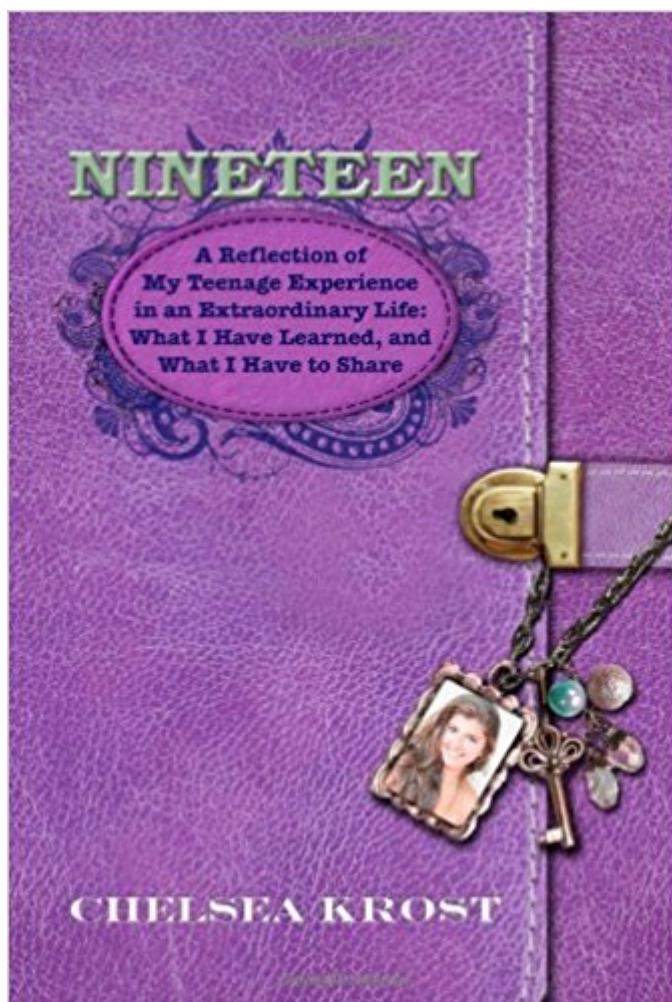


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# Nineteen: A Reflection Of My Teenage Experience In An Extraordinary Life- What I Have Learned, And What I Have To Share



## **Synopsis**

In NINETEEN: A Reflection of My Teenage Experience in an Extraordinary Life: What I Have Learned, and What I Have to Share, nineteen-year-old author, Chelsea Krost, authentically shares the simplicity and complexity of her coming of age experience. In NINETEEN, she conjures the curiosity and flavor of a personal journal left open in a teenager's room. In its direct approach, NINETEEN reveals the key events that teenagers face at this monumental time in their lives as experienced by Chelsea Krost. While many teens are struggling with typical angst from cat fights to cliques, many others are dealing with the downside of the advanced technological world we live in. From sexting to cyber bullying, self esteem to depression; body image, mean girls and boy trouble, Chelsea sheds light on the millennial mindset and its ever changing challenges and lightning speed curve balls. Starting with the voice of a budding adolescent, to a 16-year-old who created her own radio talk show, Teen Talk Live, Chelsea evolves into the voice of reason for a generation of teens and beyond. Chelsea grows up from chapter to chapter, sharing her journey in poignant and playful scenarios. NINETEEN takes you on a humorous and insightful trip through her teenagehood, the intense final teen year, (the inspiration behind the book's title,) and into adulthood and the shift she undergoes to embark on a life fueled by service to others throughout the world.

## **Book Information**

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## **Customer Reviews**

"Nineteen" is a great tool for parents and teens alike. The author, Chelsea Krost tells her own experiences of being a girl in middle and highschool which include: self image issues, bullying, "frenemies", and much more that every teenage girl can relate to. Krost, beyond her years, is a

great figure for young teens to look up to. Not only a published writer, Krost has her own radio show, was the millennial spokesperson for U by Kotex, and has been Fox News' go-to girl for teen topics discussed on the air (among others in her long list of credentials). If you are wondering why you should take advice from another teen, well first of all no one knows teens better than a teen, and second of all no teen is as wise and insightful as Chelsea Krost. She has been featured in magazines, newspaper articles, and asked to speak at women empowerment events as well as charity events. So, if you're a teen and feel like no one can understand what you're going through, read this book, and if you're a parent trying to unlock the mystery that is your teen, here's your key!

Chelsea's own experiences growing up are so extremely similar with mine and so many other girls my age. Not only do I think this book is great for teens but I think it's a great book for parents to read as well! I remember always battling with my parents when I was young telling them how they just "didn't understand!" If I had a book like this back then I think it could have opened my parents' eyes to what was really going on at school and how my life as a young teen really was. Although this was just part of the book the entire reading as a whole was very inspirational and I would highly recommend it to any one - young or old!

"Nineteen" written by author Chelsea Krost had me engaged, excited, and interested from start to finish. Covering nearly everything and anything a typical American teen goes through on a daily basis, "Nineteen" is truly a work of art. Many topics covered in this book hit right at home for me as I relived my teen years through a funny, charismatic, and talented young woman. "Nineteen" is so well written that I felt as if Cheslea was right next to me in the room reading it aloud the entire time. Chelsea Krost is an extraordinary individual who is such a positive role model for all ages. What she has to say provides meaning, power, and makes a huge difference in the world we live in today. Chelsea has personally made a huge impact in my life in terms of my ability to help out others and give back to people less fortunate. Giving back/charity work is covered a great deal in "Nineteen" and I know it will motivate all who read it to join the party and give back to others. "Nineteen" is an easy read for all ages and is highly recommended to parents trying to figure out the struggle their teens go through on a daily basis as well as teens themselves. Chelsea's own experiences highlighted in "Nineteen" proved to be a major help for my Aunt who was struggling to find a way to relate to her teenage daughter. After reading Krost's "Nineteen" together, my Aunt and teenage cousin have since started a local group helping out teens and their parents become closer and more connected. It was the motivation and inspiring words from Krost in "Nineteen" that brought upon this

fantastic and much needed support system for my cousin and her classmates. Go buy this book if you want to smile, laugh, have fun, and become a better person all while doing so! I feel extremely blessed and fortunate to have been apart of Chelsea's world and have no doubt she will continue to be a major success in all that she does.

I have been following Chelsea since she was a teenage at sixteen down in Florida. I am such a huge fan of this special young girl. I have recommended this book to all my girlfriends for them and their daughters. Chelsea makes you feel like she's talking to just you, sitting there alone in the room. She is comforting, insightful and above all inspirational. She is definitely one to watch!! A must read for any girl. It doesn't matter what age! Life lessons from a true professional!

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