



The
ORIGINAL
Bestselling
Series

New York Times
BESTSELLER

Chicken Soup for the Teenage Soul

Stories By:
Bill Cosby
Robert Fulghum
Jennie Garth
Jennifer Love Hewitt
A. J. Langer
And Many More

101 Stories of
Life, Love and
Learning

Jack Canfield, Mark Victor Hansen
and Kimberly Kirberger

"I'm proud to be part of a book that inspires and obviously really cares about teenagers. No preaching, no telling teens what not to do. Everyone should read this book."

Jennifer Love Hewitt

singer and actress, *Party of Five*

"What a wonderful gift this book is for teenagers. These stories will make you laugh, make you cry, and inspire you to feel better about life, love and learning."

Barbara DeAngelis

bestselling author, *Real Moments*

"I love this book. It picks you up and shows you how to get the most out of life through the stories of other people."

Janet, age 15

"I will read this book over and over again. It does more than just entertain you, it actually changes the way you feel inside . . . in a good way."

Jennifer, age 16

"I liked reading about how girls feel in relationship to guys. That was the best part."

Michael, age 16

"I realized after reading this that I can do more than I thought. I play sports and sometimes, if I have a bad game, I think I'm finished. After reading these stories, I feel differently."

Daniel, age 15

Chicken Soup for the Teenage Soul

101 Stories of Life, Love and Learning

Jack Canfield
Mark Victor Hansen
Kimberly Kirberger

Health Communications, Inc.
Deerfield Beach, Florida
www.hci-online.com

We would like to acknowledge the many publishers and individuals who granted us permission to reprint the cited material. (Note: The stories that were penned anonymously, that are in the public domain, or, that were written by Jack Canfield, Mark Victor Hansen or Kimberly Kirberger are not included in this listing.)

Losing the "Us." Reprinted by permission of Lia Gay. ©1996 Lia Gay.

After a While. Reprinted by permission of Veronica A. Shoffstall. ©1971 Veronica A. Shoffstall.

Soul Mates. Reprinted by permission of Fran Leb. ©1996 Fran Leb.

The Miss of a Great "Miss." Reprinted by permission of Jack Schlatter. ©1996 Jack Schlatter.

My First Kiss, and Then Some. Reprinted by permission of Mary Jane West-Delgado. ©1996 Mary Jane West-Delgado.

Changes in Life. Reprinted by permission of Sheila K. Reyman. ©1996 Sheila K. Reyman.

First Love. Reprinted by permission of Mary Ellen Klee. ©1996 Mary Ellen Klee.

A High School Love Not Forgotten and *Mrs. Virginia DeView, Where Are You?* Reprinted by permission of Diana L. Chapman. ©1996 Diana L. Chapman.

(Continued on page 350)

Library of Congress Cataloging-in-Publication Data

Canfield, Jack, date.

Chicken soup for the teenage soul: 101 stories of life, love, and learning /

Jack Canfield, Mark Victor Hansen, Kimberly Kirberger.

p. cm.

ISBN 1-55874-468-1 (hardcover). — ISBN 1-55874-463-0 (trade paper)

1. Teenagers—Conduct of life. I. Hansen, Mark Victor. II. Kirberger,

Kimberly, date.

BJ1661.C17 1997 97-5378

158.1'28'0835—dc21 CIP

©1997 Jack Canfield, Mark Victor Hansen and Kimberly Kirberger

ISBN 1-55874-463-0 (trade paper)—ISBN 1-55874-468-1 (hardcover)

All rights reserved. Printed in the United States of America. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the written permission of the publisher.

Publisher: Health Communications, Inc.

3201 S.W. 15th Street

Deerfield Beach, FL 33442-8190

Cover artwork by Fred Babb

Cover re-design by Andrea Perrine Brower

DEDICATION

*With love we dedicate this book to
all the teenagers who have become our friends
and who have taught us through their friendship
that we all have something important
to offer each other.*

*We also dedicate this book to
John and Jesse, two perennial teenagers
who gave Kim the time and space to
work on this book for two years
to Lia, who first opened our minds to the
possibility of creating this book,
to Oran and Kyle, who taught their
dad a lot during their teenage years,
and to our younger children,
Christopher, Elisabeth and Melanie,
who will soon enter their teenage years,
and all of whom we love very much.*

CONTENTS

| | |
|---|----|
| Acknowledgments | xi |
| Introduction | xv |
| 1. On Relationships | |
| Losing the "Us" <i>Lia Gay</i> | 3 |
| After a While <i>Veronica A. Shoffstall</i> | 7 |
| Soul Mates <i>Fran Leb</i> | 8 |
| The Miss of a Great "Miss" <i>Jack Schlatter</i> | 11 |
| My First Kiss, and Then Some <i>Mary Jane West-Delgado</i> | 14 |
| First Kiss—First Lesson <i>Jennifer Braunschweiger</i> | 17 |
| Changes in Life <i>Sheila K. Reyman</i> | 25 |
| First Love <i>Mary Ellen Klee</i> | 28 |
| A High School Love Not Forgotten <i>Diana L. Chapman</i> | 31 |
| 2. On Friendship | |
| Betty Ann <i>Ina Hughs</i> | 36 |
| The Gossiper <i>Author Unknown</i> | 41 |
| A Simple Christmas Card <i>Theresa Peterson</i> | 43 |
| Please Listen <i>Author Unknown</i> | 46 |
| She Told Me It Was Okay to Cry <i>Daphna Renan</i> | 48 |
| Lessons in Friendship <i>A.J. Langer</i> | 50 |
| Always Return Your Phone Calls <i>Anonymous</i> | 55 |
| My New Best Friend <i>Retold by Kimberly Kirberger</i> | 57 |
| The Days of Cardboard Boxes <i>Eva Burke</i> | 59 |

3. On Family

| | |
|---|-----|
| She Didn't Give Up on Me <i>Sharon Whitley</i> | 67 |
| Mama's Hands <i>Tommi Jo Casteo</i> | 72 |
| Unconditional Mom <i>Sarah J. Vogt</i> | 74 |
| The Bible <i>Beckah Fink</i> | 78 |
| The Birthday <i>Melissa Esposito</i> | 80 |
| The Home Run <i>Terri Vandermark</i> | 83 |
| My Big Brother <i>Lisa Gumenick</i> | 84 |
| A Brother's Voice <i>James Malinchak</i> | 87 |
| Daddy Weirdest <i>Rebecca Barry</i> | 90 |
| A Famous Father <i>Author Unknown</i> | 95 |
| Lessons in Baseball <i>Chick Moorman</i> | 97 |
| The Champ <i>As told by Nailah Malik, the "Vela Storyteller"</i> | 100 |
| I Love You, Dad <i>Nick Curry III</i> | 102 |
| I Am Home <i>Jennie Garth</i> | 105 |

4. On Love and Kindness

| | |
|--|-----|
| Tigress <i>Judith S. Johnessee</i> | 110 |
| Bright Heart <i>Jennifer Love Hewitt</i> | 114 |
| The Secret of Happiness <i>The Speaker's Sourcebook</i> | 117 |
| Reaching Out to a Stranger <i>Barbara A. Lewis</i> | 119 |
| Smile <i>Barbara Hauck</i> | 123 |
| Mrs. Link <i>Susan Daniels Adams</i> | 125 |
| A Mason-Dixon Memory <i>Clifton Davis</i> | 127 |
| The Mirror <i>Robert Fulghum</i> | 134 |
| A Gift for Two <i>Andrea Hensley</i> | 136 |
| Life Just Isn't <i>Katie Leicht</i> | 138 |
| Tell the World for Me <i>John Powell, S.J.</i> | 141 |
| Like People First <i>Kent Nerburn</i> | 145 |
| Lilacs Bloom Every Spring <i>blue jean magazine</i> | 149 |
| Paint Brush <i>Bettie B. Youngs</i> | 153 |
| 5. On Learning | |
| Egg Lessons <i>Kimberly Kirberger</i> | 156 |
| A Long Walk Home <i>Jason Bocarro</i> | 160 |

| | |
|--|-----|
| The Cost of Gratefulness <i>Randal Jones</i> | 163 |
| I Try to Remember <i>Author Unknown</i> | 166 |
| Mrs Virginia DeView, Where Are You? <i>Diana L Chapman</i> | 170 |
| What's Wrong? <i>The Speaker's Sourcebook</i> | 175 |
| The Eternal Gifts <i>Jack Schlatter</i> | 177 |
| Socrates Retold by <i>Eric Saperston</i> | 181 |
| Challenge Days As told to <i>Andrew Tertes</i> | 183 |
| Please Hear What I'm Not Saying <i>Jill Zevallos-Solak</i> | 187 |
| I Am . . . <i>Amy Yerkes</i> | 189 |
| Sparky <i>Bits & Pieces</i> | 192 |
| Detention Can Be Fun <i>Bill Cosby</i> | 194 |
| If I Knew <i>Kimberly Kirberger</i> | 198 |
| Eleven <i>Sandra Cisneros</i> | 200 |
| 6. Tough Stuff | |
| I'll Always Be with You <i>Dale and Dar Emme</i> | 206 |
| My Story <i>Lia Gay</i> | 211 |
| Somebody Should Have Taught Him <i>Retold by Jane Watkins</i> | 214 |
| Just One Drink <i>Chris Laddish</i> | 216 |
| The Dance <i>Tony Arata</i> | 218 |
| The Premonition <i>Bruce Burch</i> | 220 |
| Dead at 17 <i>John Berrio</i> | 226 |
| I'll Be Looking for You, Ace <i>Jennifer Lohrfink</i> | 228 |
| "Gabby, You're Sooo Skinny" <i>Gabriella Tortes</i> | 232 |
| Last Wish <i>Christi Galloway</i> | 236 |
| Gold-Medal Winner <i>Rick Metzger</i> | 240 |
| Anne <i>Ina Hughs</i> | 242 |
| Desiderata <i>Max Ehrmann</i> | 245 |
| 7. Making a Difference | |
| What Is Success? <i>Ralph Waldo Emerson</i> | 248 |
| Be Cool . . . Stay in School! <i>Jason Summey</i> | 249 |
| The Leader <i>Tony Overman</i> | 253 |
| Courage in Action <i>Bill Sanders</i> | 254 |
| Turning Up Your Light <i>Eric Allenbaugh</i> | 256 |

| | |
|--|-----|
| The Oyster <i>Author Unknown</i> | 259 |
| Courage in a Fire <i>Barbara A. Lewis</i> | 261 |
| The Most Mature Thing I've Ever Seen <i>Chris Blake</i> | 266 |
| Broken Wing <i>Jim Hullivan</i> | 270 |
| Passing the Dream <i>Penny Caldwell</i> | 273 |
| 8. Going for It! | |
| The Girl Next Door <i>Amanda Dykstra</i> | 276 |
| I'll Be Back <i>Jack Cavanaugh</i> | 279 |
| Just Me <i>Tom Krause</i> | 287 |
| True Height <i>David Naster</i> | 289 |
| Helen Keller and Anne Sullivan <i>Helen Keller</i> | 294 |
| The Gravediggers of Parkview Junior High <i>Kif Anderson</i> | 298 |
| Adulthood <i>Robert Fulghum</i> | 302 |
| Teenagers' Bill of Rights <i>Lia Gay et al.</i> | 306 |
| The Boy Who Talked with Dolphins <i>Paula McDonald</i> | 308 |
| Wild Thing <i>Jennifer Philbin</i> | 316 |
| To Track Down My Dream <i>Ashley Hodgeson</i> | 319 |
| From Crutches to a World-Class Runner <i>The Speaker's Sourcebook</i> | 321 |
| If <i>Rudyard Kipling</i> | 323 |
| No-Hair Day <i>Jennifer Rosenfeld and Alison Lambert</i> | 325 |
| I Did It! <i>Mark E. Smith</i> | 328 |
| Growing <i>Brooke Mueller</i> | 331 |
| New Beginnings <i>Paula (Bachleda) Koskey</i> | 332 |
| More Chicken Soul? | 335 |
| Supporting Teenagers | 336 |
| Who is Jack Canfield? | 338 |
| Who is Mark Victor Hansen? | 339 |
| Who is Kimberly Kirberger? | 340 |
| Contributors | 341 |
| Permissions (continued) | 350 |

ACKNOWLEDGMENTS

It takes a thousand voices to tell a single story.
Native American Saying

This book took two years to write, compile and edit. It has been a true labor of love for all of us. One of the greatest joys in creating this book has been working with hundreds of teenagers and adults who gave this project not just their time and attention, but their hearts and souls as well. We would like to thank the following people for their dedication and contributions, without which this book could not have been created:

Our family members—Georgia, Christopher, Oran, Kyle, Patty, Elisabeth, Melanie, John and Jesse—for once again sharing with us the incredibly time-consuming process of creating a book. Thanks again for giving us the space, time and emotional support we needed to follow our passion and complete what must have seemed like an endless task. We love you all more than words can ever express.

We would like to extend a very special thanks to a group of teens who worked with us to ensure this book would be about issues that truly concern teenagers. To Lisa Gumenick whose enthusiasm for this project inspired the entire group, to Lisa Rothbard whose honesty