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心灵鸡汤

花季物语

Chicken

Soup for the

Girls

Soul

Jack Canfield,
Mark Victor Hansen,
Patty Hansen and Irene Dunlap



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—花季物语

CHICKEN SOUP

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Foreword

It isn't easy being a girl today—I know from experience! As the publisher of *Discovery Girls*, I read mail from the thousands of preteens who write to the magazine each issue. These letters have given me a window into what concerns girls most, as well as what energizes them as they strive for success. What I love about *Chicken Soup for the Girl's Soul* is that it's all here. There's the pain of being rejected by friends, the confusion of a crush that doesn't work out, the sadness of losing someone you love. And these stories capture the excitement of being a girl, too: of making true friends, conquering fears and knowing that you write your own destiny.

But the best part is that this book is written “girl to girl”! What better way to show girls that they are not alone? You'll find a friend in every chapter—and a ton of inspiration, too. I wish I would have had this book when I was growing up!

So whether you are in need of some extra support or a boost of confidence, or you just want to soak in all the wonder of being alive, you'll know where to go—straight to these pages! And remember, you can do anything! After all, you're a girl!

Catherine Lee
Publisher, *Discovery Girls*





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Acknowledgments

As with every *Chicken Soup for the Soul*® book that we have coauthored, we are once again deeply grateful for the contributions of many who have made the process of creating *Chicken Soup for the Girl's Soul* a fulfilling and enjoyable experience.

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To our incredible panel of preteen girl readers and their teachers who read hundreds of stories to help us make the final selections—your input was invaluable and very much



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Most of all, our gratitude goes out to everyone who submitted heartfelt stories, poems, quotes and cartoons for possible inclusion in this book. We especially thank the Society of Children's Book Writers and Illustrators for always sending such well-written and age-appropriate material for us to consider.

Finally, thanks to all the preteens who take time to write to us just to say how much you love *Chicken Soup for the Kid's Soul*, *Preteen Soul* and *Preteen Soul 2*. Your letters fuel our passion to help you through your preteen years by



Acknowledgments



sharing true life stories with you. It means the world to us to hear how our books have changed your lives for the better.

Because of the size of this project, we may have left out the names of some people who contributed along the way. If so, we are sorry, but please know that we really do appreciate you very much.

We are truly grateful, and we love you all!



Introduction

Who would ever think that so much went on in the soul of a young girl?

Anne Frank

What exactly is a soul? Is it as light as air, as beautiful as an angel? Is your soul what keeps you alive? Are you your soul? I think if we just keep feeding our souls with stories of encouragement, we'll find out what a soul really is.

Vivian Ling, 11

For a girl growing up, life is an experience rich in swirling emotions and adjustments. You're sorting out who you are and who you want to become; what role family, friends and that special crush play in your life—and all of this happens during a few short years that include more changes than any other time of life.

When you were younger, you spent your time playing with Barbie dolls—but now, you and your girlfriends find



yourselves trying on makeup and looking at bras in the Victoria's Secret catalog. But life for a preteen girl is far more than exchanging Barbies for bras. One minute you're edgy with excitement, the next, you are immobilized by your fears—only to be overcome with hysterical laughter, and then betrayed by your tears. Chicken Soup fan twelve-year-old Lindsey Appleton has this to say:

Hormones, well, that is something everybody deals with. Like crying for no apparent reason and being happy—just because.

And preteen reader Paige Rasmussen puts it this way:

Right now is a time in our lives when we are dealing with peer pressure, boys and puberty. And it is really nice to know that in a rough time like this in our lives, there is actually someone else in the world who is going through the same things! Most of us have our mothers and sisters, but sometimes that is not enough.

The preteen years, between nine and thirteen, carry with them so much to sort out. We want to share examples with you that can guide you and to let you know that you aren't alone in what you are going through. We want you to see that these years can be a roller-coaster ride where sometimes you have to hang on for dear life—but you will come through it. Each of you will have your own unique experiences at your own timing. At the end, you will be ready for the next chapter in your life—your teen years.





This book was created to be your companion to help you move through the maze of your sometimes confusing and challenging experiences as a preteen girl. Each contributing author, whether a preteen or an adult, gives you a glimpse of her life and that pivotal experience that helped shape the person she is. The stories shared in *Chicken Soup for the Girl's Soul* are meant to be empowering to a growing preteen girl—and they are as incredibly diverse as are the changes and emotions you are feeling.

Another one of our readers, Devoreaux Walton, explains:

Going through the preteen years can be really tough. Your parents pressure you about your grades, and your teachers are really starting to pile on the homework. High school seems so far away, like it's hard to visualize. Deep down inside, you know you're not ready for high school yet. At night, you wonder when you'll be ready or if you ever will be.

Your preteen years just might be the most important years of your life. You are taking shape in every imaginable way—body, mind and soul. As you navigate through, remember that this time is unique and very significant. You are becoming a woman, so be in the moment. Embrace every day as you journey through the unknown in the company of millions of other girls like you, who are also making their way through this time of life. It's your life—love it and live it. Grab on to the adventure! Dream and plan. Take the good with the bad. Most of all, stay true to yourself and be good to others along the way. And while you do, hold close the words of Karen Ravn:





*Only as high as I reach can I grow, only as far
as I seek can I go, only as deep as I look can I
see, only as much as I dream can I be.*

We love you, and we hope you will love this book. As you grow into the woman you are meant to be, we hope you are blessed with joy, love, fulfillment, peace and wisdom. We want you to celebrate just how fantastic it is to be the gender that has so much complexity—and, without a doubt, so much power!

Patty Hansen and Irene Dunlap





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