone and providing specific advice on how to deal with the unique challenges today's preteens face.

Chicken Soup for the Soul: Just for Preteens (Jack Canfield, Mark Victor Hansen, and Amy Newmark) will be released on July 26, 2011. 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 & 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. 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, inspiration and wellness. 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.

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To receive a review copy of *Chicken Soup for the Soul: Just for Preteens* or to request an interview, please contact Beth Gwazdosky at (512) 921-8148 or beth@sheltoninteractive.com.