



# Adulting



VIDEO



EBOOK



ELECTRONIC  
AUDIOBOOK



CD OR  
PLAYAWAY



PHYSICAL  
BOOK



ALL  
FORMATS

## Summary

This guide contains information about practical life skills for transitioning into adulthood.

## Topics:

Cooking

Physical Health

Mental Health

Money

Communication








Life Skills

## Books at MPL

### General

- TEEN 646.7 Carter - *The big book of adulting life skills for teens: a complete guide to all the crucial life skills they don't teach you in school for teenagers*
- TEEN 646.7 Cristall - *What they don't teach teens: life safety skills for teens and the adults who care for them*
- TEEN 646.7 Godfrey - *Essential adulting life skills for teens: how to communicate, manage money, stay organized, deal with peer pressure, stay safe and make healthy lifestyle choices*
- TEEN 646.7 Stiles - *Life skills book for teens: everything you need to know to be more independent*

## Cooking Skills and Simple Recipes

-   TEEN 641.5 Hitchcock - [The super easy teen cookbook: 75 simple step-by-step recipes](#)
-   TEEN 641.5 Morrision - [The how-to cookbook for teens: 100 easy recipes to learn the basics](#)
-  TEEN 641.5 Webster - [Around the world vegan cookbook](#)
-  TEEN 641.5 Sweetser - [How to cook in 10 easy lessons: learn how to prepare food and cook like a pro](#)
-  TEEN 641.5 Locricchio - [Teen cuisine new vegetarian](#)

## Taking Care of Your Body

See also the [Your Human Body Pathfinder](#)

-   TEEN 368.382 Hand - [What you need to know about health insurance](#)



## Taking Care of Your Mental Health

See also the [Mental Health Pathfinder](#)







-   TEEN 616.89 Siebert - [Heads up: changing minds on mental health](#)

## Managing Your Finances

See also the [Money 101 Pathfinder](#)

-   TEEN 332.024 Hung - [Money for adulating: fun tips and financial tricks for teens](#)

## Social Skills

-   TEEN 158.2 Rogers - [Speaking with confidence](#)
-  TEEN 158.2 Skeen - [Communication skills for teens: how to listen, express & connect for success](#)
-   TEEN 158.1 Gladdin - [The teen's guide to social skills: practical advice for building empathy, self-esteem, & confidence](#)
-  TEEN 302.23 Yasmin - [What the fact? Finding the truth in all the noise](#)