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## For American teens, growing up is hard to do

*New Chicken Soup for the Soul release reminds teens they aren't alone*

**COS COB, Conn.** – While teens used to do drugs to impress their friends, it appears that drugs are now a coping mechanism to today's stressed-out youth. According to a newly released study from the Partnership for a Drug-Free America, 73 percent of teens report that the number one reason for using drugs is to cope with school pressure, while in years past they were motivated by "looking cool" and "getting high."

But besides school woes, kids today are also dealing with things like cyber-bullying, overcrowded extracurricular schedules, and higher rates of teen obesity. Indeed, stress is coming from all sides for today's average teenager – fortunately, he or she isn't alone.

*Chicken Soup for the Soul: Teens Talk Growing Up* (Chicken Soup for the Soul Publishing, LLC, 978-1-935096-01-6, July 2008, \$14.95) is a collection of Chicken Soup's stories from teens on relationships, body issues, peer pressure and more. 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.

With topics ranging from "Overcoming Obstacles" to "Reaching for the Stars," *Chicken Soup for the Soul: Teens Talk Growing Up* inspires and supports teen readers as they face personal challenges, new loves and heartbreak, looming college applications and everything else that comes with the adolescent years. In addition, it is an excellent conversation-starter for parents preparing to have tough conversations with their children, on everything from body image, to peer pressure, dating, and more.

Adolescence is a difficult time period for everyone, but *Chicken Soup for the Soul: Teens Talk Growing Up* ensures that teen readers have other kids to turn to for support.

Inside *Chicken Soup for the Soul: Teens Talk Growing Up*, you'll read about:

- How Katelynn Wilton went from overweight couch potato to varsity swim team record-breaker
- Why Dallas Woodburn started a school-wide petition to release a classmate from suspension
- How a gang-ridden L.A. high school turned a community garden into a national business venture
- Why teenage runaway Calvin Louis Fudge decided to return home to his family

*Chicken Soup for the Soul: Teens Talk Growing Up* (Jack Canfield, Mark Victor Hansen and Amy Newmark) released July 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).

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To request a review copy or an excerpt from *Chicken Soup for the Soul: Teens Talk Growing Up*, please contact Rusty Shelton at (512) 785-4469 or [rusty@sheltoninteractive.com](mailto:rusty@sheltoninteractive.com).