



Reality 101: A 'Must Have' Guide to Life & Life Skills Survival Manual: Stuff we need to know, but they don't always tell us

Kim Gayner

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Reality 101: A 'Must Have' Guide to Life & Life Skills Survival Manual containing "Stuff we need to know, but they don't always tell us" was originally intended for young adults. However, it morphed into any-age adult life manual and guide containing such topics as sex, drugs, STDs/STIs, addictions, alcohol, banking, body image, career development, civil disobedience, cooking, court, death and grieving, doing good, domestic violence, driving, education, fitness, foster care, free weight loss and management, freedom of speech, frugal shopping, health and nutrition, hugs, hygiene, laundry, living green, parenting, pay-it-forward, pregnancy, relationships, self-defense, suicide, temper, tobacco, voting, love/hate, peace/war, success/failure, and other practical life skills amongst the 120 or so sections--with real life stories intertwined--in a comprehensive easy to read, user friendly format. One can open Reality 101 anywhere, any page and read a section or topic. It is styled more as a guide and manual to share knowledge, inspire, bring hope and understanding, provide answers, and to provoke thought. Reality101Book.com. Excerpt from Forward by Dana McKnight Flentroy, M.S.W. and Educational Consultant. "I encourage not only every parent and teenager to have this life skills manual available as a reference but that any person of any age will find it full of indispensable information that can enhance the quality of your life and 'True Self.' I found that after reading this manual on life skills that it would have been very beneficial to have as a resource when I was younger but that it provided me with valuable and useful information in my life currently. This life skills manual has allowed me to look at occurrences that I have had through out my life and I am currently experiencing with a new set of lens. In Reality 101, Kim Gayner not only covers the basics of going out into the world as a young adult, such as housing, finances, laundry, job searching and birth control but she covers the not so much discussed topics such as attitude, communication, compassion, death and grieving to chocolate. One of the many aspects that I found refreshing and valuable in reading this life survival guide is that Kim takes the risk of expressing views that aren't always politically correct but are many times the reality of life. This book provides the basics and not so basics of life skills for survival. Areas that aren't openly talked about but many have thought or experienced are covered in this A to Z guide on reality living." As a youth advocate, I mentor, teach, and life coach such aforementioned topics as well as do crisis counseling. As a single mom I have been a foster parent, and sheltered homeless youth as our community lacks such a facility or accommodations. In these situations I offer support, advocate for and nurture children, youth, and young adults. The intention of this book is to get the information out there to help youth, young adults, and whomever, and with the proceeds I intend to fund projects to benefit them including open a youth center and youth shelter, and bring awareness of such atrocities as child-trafficking, to name a few. As I see it a perfect circle, and a win-win. So, buy the book, give it as a gift to someone you care about, ask your library to carry it for those who can't buy it, spread the word, and know that it isn't just about buying a book but helping create a circle of hope, love, and compassion. 'Do-Good Now' and enjoy. This title is available in Trade Cloth with Jacket (Hardcover), Case Laminate (Hardcover Text style), and Perfect Bound (Paperback/Softcover). Please visit our website: Reality101Book.com. Thank you, Kim Gayner

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