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## Teens inspire teens to overcome the tough times *Chicken Soup for the Soul* looks at the hardest part of being a teenager

COS COB, Conn. – “I made it... you can, too,” writes college student Paula Perkins Hoffman, whose fiancé was deployed to Afghanistan shortly after their engagement. “I am not a very strong person, or at least I wasn’t before Brian joined the Army. Now, I am an Army wife, so I have to be Army Strong.” She, like the other teenage contributors to *Chicken Soup for the Soul: Tough Times for Teens* (Chicken Soup for the Soul Publishing, LLC, February 7, 2012, 978-1935096801, \$14.95), faced and conquered their obstacles. These teenagers share their stories of hope and encouragement, reassuring that with friends, belief in yourself, and the ability to focus on what’s really important; it is possible to get through life’s challenges.

From receiving a devastating diagnosis, to the loss of a friend, to betrayal by an adult, the stories in *Chicken Soup for the Soul: Tough Times For Teens* teach that what can seem like the toughest time in a young adult’s life can become a time for growth and strength.

As publisher Amy Newmark writes to teen readers in the introduction, “These stories should help you understand yourselves, understand your peers and family members, and help all of you through these challenging but potentially gratifying years as you mature into adults.”

Contributor Louise Johnstone shares how she freed herself with forgiveness. After being humiliated by a teacher years before, Louise was able to pardon her later saying, “Her mockery was wrong, but instead of anger, I now felt pity.” Louise then collected notes from her friends and family and was able to remember, “that, yes, I am valued.”

With Chelsey Wright, who lost all her material possessions in a tornado, readers will learn to appreciate what’s really important, as Chelsey finds joy in simple things: a hug, a smile and the support of her community.

Teens will learn to appreciate every good friend and family member alongside Katherine Randall-Mallinson who almost lost a friend in an accident, which left her in a coma for months. She reminds readers, “No one knows what kind of obstacles they will have thrown at them. Tell your family and your best friends how much they mean to you. You never know when they will be taken from you.”

*Chicken Soup for the Soul: Tough Times for Teens* (Jack Canfield, Mark Victor Hansen, and Amy Newmark) releases on February 7, 2012. 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](http://www.chickensoup.com).

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**To receive a review copy of *Chicken Soup for the Soul: Tough Times for Teens* or to request an interview, please contact Shelby Sledge at (512) 206-0229 or [shelby@sheltoninteractive.com](mailto:shelby@sheltoninteractive.com).**