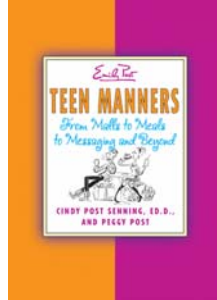


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Contact: Matt Bushlow
802/860-1814
matt@emilypost.com



Teen Manners: From Malls to Meals to Messaging and Beyond

By Cindy Post Senning, Ed.D. and Peggy Post

BURLINGTON, VT— Parents and pop culture alike often portray teenagers as one-dimensional, foreign and unfathomable. While stereotypes are abundant and convenient, the truth about teenagers is, of course, much more complex and intriguing. Take teen manners, for example. No, it's not an oxymoron. Teens care how others perceive them—and although they may not realize it, manners are the tools they use to make an impression and handle relationships with peers and adults.

To help 21st- century teens—and parents—understand how manners impact daily life, Cindy Post Senning, Ed.D. and Peggy Post have written ***Teen Manners: From Malls to Meals to Messaging and Beyond*** (Collins; October 2007; \$15.99). This short, approachable book covers traditional topics such as thank-you notes and table manners, as well as more modern fare such as dating, instant messaging, and cell phone etiquette. Written directly to teens in a voice that mirrors their own, the Posts tell teens that using good manners is a choice, and they illustrate the impact those choices have on teens and those around them.

“Everything you do makes an impression. If you send gossipy IMs or are habitually late, what does that say about you?” Post Senning asks teens. “Arriving 30 minutes late for a date may say, ‘This isn’t that important to me.’ Gossiping about one friend may tell another, ‘I’m not trustworthy.’ Is that the message you really want to send?” adds Post Senning.

Cindy and Peggy reinforce the message of personal choice throughout *Teen Manners* to emphasize that teens can manage social interactions to their advantage. Are you ever rude on purpose? Probably not, but sometimes what we do makes people think we're less than considerate. Should you take a cell phone call while talking to your friend? Is the caller more important than someone standing in front of you? If your grandmother sends a present and you don't send a thank-you note, what does that tell her?

"The teenage years can be trying for parents and teens, but it's also a wonderful stage that can be enjoyed when both parties treat each other with respect," says Peggy Post. "Teens want respect and often the best way to get it is to show it. From there, it's easier to show teens how manners smooth the way. We don't want teens to think of one of life's most valuable tools as something that boils down to which fork to use. Etiquette is all about honesty, respect and consideration— values that benefit us all in nearly everything we do."

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About the Authors

CINDY POST SENNING, ED.D., is co-director of The Emily Post Institute, Inc. where she oversees the book program, develops etiquette curriculum for children's programs, and conducts seminars and workshops across the U.S. and internationally. Cindy is the co-author with Peggy Post of *Teen Manners: From Malls to Meals to Messaging and Beyond*; *Emily's Magic Words*; *Emily's Everyday Manners*; *The Gift of Good Manners: A Parent's Guide to Raising Respectful, Kind, Considerate Children*; and *The Guide to Good Manners for Kids*. Cindy has a doctorate and a master's in education and thirty years experience in health care and public education. Her experience uniquely qualifies her to write definitively on the subject of children's manners in the 21st century. She has been interviewed by *The Wall Street Journal*, *The Washington Post*, *Newsweek*, *The Christian Science Monitor* and *Real Simple*.

PEGGY POST has written more than a dozen books on etiquette, including co-authoring *Teen Manners: From Malls to Meals to Messaging and Beyond* with Cindy Post Senning. Peggy is a nationally recognized authority on etiquette, and millions seek her advice through her monthly columns in *Good Housekeeping* and *Parents* magazines. Peggy gives speeches and seminars across the country and teaches table manners classes to children of all ages. She has appeared on *Dr. Phil*, *The Oprah Winfrey Show*, *Live with Regis & Kelly*, *Good Morning, America*, and NBC's *Today*.

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by Cindy Post Senning, Ed.D. & Peggy Post

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For more information or to schedule an interview: Cindy.Tamasi@harpercollins.com

Matt@emilypost.com or Elizabeth@emilypost.com