

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 every day 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.

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.

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.

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.

Reaching for the Sky: Childhood Recollections of War and Peace

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

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

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.

