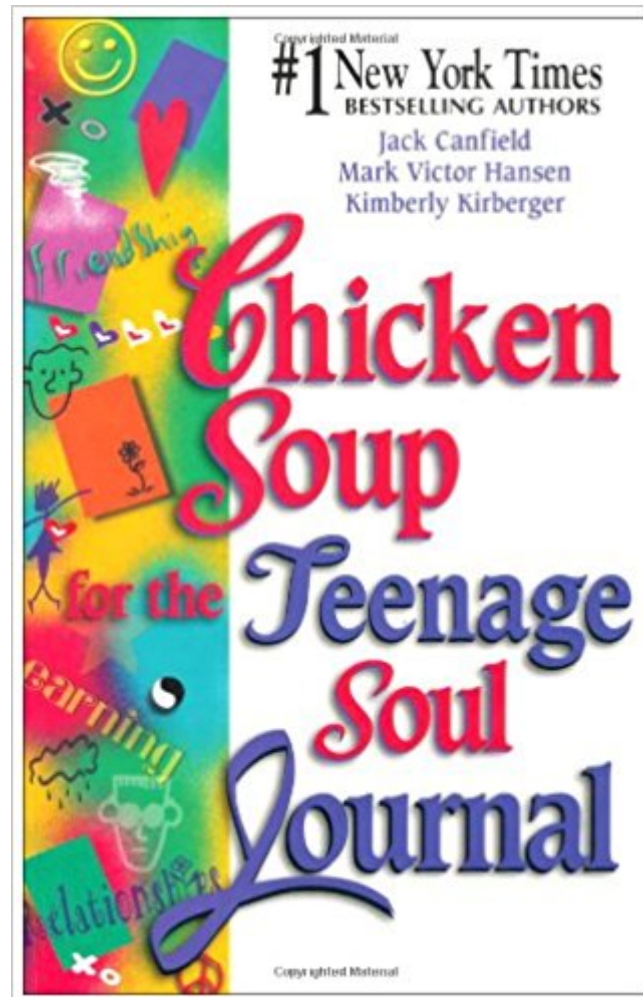


The book was found

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



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: 4.8 out of 5 stars [See all reviews](#) (34 customer reviews)

Best Sellers Rank: #1,057,856 in Books (See Top 100 in Books) #80 in [Books > Teens >](#)

[Hobbies & Games > Crafts & Hobbies](#) #1127 in [Books > Children's Books > Activities, Crafts &](#)

[Games > Crafts & Hobbies](#) #1404 in [Books > Parenting & Relationships > Parenting > Teenagers](#)

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

I love this book! It's not just a journal. It's very therapeutic and it will definitely 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 definitely 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.

If you are a teenager and what to tell somebody or something your problems that won't EVER tell anyone, this is the book for you. This book helps any teenager that wants its help. Tell this book about your life, have friends, family, etc. write in your book. Discover things about yourself that you didn't realize before! READ THIS BOOK!!!!

Chicken Soup for the Teenage Soul: Journal, was one of the most moving books I have read. It is directed towards adolescents, and deals with issues every adolescent girl faces. It's a blend of stories, quotes, poems, and spaces to write your thoughts. This book has many different sections such as: family, learning lessons, love and kindness, and tough stuff. My favorite section, however, is "loving yourself". This book gave me a chance to deal with issues and see that I am not the only girl whom faces such issues. Chicken Soup is a book that I am able to pick up and at any time if I need some inspiration, help, or reassurance. Other issues helpful to me were on drinking, self-esteem, eating disorders, and how to deal with my past. Another good part about this book is that a lot of it is compiled with texts written by teenage authors. There are spaces for friends to write about you, and spaces for you to express how you feel on certain issues. Chicken Soup allowed me to realize I was not the only girl who had experienced some of the feelings I did. After reading this book I knew I wasn't alone! I do highly recommend this book to any teenage girl. Adolescence is a hard time to get through, and many girls need inspiration. You do not have to read the book cover to cover; you can pick it up any time and read whatever section you desire.

my mom bought me this a few christmas's ago. I wasnt really a diary type person so I figured I wouldnt like it. But one day when I was bored, I opened it up and looked and realized what I had been missing. this is definitely a great book for teenagers. Its not just a blank journal, it gives you lots of interesting ideas to write about and asks questions that make you think. I love writing in it if I'm bored. And it's big so it wont get used up fast. Also, even though there are sections, you dont have to do each one in order, you can just skip around if you want. the sections are similar to the ones in the chicken soup for the teenage soul books. and for some of the questions, they give alot of space to just write whatever you want. I especially liked the section where your friends, boyfriend, etc. could write to you and the part where you can put your pictures. I highly recommend this journal! its great! I hope they come out with a second one

This journal makes a fantastic gift for any teenager. It encourages teens to express their emotions (anger, fear, hurt and joy), dreams and and goals. The book covers many topics and provides plenty

of writing space for teens to honestly express their feelings about the people closest to them. Perhaps the one disadvantage of the book is that it did not come in the same format as a diary with "a little lock and key." Teenagers, like adults, need their privacy in recording their deepest inner thoughts and feelings. The journal might have encouraged teens to express themselves more honestly and openly if they felt there was a small measure of security that "no one could peak." We all know that self-expression is excellent therapy for the soul, and I would highly recommend this book for your teenage daughter or son.

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 think this is a great book/journal. @ first i thought that all the "chicken soup" books were lame and cheesy, but of course- never judge a book by it's cover. my mistake. my friend let me borrow one of her books and turns out- it was great. but still- i never bought any of their books. so one day my sis thought it would be a good idea 2 get me this journal @ a book store. turns out, it contains great poems, quotes, and helps you every step of the way to complete the book. you learn secrets and feelings about yourself that you thought didn't even exist! go ahead and buy it. if you don't like it, it's fine. everyone has their own opinion. to my opinion, it's great. check it out sometime.

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