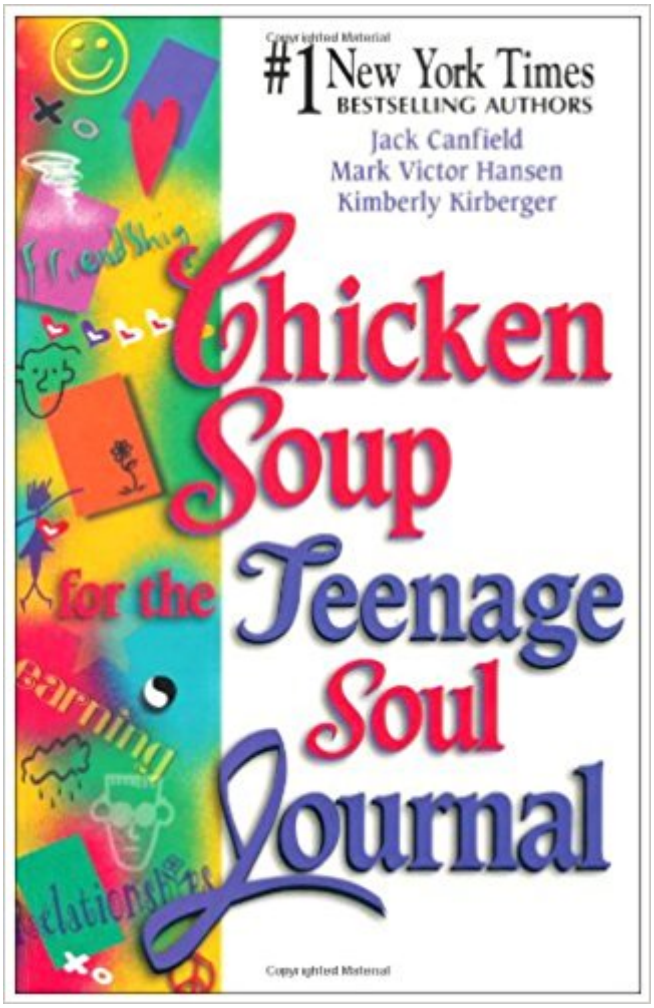
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Chicken Soup For The Teenage Soul Journal (Chicken Soup For The Soul)



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Synopsis

Your hopes, your dreams, your life - Chicken Soup for the Teenage Soul Journal gives you the perfect outlet to record your personal stories, feelings and experiences, in a way that is both fun and challenging. Sections called "Friendship", "Tough Stuff", "Follow Your Dreams" and more will help you to focus on what matters most to you, how to feel about your life, how to love yourself and others. With lots of space where you can write and where you can have friends and family share their feelings with you - it is also filled with great poems, thought provoking quotes, inspirational vignettes, and more. This Journal is sure to become one of your most valued keepsakes.

Book Information

Series: Chicken Soup for the Soul

Paperback: 300 pages

Publisher: HCI Teens (October 1, 1998)

Language: English

ISBN-10: 1558746374

ISBN-13: 978-1558746374

Product Dimensions: 8.7 x 5.4 x 0.8 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.5 out of 5 stars 36 customer reviews

Best Sellers Rank: #536,743 in Books (See Top 100 in Books) #34 inÃ Â Books > Teens > Hobbies & Games > Crafts & Hobbies #692 inÃ Â Books > Children's Books > Activities, Crafts & Games > Crafts & Hobbies #816 inÃ Â Books > Parenting & Relationships > Parenting > Teenagers

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Jack Canfield and Mark Victor Hansen, the #1 New York Times and USA Today best-selling co-authors, are professional speakers who have dedicated their lives to enhancing the personal and professional development of others. Jack, Mark and Kimberly have formed The Teen Letter Project, a foundation dedicated to encouraging troubled teens to reach out for help and guidance.Kimberly Kirberger is president of Inspiration and Motivation for Teens, Inc. (I.A.M. for Teens) and speaks at high schools and to youth organizations. Jack, Mark and Kimberly have formed The Teen Letter Project, a foundation dedicated to encouraging troubled teens to reach out for help and guidance.

Loving Yourself1. Loving Yourself It seems so much of my time and my energy have been focused on making or trying to make other people love me. The unspoken belief was that if I could make myself lovable to others I would feel loved. Therefore, I spent much of my life trying to be more beautiful, skinnier, funnier, sweeter, and on and on. Every time I felt sad and not loved I would try to change something about myself, like, 'I won't talk so much,' or, 'I will be less needy.' Although both of these things would no doubt help, the point is, it isn't about what anyone else thinks of me. The truth is, I can only feel loved by others when I love myself. If I don't love myself, I will never feel loved. Kimberly Kirberger Ã Â©2008. Kimberly Kirberger. All rights reserved. Reprinted from Chicken Soup for the Teenage Soul Journal by Jack Canfield, Mark Victor Hansen. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, without the written permission of the publisher. Publisher: Health Communications, Inc., 3201 SW 15th Street , Deerfield Beach , FL 33442.

I'm a twenty year old girl who's been writing in a journal since I was twelve. I've never had a journal like this before! It really helps you get through your teenage years. I know I'm not a teenager anymore but I still read Chicken Soup for the Teenage Soul books. They just inspire me so much. I go through this journal everyday and I'm learning a lot about myself. I just wish I would have gotten this journal when I was twelve. I have a nephew who"s twelve and almost in seventh grade. I'm buying this journal for him and I hope he works on it like I have. Thank God for Chicken Soup for the Teenage Soul!!!!

I loved this journal when I was a teenager and now I bought it for my teenage daughter.

My daughter loves this journal and it didn't take long to get shipped.

Wonderful journal for my g.dtr.

It's ok. I wish there were some longer stories with more opportunity for student response to someone else's tale.

I love this book! It's not just a journal. It's very therapeutic and it will definitly help people who feel they are detached in certain areas of their life. Some times it says, "Write some things that you feel

you are being pressured to do by your family. As you write it down, imagine that you are throwing it in the trash." This is definitly a great book, even if you aren't having any troubles in your life. There are even places for your friends , boyfriend and family to write in for support. I highly suggest this book for everyone who reads the Chicken Soup Books. And even if you don't, this is a good book to start with.

This is a gift for our Granddaughter so we do not know the outcome yet, however she is 14 so we are sure it will be liked

The item arrived in good time and condition as per 's promise. Good job all!

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