



**FOR
IMMEDIATE
RELEASE**

Contact

Amy Dillahunt
612.338.2068
dillahunt@freespirit.com

Character is built, not born.

WHAT DO YOU STAND FOR? FOR TEENS
A GUIDE TO BUILDING CHARACTER
by Barbara A. Lewis

- “Quick Picks” American Library Association/YALSA
- A Parent Council® selection
- *ForeWord* Magazine Book of the Year finalist
- Honor Award, National Parenting Publications
- Over 85,000 books sold



A reissue of a
Free Spirit favorite

**WHAT DO YOU STAND
FOR? FOR TEENS**
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Barbara A. Lewis

Invites children and
teens to explore and
practice honesty,
kindness, empathy,
integrity, tolerance,
patience, respect, and
more.

Minneapolis, Minnesota—Politicians and pundits are calling for a return to values. Whether they are actually taking a position or merely posturing is up for debate, but the “character issue”—especially when it comes to our children—is certainly on everyone’s mind. Award-winning educator and acclaimed author Barbara A. Lewis brings the issue to an important focus in her timely book, **WHAT DO YOU STAND FOR? FOR TEENS** (\$19.95, Free Spirit Publishing). Because character is built—not born—this inspiring, practical “how-to” book provides today’s teens with the tools they need for a lifetime.

WHAT DO YOU STAND FOR? FOR TEENS (originally published in 1997 under the title **WHAT DO YOU STAND FOR?**) encourages teenagers to see the importance of developing values, not because of any current fashion or political trend, but because honesty, empathy, integrity, and other core values are necessary to form the confident and capable adults. The book does not tell teens what to believe (they get enough mixed signals). Rather it teaches them how to recognize a situation or choice, weigh the options, think it through, and make a decision that is right for them and those around them.

Divided into 28 chapters, each focusing on a value like integrity, respect, citizenship, honesty, leadership, and responsibility, **WHAT DO YOU STAND FOR? FOR TEENS** challenges readers to think about positive character traits, encouraging them to understand themselves and their role in the world around them. Each chapter poses character dilemmas to spark discussion and debate, and helps teens explore what they stand for with suggested activities to try at school, at home, and in their community. The book also guides young readers to a wide array of additional resources (such as related books, organizations, programs, and Web sites).

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Review copies, interview opportunities, and excerpts are available through Free Spirit Publishing.
Contact Amy Dillahunt at 612.338.2068 or dillahunt@freespirit.com.

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WHAT DO YOU STAND FOR? FOR TEENS A Guide to Building Character

by Barbara A. Lewis

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19 reproducible handout masters, ages 11 & up



ALSO AVAILABLE:



About the Author

Barbara A. Lewis is a national award-winning author and educator who teaches kids how to think and solve real problems. Stories about Barbara and her work have appeared in many national newspapers, magazines, and news programs including *Newsweek*, the *Wall Street Journal*, *Family Circle*, *CBS This Morning*, *CBS World News*, and CNN, and she has written articles for many national magazines. Barbara and her husband, Larry, live in Park City, Utah.

About Free Spirit Publishing

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Headquartered in Minneapolis, MN, Free Spirit Publishing Inc. is an award-winning publisher specializing in SELF-HELP FOR KIDS® and SELF-HELP FOR TEENS®—including a variety of nonfiction materials for children and teens, parents, and teachers that inform, inspire, and engage. Free Spirit books are available at bookstores, through major trade wholesalers, and directly from Free Spirit. For a catalog, call 612-338-2068 or visit our Web site.

