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## FOR IMMEDIATE RELEASE

Visit [www.turningstonechoice.com/press-kit/](http://www.turningstonechoice.com/press-kit/) for book cover and author photos.

## BUILDING CHARACTER IN YOUTH...ONE BOOK AT A TIME

*Local children's education company publishes Angst, its first young adult novel*

**Voorhees, NJ, November 20, 2013** – TURNING STONEchoice and author Chris Avery proudly announce the release of *Angst*, a young adult novel, that chronicles the personal stories of three best friends attempting to navigate the perils of freshman year in high school while dealing with the realities of teen life.

Childhood friends, Steven, Sarah, and Johnny test their bonds as they deal with their individual fears and struggles, growing apart over time but reunite in a dramatic conclusion. Steven is coping with the return of his biological father and attempting to prove his worth for his father's attention and time. Sarah is in her first romantic relationship with an older, mysterious, sophomore and is verbally tormented by a group of girls. Johnny seeks to live up to his father's legacy on the football field and wrestles with his emotions for Sarah.

Teens face complex challenges that have become increasingly difficult to overcome in today's society. Pressures from home, school, sports and friends make it difficult for young adults to make good decisions and form positive self-esteem. *Angst* covers relevant topics such as bullying, peer pressure, jealousy, first love, and teen pregnancy while wrapped inside a fast-paced, nothing-is-off-limits story.

"*Angst* is wonderfully written and the characters are realistic. I recommend teenagers in high school take the time to read this book. It is simple, and yet so powerful!" – Current NJ High School Guidance Counselor

*Angst* is available for purchase through [www.turningstonechoice.com](http://www.turningstonechoice.com) or [www.amazon.com](http://www.amazon.com).

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**Chris Avery** was raised in Washington, DC by his single mother and survived the threats and temptations of urban life. Surrounded by solid role models and positive influence, Avery excelled in school and pursued a career in education. Avery has served as an administrator and consultant for schools around the world for the past decade. He also oversees educational research initiatives and provides training and consultation for TURNING STONEchoice. Currently, a PhD candidate in Organizational Leadership, Avery strives to improve education to better prepare students for the global communities they will enter upon graduation

**TURNING STONEchoice** is the publisher of *Angst* and creator of a choice-making program dedicated to changing how young people think through critical thinking skills and self-awareness. The goal of TURNING STONEchoice is for individuals to make self-empowering choices in order to become confident and in control of their lives and the decisions they make. The results of their student, teacher, and parent programs are supported by research done by an independent research firm and testimonials from schools enrolled in the program. For more information, visit [www.turningstonechoice.com](http://www.turningstonechoice.com).