



# **Taste Berries for Teens: Inspirational Short Stories and Encouragement on Life, Love, Friendship and Tough Issues**

*Bettie B. Youngs, Jennifer Youngs*

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The *Richardella-dulcisica*, better known as the taste berry, is a unique fruit. When eaten, it causes the taste buds to experience all food eaten afterwards-even distasteful food-as sweet and delicious. Likewise, there are people who, through their love and compassion, make the lives of others better. Like the taste berry, these people can turn sour days into delightful, even joyful, ones.

With all the confusion, turmoil and heartache that teens experience, they need "taste berries" more than any other group. The authors - a mother/daughter team sensitive to the special needs of teens- have collected a wide array of inspirational material, which they interweave with teens' comments and critiques. The book is divided into units on self-worth, self-respect and self-esteem; friendship; love and meaningful relationships; finding meaning, purpose and direction in life; giving, sharing and making a difference; encouragement and success; and coping with pressure, stress and tough issues.

Real teens reviewed this book and the authors completed it with the collaborative feedback of those teens. This innovative approach enables *Taste Berries for Teens* to show teens - by means of the responses and reactions of their peers, rather than the rhetoric of adults - what it means to be a "taste berry" and to appreciate the "taste berries" in their lives. In addition, the authors offer their own suggestions and counsel to provide structure for the teen responses.

Taste Berries for Teens--a unique combination of timeless and heartwarming narratives, teen responses and reactions, and the authors' own loving and wise commentary and advice--is sure to become every teen reader's constant guide and trusted companion.

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