



Life Skills 101: A Practical Guide to Leaving Home and Living on Your Own

By Tina Pestalozzi

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The updated fifth edition of Life Skills 101: A Practical Guide to Leaving Home and Living on Your Own is a valuable guide to the complete spectrum of skills required to successfully master the challenges of being a responsible adult whether that means living alone, with roommates or even with Mom and Dad. Subjects include financial know-how, job search success; interview, social, dining and workplace etiquette, consumer savvy, home hunting and lease negotiations. The guide provides the reader with essential advice on maintaining their home, car, laundry, time and well-being. The book also includes effective suggestions on saving and stretching one's money, as well as positive actions for practicing environmental awareness.

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Editorial Review

From School Library Journal

Adult/High School-For young adults getting their first jobs, moving into their own living quarters, or about to go off to college, this guidebook provides a basic look at what it takes to make it in today's world. Each chapter covers a major area in life skills without becoming a lecture or sounding like the proverbial parental talk. Beginning with social skills, the author also includes business, financial, consumer, and some legal information, such as the importance of reading and understanding contracts. Lists concerning the baseline needs of living independently include kitchen supplies and other basic household items. "How-tos," as in how to do laundry, keep a car running, plan meals, and buy supplies, round out the information. Each chapter can easily be read independently. Important points are repeated within boxes or set off with bullets. The type is large enough to encourage reading without seeming overwhelming and the use of white space provides just the right amount of delineation.

Pam Johnson, Fairfax County Public Library, VA

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Review

The author, Director of Global Protocol and Etiquette Services, has created this great tool from her student workshop of the same name. It is everything it claims to be: a one-stop shop for practical and effective ways to make the most of this YA rite of passage. From helping readers determine when they are ready to fly the nest to the nuts and bolts of keeping a roof over your head, food on your plate and funds in your pocket, it goes on to cover everything else that will make young people feel confident and comfortable (think job skills, how much to tip and when, buying a car, doing laundry, nurturing yourself, and what to keep in the medicine cabinet). A great graduation gift. --KLIATT Codes: SA Recommended for senior high school students, advanced students, and adults. --KLIATT'S, July 2001

In *Life Skills 101: A Practical Guide To Leaving Home And Living On Your Own*, Tina Pestalozzi offers the reader a comprehensive, articulate, practical, sequential, and effective guide to the complete spectrum of skills required to successfully face and master the challenges of living on your own for the very first time. A complete spectrum of issues are addresses from consumer savvy, dining skills, and financial know-how, to job search success, money management, and workplace etiquette. Invaluable advice is offered on the necessities involved with maintaining a car, home, laundry, time, general well-being, and staying connected. Before leaving the parental home to strike out on your own, the most effectively beneficial preparation you can make is to give Tina Pestalozzi's *Life Skills 101* a careful reading from first page to last. --Midwest Book Review

"This is it - the leaving home guide I wanted for my son (and myself)! Tina Pestalozzi has thoroughly researched the practical steps every young adult should complete before leaving the nest - organizing money matters, mastering business etiquette, renting a first apartment - while mapping a route to self-sufficiency and responsibility. I recommend it to my clients as essential reading for kids who want to be successfully independent (and for the parents who want to help them get there!)" --Kate Goggin, International Living Educator.

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About the Author

Tina Pestalozzi is the director of Global Protocol and Etiquette Services. She presents seminars on civility and business etiquette to corporate, government and educational organizations. The book *Life Skills 101: A Practical Guide to Leaving Home and Living on Your Own* is the basis of her student life skills workshop.

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