



Nineteen: A Reflection of My Teenage Experience in an Extraordinary Life- What I Have Learned, and What I Have to Share

Chelsea Krost

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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.

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