



## **Chicken Soup for the Soul: Teens Talk Tough Times: Stories about the Hardest Parts of Being a Teenager**

*Jack Canfield , Mark Victor Hansen , Amy Newmark*

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## **Chicken Soup for the Soul: Teens Talk Tough Times: Stories about the Hardest Parts of Being a Teenager**

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This book includes 101 of our best stories about the toughest teenage times - and how to overcome them.

Being a teenager is difficult even under idyllic circumstances. But when bad things happen, the challenges of being a teenager can be overwhelming, leading to self-destructive behavior, eating disorders, substance abuse, and other challenges. In addition, many teens are faced with illness, car accidents, the loss of loved ones, divorces, or other upheavals, and the obstacles to happiness can seem insurmountable. Reading about the challenges in this book will help teens support themselves and learn about what their friends might be experiencing.

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.

## **Chicken Soup for the Soul: Teens Talk Tough Times: Stories about the Hardest Parts of Being a Teenager Details**

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## **From Reader Review Chicken Soup for the Soul: Teens Talk Tough Times: Stories about the Hardest Parts of Being a Teenager for online ebook**

### **Becca says**

Though this book contained many inspirational stories, I found it to be sort of boring. Many of the stories weren't out-of-this-world or anything special. There were some great ones, but there were some not-so-great ones. I think the writers could have done a better job selecting the contributions. There was a story in this book about someone I knew personally, which is why I bought it in the first place, but I was altogether slightly disappointed. I would recommend it to any teen going through a tough time because it did include some amazing pieces, but as for myself, I think it could have been better.

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### **Ria says**

I just really need this right now.

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### **Kayla says**

I liked this a lot. At first it was a bit emotional...understand that this book isn't exactly a happy book. Many stories about adversity and the horrible things some teenagers have had to go through. This was a very good book for me to read as a close family member of mine recently passed away. Recommend it to any teen going through hard times. Must read!

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### **Dani says**

This book is amazing! It will help every teenager go through their lives thinking "I'm normal, this is all normal" and "I CAN do this!"

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### **Migs Fiel says**

Even though there were some errant stories which weren't even inspiring (like the ones about whiny teens who just can't stick with their diet plans), I found some stories actually inspiring and amusing.

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### **Greilyn says**

I liked this book for many reasons but one of the reasons i like this book is because it reminds me a little

about my life.

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### **Britt1103 says**

never got into reading it, i started reading another book.

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### **Alyaa Mohammed says**

Chicken Soup for the Soul is one of the series of books became a major best-seller book. This book includes 101 stories that are shared by the people who experienced these stories. It is divided into 11 chapters, each chapter has a specific title, like second chance and it includes number of stories that is related to the topic. It shows how teen overcome their problems, hard time and challenges; for instance, having a rare disease, tumor, losing someone they love, experiencing different types of abuse and many other stories. I enjoyed reading each page of the book, because I prefer to read real stories and this book was really interesting. Some stories were touching and some others were inspiring. In addition, I liked that some stories were written as a poem. You could not expect what is coming in the next page. Once you start reading the book, you will never stop. I learned from this book that you have to appreciate the life you are living, even if you faced some struggles and to always remember that there are people in this world that are suffering and experiencing tough times.

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### **Cindy Nguyen says**

Chicken Soup for the Soul, Teens Talk Tough Times is a very good eye opening book. There are numerous amounts of stories that will be relate-able. This book has stories explaining how teens dealt with eating disorders, illnesses, divorces, obstacles, etc.

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### **Ashley says**

I was first introduced to Chicken Soup for the Soul three years ago in the 5th grade, when my teacher read one of the short stories out loud to the class. I forget what it was about, but it had something to do with depression and anorexia. It was definitely a story that belonged in the "Tough Times" section of the book. It got me thinking for awhile, even after my teacher finished reading. I replayed the scenario over and over in my head. It was hard to imagine that something that sounded so horrific could have actually happened. That is what first sparked my interest in this series. All of the stories that make up each book are true; they are submitted by normal people who have something to share with the rest of the world, or the readers, at least. There are also some quotes and inspirational poems, short and long.

My interest mainly lies on hardships the people, or writers, have faced. Because they are everyday people, these stories give me hope. If they had the ability to overcome the most difficult challenge(s) they have faced in their lives thus far, then I can definitely get by my problems and the things I worry and complain about on a daily basis. That is actually what led me to buy this book. It contains 363 pages of heart-warming stories from all sorts of different people who have faced issues from depression to illness. Having said all that, I will now get onto the review:

I will start with the cons, or con, rather. The thing that bothers me most is that this has stories from the other Chicken Soup books. That was a huge let-down, as I have already read four or five of them a few weeks back. It means I could skip several stories, and that makes me feel as if I did not get my money's worth. Of course, I do not expect the editors and the people who put these books together to find a whole set of new stories, but I find it odd that one hundred percent of these stories are from previously published books. But then again, had I flipped open the book in the store, this would not have come as a surprise.

I have already briefly mentioned the pros/good things about this book, but I will add other things: the stories are from actual people of all different ages who have had a tough experience --- hence the title Tough Stuff (Tough Stuff is to be underlined or italicized but Goodreads does not allow me to) --- in one time of their life or another; and there are over a hundred stories ranging in topic, though in the end they can all be categorized as "Tough Stuff." To be honest, my favorite issue to read about in this book is anorexia, which here is often associated with bulimia. I like that topic because most girls --- and even guys! --- my age obsess over their weight and just their appearance in general. The phrase "Beauty is skin deep" does not seem to cut it these days. It is so great to see that those anorexic/bulimic girls came to their senses and made it out alive. Of course, not all of them chose to seek medical help, but in the end, they are healthy and have gained self-confidence; that is what matters. The ones who did it to be "perfect" --- note that the word perfect is in quotes --- realized that they did not need rail-thin size 00 bodies, which is not very appealing to begin with. They ended up liking themselves a lot more.

Here is an excerpt from one of my favorite poems in the book. It just goes hand-in-hand with the issues that were being addressed in that chapter, and I like the gloomy feel it gives. It is sort of like a warning to those who are approaching the stories within that chapter, and it basically sums up what the chapter is about:

#### Sorrows Underneath

I think of all my problems.  
I think of all my pain.  
I think of all my sorrows,  
Until I go insane.

I think of all the smiles I've worn,  
Which hides sorrow underneath.  
No one seems to notice,  
That I go through so much grief.

My tears seem to keep flowing,  
Inside my tired eyes.  
Each time I want to tell you,  
My words come out as lies.

These days I'm feeling distant,  
Far away and weak.  
My sadness pulls me further,  
From the happiness I seek.

I've just begun to realize,  
That my hopes and dreams are gone,  
I'm walking down a dead end road  
Humming a tuneless song.

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## **Anna says**

i live for other people's drama

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## **Miaree says**

Plot Synopsis:

Being a "normal" young adult is hard enough, but when young adults face tough times it gets even harder.

Rating: 4 out of 5

This is a great resource if you or a young adult you know is going through tough times, but it's not for everybody because these are true stories from young adults. As a teacher I would have this in my room for in case one of my students needs to know they are not alone, but I wouldn't keep it on the shelf for everyone to read.

Characters:

Vary each chapter is a different story.

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## **Jeynna ( The Romance Junkie) says**

Such and eye-opener, highly motivating and very recommendable for teens who are having a hard times dealing with their lives and whatnot. An awe-inspiring book that should be read by all the teens out there. One thing, that I learn from this was all problems can be solved as long as we talked about it with someone who we can trust and having a support is very important in overcoming the thunders and storms during our youth life.

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