



Chicken Soup for the Soul: Teens Talk Growing Up: Stories about Growing Up, Meeting Challenges, and Learning from Life

Jack Canfield, Mark Victor Hansen, Amy Newmark

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This book supports and inspires teenagers as they grow up, and reminds them they are not alone, as they read stories written by other teens just like themselves, about the problems and issues they face every day.

Being a teenager is hard - school is challenging, colleges or careers are looming on the horizon, family issues arise, friends and love come and go, bodies and emotions go through major changes, and many teens experience the loss of a loved one for the first time. This book supports and inspires teenagers as they grow up, and reminds them they are not alone, as they read stories written by other teens just like themselves, about the problems and issues they face every day.

The first Chicken Soup for the Soul book was published in 1993, and became a publishing industry sensation, ultimately selling eight million copies. The company went on to publish more than 150 Chicken Soup titles, selling more than 100 million copies, and becoming a household name.

Chicken Soup for the Soul has won dozens of awards over the past 15 years, and its founders, Jack Canfield and Mark Victor Hansen have become celebrity motivational speakers and authors.

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