



# **Chicken Soup for the Soul: Tough Times for Teens: 101 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: Tough Times for Teens* supports and inspires teenagers during their most challenging times, reminding them they are not alone as they read stories from teens just like them with the same struggles.

The teenage years are tough, and when bad things happen, the challenges can be overwhelming. Faced with illness, car accidents, loss of loved ones, divorces, or other upheavals, the obstacles to happiness can seem insurmountable. But these 101 stories describe the toughest teenage challenges and how other teens overcame them. This collection will encourage, comfort, and inspire teens, showing that, as tough as things can get, they are not alone.

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