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We're all in this together

High school teens share their most embarrassing moments, painful crushes, mistakes and more

COS COB, Conn. – Just like a story you would expect from Disney, all the kids in *High School Musical* are beautiful, clean-cut and talented. Everything is wonderful, the sun always shines, the kids all have good teeth and everyone seems to love going to school so much that they spend a disproportionate length of time singing rather than speaking. But while the fictional teens from East High have it all together, where does the average teen turn when they need help dealing with life's challenges?

Chicken Soup for the Soul: Teens Talk High School (Chicken Soup for the Soul Publishing, LLC, November 2008, 978-1-935096-25-2, \$14.95) is here to help with a variety of all new stories about real-life from teens dealing with regrets and lessons learned, self-image and self-acceptance, family relationships and more. It reminds readers that even though high school has its blemishes, it's guaranteed that other teens are facing the same issues.

As part of the all new Chicken Soup for the Soul® teen series, *Chicken Soup for the Soul: Teens Talk High School* is specifically designed with high school students in mind. With topics ranging from "Not Like in the Movies" to "A Hard Lesson," *Chicken Soup for the Soul: Teens Talk High School* inspires and supports teen readers as they struggle with fitting in, finding friends and whatever else comes with the high school years. It also helps parents prepare conversations with their children, on everything from divorce, to illness and death, dating and sex.

"Mike's face looked like I'd just punched him in the stomach. His eyes widened with shock, and all the color drained from his cheeks. I hadn't even noticed him standing in the doorway of the wardrobe room," writes contributor Rose M. Jackson about high school gossip. "I realized that if I wouldn't say something to a person's face, I shouldn't say it about him or her to anyone else. Just because what I have to say might be true, I didn't have the obligation, the liberty, or the 'right' to say it unless my words were also helpful, kind, and necessary."

Inside *Chicken Soup for the Soul: Teens Talk High School*, you'll also read about:

- How Michelle Vanderwist survived the emotional abuse from her boyfriend
- How Amy Anderson confronted an eating disorder, and took steps to heal
- How Cristy Trandahl didn't make the high school cheerleading squad, became a Minnesota Vikings cheerleader, then quit in the middle of the season – more content than ever
- How Bryonna Garcia deals with being a teen parent

Chicken Soup for the Soul: Teens Talk High School (Jack Canfield, Mark Victor Hansen, Amy Newmark, and Madeline Clapps) released November 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.

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To request a review copy or excerpt of *Chicken Soup for the Soul: Teens Talk High School*, please contact Rusty Shelton at (512) 785-4469 or rusty@sheltoninteractive.com.