



# **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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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, loss of loved ones, divorces, or other upheavals. This audiobook includes 101 of our best stories about the toughest teenage times - and how to overcome them.

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