

[HOME](#)[PROGRAMS](#)[RESOURCES](#)[TEENS](#)[COMMUNITY](#)[INSPIRATION](#)[HEARTSHOP](#)[MEDIA CENTER](#)[EDUCATION](#)[FOR SURVIVORS](#)[HOW TO HELP A FRIEND](#)[HARM REDUCTION TIPS](#)[INTERNET SALES](#)

## TEENS: JHF RECOMMENDS

### FICTION

*Choices* by Kate Buckley

Website: <http://www.katebuckleybooks.com>

Description:

A teen girl breaks all the rules and finds herself alone, her life spinning out of control with teen pregnancy collide. *Choices* is a compelling and bumpy coming-of-age journey of a girl into turmoil and confusion. The many sides of the reproductive rights issue come to be voiced with respect, sensitivity, heart and emotion.

*Amazing Grace* by Megan Shull Website: <http://www.meganshull.com>

Description:

Grace "Ace" Kincaid is a worldwide tennis sensation-- and a national teen icon. But then one day for Grace, who decides that she needs to quietly slip out of the limelight. And where better than Medicine Hat, Alaska, population 813 (after she moves in, that is)? With her nose ring and alias "Ice Queen," Grace is finally allowed to lead the life of a normal teen. In Medicine Hat she's living with a retired FBI agent instead of her mother. And in spite of the freezing cold and a remote outhouse, Grace is having more fun than she's ever had. She finally goes to "real" school where she is treated like her for her and not her status, goes to parties, has a crush on a very cute boy, and is helped by a local town, who is surprisingly helpful. This "make-under" story will, as the dust jacket promises, "not let go until you've finally read the (very satisfying) end."

### SELF HELP

*Invisible Girls: The Truth About Sexual Abuse* by Patti Feuereisen Website: <http://www.pattifeuereisen.com>

Description:

Dr. Patti Feuereisen has been working with teenage girls for twenty-five years and has helped many girls find their voices. What she discovered in listening to hundreds of girls was not only that sexual abuse is in fact epidemic, but if the abuse can be processed when girls are still young—in their twenties—remarkable healing can take place. Girls and young women who are given an opportunity to do so most often go on to thrive as adults; without such an opportunity the traumatic effects of sexual abuse tend to cause them difficulty long into adulthood.

*Invisible Girls* weaves together powerful first-person narratives with gentle guidance and support through the maze of feelings that swirl around the abuse experience. This gives every young woman the scars of sexual abuse the courage that comes from knowing that she is not alone, who can step behind the veil of secrecy to become vibrant, healthy, and whole.

SEND A FRIEND A LINK TO THIS PAGE! Enter recipient's e-mail:

**MAIL:** THE JOYFUL HEART FOUNDATION, 826 BROADWAY, 4TH FLOOR, SUITE 415, NEW YORK, NY 10013

**PHONE:** 212.274.9892

*illustration & website design by*  [www.RomeoAndJuliet.com](http://www.RomeoAndJuliet.com)