

Starr Schuster

If I could recommend a book or movie to a young adult, it would have to be *Chicken Soup for the Surviving Soul*. One of my friends told me I should read this book, and I couldn't put it down. I have read three other *Chicken Soup for the Soul*, and I like this one the best. This book has 101 short stories of courage and inspiration, plus there are quotes and poems. The first poem in the book, on page two, is *What Cancer Cannot Do*. I think people dwell on how cancer is effecting us, and we don't realize that cancer doesn't effect our love, faith, hope, friendship with others, our memories and much more. This book, I think, helps us with that. Not all the stories are about people with cancer, but their stories touched me just as much as the ones with cancer. There are seven chapters: *On Hope, On Courage and Determination, On Attitude, On Faith, On Love, On Support, and On Insight and Lessons*. The great part about this book is that you can skip around in this book and not get confused.

" There ain 't much fun in medicine, but there 's a heck of a lot of medicine in fun." By Josh Billings, is one of the quotes in this book. To me this quote means that laughter is the best medicine there is. One of the stories in this book is about Norman Cousin he was diagnosed with a terminally illness. He was given six months to live. Laughter was one of the most positive activities he knew. He rented all the funny movies, and read all the funny books he could find. He also asked his friends to call him whenever they did, heard, or said anything funny. He quoted, " Ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep. " I hope this book gives other young adults, as much inspiration as it has given me.