

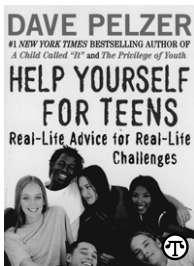


Books Worth Reading

Uplifting Advice For Teens

(NAPSA)—Sharing stories of his own adolescent struggles, Dave Pelzer, the author of five national best-sellers, imparts advice to help young people rise above their circumstances and achieve greatness.

A new book, “Help Yourself For Teens” (Plume, \$12.95), by Dave Pelzer offers teenagers practical solutions for overcoming 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.

Pelzer, the author of the number one best-selling “A Child Called ‘It,’” “The Lost Boy” and “A Man Named Dave,” travels more than 250 days a year throughout the nation, speaking to large groups of youth and adults on the topics of resilience and overcoming obstacles. He has appeared on numerous national television shows, including “The Oprah Winfrey Show.”

His latest book is now at bookstores and at www.penguin.com.