



Help Yourself for Teens: Real-Life Advice for Real-Life Challenges

Dave Pelzer

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As featured on *Oprah*

Dave Pelzer, author of the acclaimed, best-selling books *A Man Named Dave* and *Help Yourself*, 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.

Pelzer's uplifting and practical advice strives to tackle issues ranging from physical and sexual abuse to identifying spousal disagreement. 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.

Help Yourself for Teens: Real-Life Advice for Real-Life Challenges Details

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Author : Dave Pelzer

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From Reader Review Help Yourself for Teens: Real-Life Advice for Real-Life Challenges for online ebook

Cléomina says

A true book about how we waste our lives on making everybody around happy. No but it helps you to break free and make yourself happy. Removing all the 'trash' in your life.

Deb says

Definitely worth reading if you have teenagers or your child(ren) are about to become teens.

Marie says

This is an ok read - inspirational words but also a lot of review for 'A Child Called It', if you've already read that.

Yvonne says

I am fortunate enough to have met this author and have an autographed copy of this book. I read this book with a couple of different hats on: as a mother, as a social worker and as a former teen mom who faced her own battles growing up. This book, was ok. It wasn't an earth shattering, enlightening, awe-inspiring book. It seems genuine in its attempts to be inspirational. I hate to say this, but I feel it falls short in its ability to relate to the youth of today. I really enjoy Pelzer's work for the most part, but I was slightly disappointed with this book.

Kimberly says

This book may reflect some of situations. I shall read this.

Wendi Olson says

It was ok...didn't realize this was the author of "A Child Called It" and had suffered HORRENDOUS abuse, which he talks about a bit in THIS book. Anyhow, other than that I didn't think it had any revelations in it. I bought it for my teen but don't think it's worth her time. I'm sure there are better books she can relate to out there.

