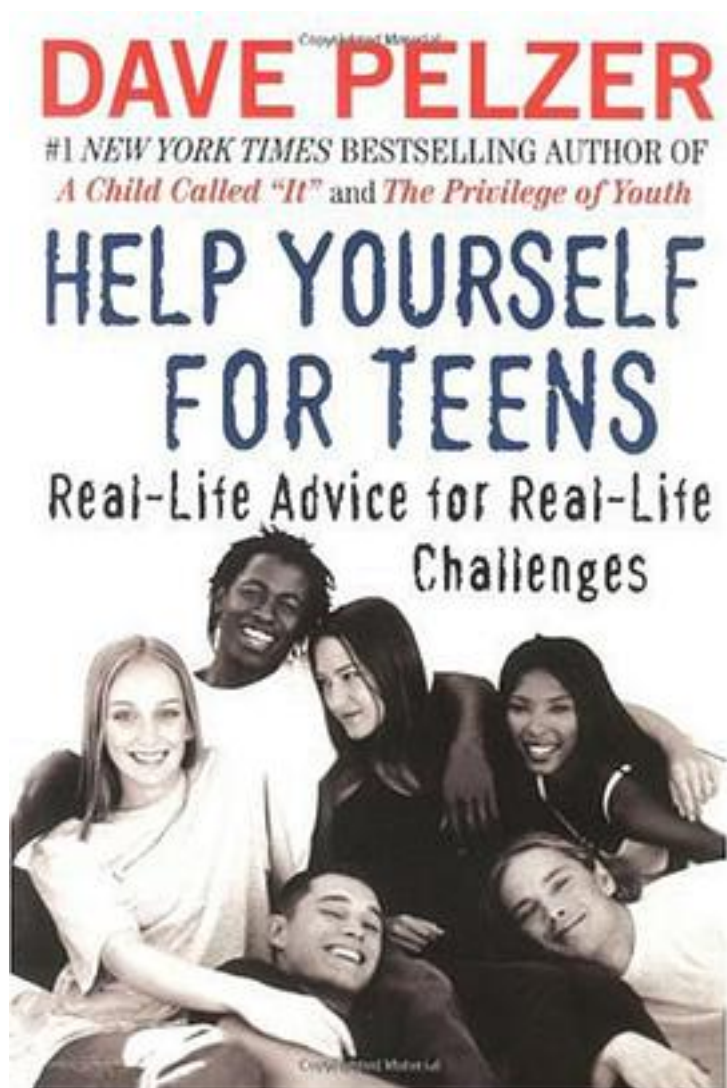


# Help Yourself for Teens



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From the preeminent inspirational speaker and memoirist of our time comes a stirring self-help book for teenagers. Dave Pelzer continues his tireless crusade against despair with "Help Yourself for Teens," an uplifting new book written specifically for young adults. Sharing stories of his own adolescent struggles -- fighting for his life against his alcoholic mother and enduring outrageous oppression at the hands of bullies and false friends -- Pelzer imparts advice to help young people rise above their circumstances and achieve greatness. He offers teenagers practical solutions for overcoming their own hardships, focusing on three areas: facing current and past problems; realizing the importance of decisions; and finally, never giving up on oneself. Through it all, Pelzer never lets his readers forget that they alone have control over the outcomes of their lives. Part self-help book and part inspirational memoir, "Help Yourself for Teens" is an empowering and uplifting guide to growing up in an often difficult world.

作者介绍:

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