

Adulting 101 Resources

Life Skills for Teens: How to Cook, Clean, Manage Money, Fix Your Car, Perform First Aid and Just about Everything in Between by Karen Harris

What They Don't Teach Teens: Life Safety Skills for Teens and Adults Who Care for Them by Jonathan Cristall

Adult Life Skills for Older Teens by Katie Websdell

The Stress Survival Guide for Teens: CBT Skills to Worry Less, Develop Grit & Live Your Best Life by Jeffrey Bernstein

Adulting Made Easy: Things Someone Should Have Told You About Getting Your Grown-Up Act Together by Amanda Morin

