



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.



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