



Chocolate for a Teen's Spirit: Inspiring Stories for Young Women About Hope, Strength, and Wisdom

By Kay Allenbaugh

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Sweet and Spirited

Heartwarming, haunting, and often hilarious, the delicious stories in *Chocolate for a Teen's Spirit* touch on the things all young women face as they move into adulthood and search for spiritual grounding during times both tame and turbulent. Written by teens themselves as well as by women with good memories for those years gone by, these true-life tales range from lighthearted vignettes to poignant confessions. The *Chocolate* storytellers share their own moving experiences -- about setting a goal and reaching it, about being the victim of a cruel trick and rising above it, about finding love in unexpected places, and about finding the Divine in all things.

Chocolate for a Teen's Spirit will help you discover all the facets of a spirit-filled life -- ways to nurture your faith in yourself, to use your creative gifts, to find love through friends, parents, partners, and teachers, and to experience pure joy.

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