



## Reality 101: A Must Have Guide to Life Life Skills Survival Manual (Paperback)

By Kim Gayner

Kim Gayner, United Kingdom, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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. Excerpt from Forward by Dana McKnight Flentroy, M.S.W. and Educational Consultant. I encourage not only every...



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