

# BEING A BETTER HUMAN TEENAGER

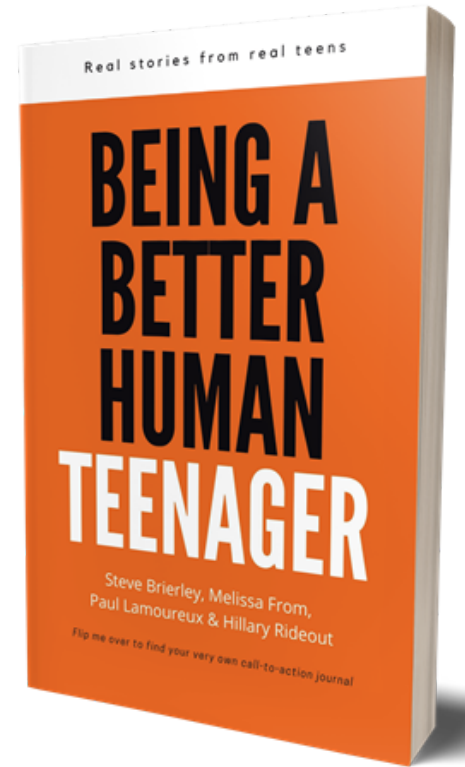
By The Better Human Group

This is a book about what it takes to make this world a better place. It contains research data, insights, inspiring stories of incredible teenagers and an action panning journal waiting to be filled by the reader.

We are a group of passionate humans with relentless curiosity about what makes people act with compassion. We are driven to inspire people to actively and positively impact our world.

The teens you will meet in this book are truly making a difference in their homes, schools, and communities, each one with their own reasons, their own drive, in their own personal way. They have had a profound impact on us and we hope you are inspired and driven to take action, like we were.

Our vision at The Better Human Group is that, together, we will make this world a better place.



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## ABOUT THE AUTHORS



### "Real stories from real teens"

We are a group of curious, passionate authors, researchers, leaders, teachers and parents inspiring people to take action, be Better Humans, and make the world a better place.

Available in Paperback & Ebook



# AUTHOR Q&A

## **What inspired you to write this book?**

Our shared drive to have a positive impact on the world, and inspire others to do the same. We truly believe that every human has the power to change the world, one kind act at a time.

## **Why did you decide to publish *Being a Better Human Teenager*?**

We were so inspired by what we heard from our survey and the stories of the incredible teens we interviewed, that we knew we could have a great impact on others by sharing it. We are storytellers and we are thrilled to be sharing the stories of some incredible teens.

## **What do you hope readers will get from reading the book?**

We hope that readers are inspired to take action; we hope every reader can see themselves in the stories and believe in the power of their own actions.

## **Why should someone buy *Being a Better Human Teenager*?**

Everyone can benefit from reading this book but we wrote it with teenagers in mind. We believe that teenagers have an incredible power and opportunity to make this world a better place and we want them to believe in themselves. If you are a teen or someone who lives with, works with, coaches or teaches teens, it is a wonderful gift that will show them that they have the potential to make a positive impact on others. The accompanying journal will give them a concrete tool to help them get started.

## **Tell me something not in the synopsis.**

Being a Better Human doesn't require grandiose gestures or complex plans and many people. As individuals, we all have the power within us to make someone's day a little brighter, to show caring, or to lighten their load. Sometimes all it takes is a listening ear or strong shoulder on which someone can lean. Believe that every small act has the potential to create ripple effects much farther and wider than ourselves. Many small acts of kindness will change the world.

