

Be the Star You Are! for Teens

Cynthia Brian

Reviewed by: Courtney Cheng, 15

Star Teen Book Reviewer of *Be the Star You Are!* Charity

www.bethestaryouare.org

Be the Star You Are! for Teens is a compilation of inspirational stories and advice from Cynthia Brian and many contributors. The book is divided into specific themes. Included in each theme's chapter are a short, personal story describing how this theme affected the author's life, an easy exercise of how to implement this theme into the reader's life, and an inspirational quote about the theme. Each chapter's overall package is wonderfully done; it gives off a feeling of accomplishment and self-assertion. This nonfiction young adult book is a book that will help point the reader in a direction they want to go. It's a very inspirational and rewarding read all the way through.

As a fan of the *Chicken Soup for the Soul* series, I also found myself enjoying this book very much as well. The two have similar formats and styles: both have short stories that give little blurbs of advice as one reads each chapter. I didn't find any characteristic of the book I disliked. The only characteristic I would comment on would be its collection of themes. The themes are all very important and valued, but I found myself searching for more. On the whole, this book is very well put together. Cynthia Brian and all the contributors did a fantastic job writing their specific chapters. I would definitely purchase this book for a friend.