



## Table 13 Journals: A Story of Teen Survival and Transformation

*Ted O'Toole, Miles Harrison*

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Table 13 Journals tells in a raw and vivid way the story of a teenager's struggles with drugs, violence, and persistent thoughts of suicide. It is told in Miles Harrison's own words, written when he was 15 and 16, and in the words of Ted O'Toole, who was his mentor during this period. It also tells the story of the healing effects of a remarkable youth center known as the Key, of the creative writing process, and of Ted's supportive presence, informed by his practice of Zen Buddhism. This book belongs on the must-read list of teens and anyone who has ever loved or worked with a teen, especially during times of difficulty. It does not provide easy answers; instead, it is about taking the time to see clearly. Through journal entries, it chronicles a path of openness, honesty, respect, and letting go. Ultimately, Table 13 Journals is about finding our deep and quiet joy—the joy that sustains life.

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