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The secret lives of American teenagers

Chicken Soup for the Soul offers candid accounts of eating disorders, substance abuse, other challenges

COS COB, Conn. – With the recent uptick of teen-centered films like *American Teen* and Oscar-winning *Juno*, it appears that the American teenager is getting a makeover. A decade ago, we were watching *Clueless* TV-spinoffs, based on a girl with a credit card and cell phone. Today, we're watching ABC's "Secret Life of the American Teenager," based on a girl with an unplanned pregnancy. Are today's teens facing harder struggles than ever before, or are we finally able to talk about the hardest parts of adolescence?

Chicken Soup for the Soul has supported the work of teen writers for 15 years. *Chicken Soup for the Soul: Teens Talk Tough Times* (Chicken Soup for the Soul Publishing, LLC, August 2008, ISBN 978-1935096030, \$14.95) is a crucial voice in this conversation. 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.

In *Chicken Soup for the Soul: Teens Talk Tough Times*, teens open up about a variety of personal issues, ranging from eating disorders to substance abuse. And while the book is aimed at adolescents, its lessons are relevant to anyone involved in the life of a teenager, be they a parent, student, or peer.

"Everyone can identify with the need to fit in," says Elisa Donovan, who comes forward in her story "Already Perfect" to talk about her dangerous eating disorder. "Each one of us struggles with self-esteem and self-worth to some degree. I spent much of my time striving to achieve perfection in every aspect of my life. What I did not realize was that in my desperate need to be perfect, I sacrificed the very body and mind that allowed me to live."

With candid stories like Donovan's above, ranging from self-image, personal loss, broken relationships and more, *Chicken Soup for the Soul: Teens Talk Tough Times* aims to help teens support themselves and learn about what their friends might be experiencing.

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

- Author's Anne Schraff's road trip with her 86-year old mother
- How working mom Cynthia Briche accidentally packed her daughter a can of beer for lunch
- How single mom Barbara Stanley learned to laugh in the face of divorce, an eviction notice, and a lost job
- Why author Linda Stafford gave her son a pet potato, instead of a puppy
- Tips from Bonnie West on how to *enjoy* your empty nest, once the kids leave for college

Chicken Soup for the Soul: Teens Talk Tough Times (Jack Canfield, Mark Victor Hansen, Carol McAdoo Rehme and Patricia Cena Evans) released August 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 Tough Times*, please contact Rusty Shelton at (512) 785-4469 or rusty@sheltoninteractive.com.