

# 《心灵鸡汤.与青少年谈坚持CSS TEEN》

## 图书基本信息

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## 内容概要

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.

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## 书籍目录

A Special Foreword by Jack and Mark1 Courage 1. Staying Strong, Deiah Haddock 2. Swimming with Dolphins, Allegra Taylor 3. Losing Myself, Jenny Deyo 4. Role Reversal, Adi Amar 5. Stuck with No Way Out, Rosanne Martorella 6. Panic, Marie-Therese Miller 7. I Said No, Natasha Carrie Cohen 8. Lumps, Christina Angeles 9. Not Alone, Andrea Blake2 Tough Choices 10. A Sobering Place, Monique Fields 11. My Toughest Decision, Kristina Dulcey 12. A Step Toward Healing, Yaa Yamoah 13. Dangerous Depression, Rosie Ojeda 14. That Warm Night, Sarah Woo 15. Independence Day, Natasha Carrie Cohen 16. No Longer a Child, Hilary E. Kisch 17. Sixty Second Flashback, Tiani Crocker 18. April 15th, the Worst and Best Day of My Life, Laurel Walker3 Being There 19. Donna and Claudia, Carol Gallivan 20. Jerry, Andrew Woods 21. For Such a Time as This, Sarah Klapak 22. A Call for Help, Jill Maxbauer 23. SPF 1,000, Lauren Henderson 24. Kim, Lia Gay 25. Take Back the Night, Erin Merryn 26. The Tragic Reunion, Amy Muscato 27. Why Rion Should Live, Sarah Barnett 28. The Right Thing, Kelly Garnett 29. Forever Beyond a Goodbye, Adam Cohen4 The Little Things that Make a Big Difference 30. Losing Hope, Heather Klassen 31. Change, Carrie Hill as told to Cynthia Hamond. 32. Beautiful, She Said, Jessica Gardner 33. My Own Thing, Nell Katcher 34. Nintendo Master, Katie Gill 35. The Turning Point, Dani Allred 36. Kind Words, Karen5 Family 37. What Siblings Know, Danielle Collier 38. Good Night, Dad, Luken Grace 39. A Birthday Gift, Thad Langenberg 40. The Unexpected, Julie Lucas 41. Healing with Love, Cecile Wood6 Pushing Forward7 Lessons Learned8 Loss and Grieving9 Reaching Out10 Second Chances11 You Are Not Alone

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