Published Book Resources for Teens and Young Adults

This book listing is comprised of reviews by MFRI staff members who have reviewed hundreds of books for different audiences. The books listed below met our minimum criteria for inclusion in a list of potential resources for those working or interacting with military teens and young adults.

A Nation Challenged: A Visual History of 9/11 and its Aftermath; Young Readers Edition
Authors: New York Times, Nancy Lee, and Lonnie Schlein
ISBN: 439488036
Recommended Age: 12+

Book Review: Good overview: Great illustrations/pictures; Not military or deployment specific

Chicken Soup for the Teen’s Soul: Making Sense of the Drama in Your Life
Authors: J. Canfield, M. Hansen and S. Meyer
ISBN: 757306822
Recommended Age: 12 to 18

Book Review: Discusses stories of courage, friendship and challenges; One story is from a teen who's brother was killed in Iraq

Divorce: Finding a Place
Authors: Eileen Kuehn
ISBN: 736807470
Recommended Age: 9 to 11

Book Review: Teens will benefit from the easy to understand and implement ideas to cope with divorcing parents.

Don’t Sweat the Small Stuff for Teens: Simple Ways to Keep Your Cool in Stressful Times
Authors: Richard Carlson
ISBN: 786885971
Recommended Age: Young Adult

Book Review: A good general book about how to manage the stressors in everyday life with positive, uplifting inspirational stories.

Fact or Fiction?: The Truth about Fear and Depression
Authors: H. Denkmire and M. Kittleson
ISBN: 816053018
Recommended Age: 12 and up

Book Review: Well written with vignettes from a teen perspective helps to illuminate the text of understanding mental health issues that may arise.
**Finding My Way: A Teen’s Guide to Living with a Parent Who has Experienced Trauma**

**Authors:** M. Sherman and D. Sherman  
**ISBN:** 1592981178  
**Recommended Age:** 12 to 18  

**Book Review:** Age-appropriate and is an easy to understand manner, for teens with a parent who has experienced injury. Good resources and discussion of feelings.

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**How It Feels When a Parent Dies**

**Authors:** Jill Krementz  
**ISBN:** 394758544  
**Recommended Age:** N/A  

**Book Review:** Timeless and valuable description of what several children experience with the loss of their parent. Photos are out-dated at this time, but provides a positive message about working through the grief process.

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**Lily’s Crossing**

**Authors:** P. Giff and R. Giff  
**ISBN:** 440414537  
**Recommended Age:** 12 to 18  

**Book Review:** Although based after a war that happened many years ago, how the teen is affected is well represented.

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**Making Your Way after Your Parent’s Divorce**

**Authors:** Lynn Cassella  
**ISBN:** 764808729  
**Recommended Age:** N/A  

**Book Review:** Teens will relate to the subject matter and the format. Has a religious undertone so would also be useful for the faith community.

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**Reaching for the Sky: Childhood Recollections of War and Peace**

**Authors:** Matina K. Psyhogeos  
**ISBN:** 595659225  
**Recommended Age:** N/A  

**Book Review:** Older teens may benefit from the sharing of experiences from a younger person’s view.

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**The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety & Worry**

**Authors:** L. Schab  
**ISBN:** 1572246034  
**Recommended Age:** 12 to 18  

**Book Review:** Provides a variety of methods (e.g., writing, drawing, experiential) to help address anxiety; Not specific to the military population; More appropriate for cognitively advanced teens.
You Are Not Alone: Teens Talk About Life After The Loss of a Parent

Authors: Lynne B. Hughes
ISBN: 439585902
Recommended Age: Young Adult

Book Review: Provides a good teen perspective on the loss of a parent and what grief looks like to a younger teen. Helpful insight to teens dealing with a loss. The web-based resources are relevant and provide additional information about camps.