

EMMA WILLS



# TEEN VIBES

FILMS & BOOKS TO FUEL  
YOUR JOURNEY



# Teen Vibes: Films & Books to Fuel Your Journey

Emma Wills

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# Introduction

Alright, picture life as this super colorful tapestry where all your emotions, friendships, and personal stories create this epic picture of who you are. This isn't just about how you react when your Wi-Fi stops working or when your fave song comes on, but also about those big dreams, those awkward moments, and everything in between.

Everyone's got their own journey, filled with its own unique twists and turns. And you know what's cool? A lot of these stories and experiences can be found in movies and books. Think about it: when you're watching a movie or reading a book, don't you sometimes feel like, "Whoa, that's so me!" or "I totally get what they're going through!"? That's because these stories kinda act like a mirror, reflecting bits and pieces of our own lives.

Movies? They're like those super relatable TikToks or Instagram reels. They pull you into another world with their killer visuals and sounds. You're right there with the main character, whether they're battling aliens or just trying to survive high school.

Now, books, they're a whole different game. They're like deep late-night convos with your bestie. With every page you turn, you're diving deep into someone's mind, feeling their highs, their lows, and everything in between.

But hey, movies and books aren't just for escaping from reality or killing boredom. They're like life's cheat codes. They teach

us stuff, make us feel things, and sometimes even help us figure out our own messy, awesome lives.

Ready to dive in? The list coming up has some of the coolest stories that'll not just entertain you but might even give you some "aha!" moments about life. So, grab your popcorn or your cozy reading blanket, and let's get started!

# FILMS

## "Inside Out" (2015)

### **Synopsis:**

Alright, imagine your brain being run by these super colorful characters that represent your emotions. That's "Inside Out" for you! The movie dives into the head of Riley, an 11-year-old trying to deal with moving to a new place and leaving her old life behind. It's all about Joy, Sadness, Anger, Fear, and Disgust - these emotions inside her brain - and how they try to help (or sometimes mess up) her big move.

### **Deep Dive:**

"Inside Out" isn't just another animated film; it's like an emotional roller-coaster ride inside our heads. It shows how emotions aren't just solo players but are actually this cool team working together. Like, you know those times when you're not sure if you're happy, sad, or just hangry? That's because emotions are super complex!

One of the biggest takeaways? Every emotion has its own vibe and value. Like, Joy's all about those good times, but Sadness? She helps us cope and heal. It's kinda like how listening to sad songs sometimes feels so good. The movie tells us it's cool to feel all the feels, even the not-so-fun ones.

And don't even get me started on memories! The way we remember stuff can change based on what we're feeling. That one epic summer day can turn into a bummer memory if something sad happens.

**Real Talk:**

So, what's the major life hack from "Inside Out"? Every emotion, even the ones we sometimes wish we didn't feel, has its own purpose. It's like our brain's way of helping us navigate the crazy adventure of growing up. Embracing all the feels – the good, the bad, and the confusing – is part of the whole human experience. So, next time you're on an emotional roller coaster, just remember it's all part of the journey.

**"Good Will Hunting" (1997)****Synopsis:**

Imagine being super good at something but feeling stuck because of all the stuff life's thrown at you. That's Will Hunting for ya. He mops floors at this techy university (MIT), but the twist? The dude's a math whiz! Like, genius-level. But his rough past has messed with his head big time. That's until he meets Dr. Sean, a therapist, and things start to shift. We watch as Will battles his inner demons, with a little help from his mates and his new doc.

**Deep Dive:**

Alright, so Will's brain is like Einstein-level, but his heart? That's where things get messy. He's got trust issues, big-time. It's hard for him to let people in, whether it's his best bro Chuckie, his girlfriend Skylar, or even Dr. Sean. But the cool part is seeing him open up bit by bit, especially with Sean, who's had his own share of tough times.

The therapy scenes? Super intense. They show how talking things out, even when it's tough, can be game-changing. And watching Will juggle between his smarty-pants world of numbers and his tight-knit crew back home? That's where the real drama's at.

### **Real Talk:**

"Good Will Hunting" is all about finding your way and dealing with the stuff that holds you back. It says that being smart isn't just about books or brains—it's also about dealing with your feelings and trusting others. Everyone's got their battles, but with a little help and a lot of heart, we can find our way. Plus, it's a reminder that no matter where you come from or what's happened to you, you deserve every shot at your dreams.

## **"The Perks of Being a Wallflower" (2012)**

### **Synopsis:**

Ever felt out of place in high school? Meet Charlie, a freshman who's more into watching life from the sidelines than being in the spotlight. But when he befriends some super cool seniors, everything changes. They dive into the wild ride of high school, crushes, and even some deep family secrets.

### **Deep Dive:**

Charlie's not just dealing with typical school drama. He's got some heavy stuff from his past that keeps messing with his head. But his buddies, especially Sam and Patrick, show him there's more to life than just the shadows. They introduce him



to epic tunes, late-night drives, and the feeling of being truly alive.

The film's got it all: dance parties, secret crushes, and those moments that make you feel, well, infinite. But it also doesn't shy away from the tougher stuff every teen faces, like finding where you fit in and facing the ghosts from your past.

**Real Talk:**

"The Perks of Being a Wallflower" is like a rollercoaster ride of feels. It shows that growing up can be messy, confusing, and beautiful all at once. And while life can throw some crazy curveballs, with the right squad by your side, you can handle anything. So here's to the good, the bad, and the infinite moments of being a teen!

# BOOKS

## **"The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle**

### **Quick Rundown:**

Ever felt trapped by memories from the past or stressed thinking about the future? Tolle's book is like a guide to hitting the pause button. He chats about the magic of living in the 'right here, right now'. He believes that by chilling in the present, we can find some serious peace and get away from all that noise in our heads.

### **Deep Dive:**

Imagine your mind's like a smartphone with tons of apps open, eating up your battery. The past? That's one app. The future? Another major app. Tolle's idea is to close those apps and save that energy for the live stream happening right now. By focusing on the present moment and not getting lost in regrets or what-ifs, we can feel more chill and clear-headed. Plus, he drops some tips on meditation and cool stories to help get the point across.

### **Real Talk:**

So, the big takeaway? Life's not about replaying old Snapchats or stressing about the future TikToks. It's about enjoying the IG Live of the current moment. Dive into the 'Now', tune into yourself, and see what epic things happen.

# "Emotional Intelligence: Why It Can Matter More Than IQ" by Daniel Goleman

## **Quick Rundown:**

Think being smart is all about acing tests and trivia? Think again. Goleman's book is all about the other kind of smarts - the emotional kind. It's the stuff that helps you get why your friend's upset, cool down when you're mad, or stay motivated when things get tough. Goleman's deep dive into EQ (Emotional Intelligence) is like unlocking cheat codes for handling life and relationships.

## **Deep Dive:**

So, you've got IQ which is all about how well you solve math problems or remember facts. Cool. But EQ? That's about feeling, understanding, and vibing with emotions - both yours and others'. It's like having a sixth sense for feels. Goleman breaks down EQ into bite-sized pieces - knowing your emotions, managing them, staying pumped, feeling for others, and getting along with people. Plus, he backs up his chat with some serious science and real-life stories.

## **Real Talk:**

If life's a game, then EQ's one of the best tools in your kit. It's not just about being book-smart; it's about being people-smart. With EQ, you can ace that group project, help a friend through a tough time, or even crush that job interview. And the best part? EQ's like a muscle - the more you work on it, the stronger it gets. So, dive in and level up your emotional game!

# "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are" by Brené Brown

## **Quick Rundown:**

Ever felt like you need to be perfect? Or that you're always wearing a mask, trying to fit in? Brené Brown's got your back. In this book, she's like that wise friend who reminds you that you're awesome just as you are. Using cool insights from her research and real stories, Brown gives you a roadmap to rock your authentic self, even when the world seems to want something else.

## **Deep Dive:**

We all mess up, have those weird quirks, and sometimes feel out of place. Brown gets it. And she's here to tell you that's totally okay. In fact, it's more than okay; it's what makes you, YOU. This isn't some "everyone gets a trophy" talk. It's about understanding that trying to be 'perfect' is exhausting and, honestly, overrated. Brown breaks it down into ten guideposts - think of them as life hacks - that help you embrace your true self. So, instead of stressing over every little mistake or what people might think, you'll learn to ride the wave, celebrate the quirks, and connect with others in genuine, epic ways.

## **Real Talk:**

Perfection? Overhyped. Realness? Priceless. Your quirks, goofs, and "why did I do that?" moments aren't something to hide. They're the stuff that makes you memorable, relatable, and rad. Brené's all about ditching the fear of being judged

and rocking your authentic vibe. So, next time you're feeling out of place or thinking you're not 'enough,' remember: your imperfections aren't setbacks; they're your superpowers.

# Conclusion

So, why should you, as a teen, care about this list of movies and books? Well, growing up can feel like being on a rollercoaster, with all its ups, downs, twists, and turns. The stories in these films and books are like those friends who totally get what you're going through, even if they come from different times or worlds.

These aren't just any movies or books. They're like secret guides to understanding yourself and the crazy world around you. They talk about the awkwardness, the challenges, and the victories of growing up, but in super cool and relatable ways.

It's like learning life's lessons without the hard knocks!

Some of these stories might make you laugh, others might make you think, and some might even get you a little teary-eyed. But that's the magic. They give you a chance to walk in someone else's shoes, see through their eyes, and maybe, just maybe, understand your own feelings and thoughts a bit better.

And hey, next time you're chatting with friends, watching a movie or discussing a book can be a cool way to kick off a conversation. So, dive into these stories, let them be your secret weapon in navigating the teen years, and discover the awesome person you're becoming. Enjoy the ride!