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Teenagers Don't Have to Learn the Hard Way

Chicken Soup for the Soul and M Magazine share stories of inspiration by teens for teens

COS COB, Conn. – The stress of being a teenager can seem overwhelming at times. With the burden of fitting in with the right crowd, keeping up with schoolwork and balancing extracurricular activities, the teenage years have always been hard. Now with the addition of social media our teens face even more challenges than before. The latest title from Chicken Soup for the Soul offers teenagers stories of inspiration from teens just like them.

With topics ranging from “Love and Relationships” to “Setting and Reaching Your Goals,” *Chicken Soup for the Soul: Just for Teenagers* (Chicken Soup for the Soul Publishing, LLC, July 26, 2011, 978-1935096726, \$14.95), is a guidebook for teens to help them through those difficult years just before adulthood. The book is filled with 101 stories of inspiration and support for teens, written by teens, including the winning stories from the writing contest that M Magazine held among its more than half a million readers.

This collection will encourage, inspire, and amuse teens, showing that, as tough as things may get for them, they are not alone. For example:

- After Kaylee Davis’ boyfriend of three years cheated on her, she didn’t just endure the deception; she decided to end their relationship. Rather than settling, she realized she could be happy single and discovered she didn’t need a relationship with a boy to define who she was.
- Haley Whiteway was convinced the girl who sat behind her in English was perfect until end-of-the-year presentations revealed the girl who seemed to have it all struggled with an eating disorder. That day she learned that nobody’s life is perfect, even when it may seem that way.
- When Christine Catlin announced at the age of three she wanted to be a basketball star, her dad set a goal for her to practice basketball for 10,000 hours. She stuck to it! Eleven years later she logged her final hour and her skill was “higher than any varsity player’s in the state.”

Chicken Soup for the Soul has sold more than 17 million copies of its books for teenagers in the last fifteen years and parents have come to depend on the books to help their children through their adolescence. After all, kids prefer receiving advice from other kids, and that is the beauty of this new book, updated for today’s special teen issues with all new stories, offering teenagers credible and responsible advice from their peers, carefully edited by Chicken Soup for the Soul.

Chicken Soup for the Soul: Just for Teenagers (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 Teenagers* or to request an interview, please contact Beth Gwazdosky at (512) 921-8148 or beth@sheltoninteractive.com.