

[ FALL 2018 ]

# UNFUCK YOUR ADULTING

GIVE YOURSELF PERMISSION, CARRY YOUR OWN BAGGAGE, DON'T BE A DICK, MAKE DECISIONS, & OTHER LIFE SKILLS

Dr. Faith G. Harper

## Making maturity fun again!

Dr. Faith explains the fundamentals of adulting in this mini pocket zine. **Spoiler:** None of the requirements are about having certain jobs, kids, possessions + debts, or being totally bored and stressed out and hating your life. It's hard work to do adulty stuff well, but the kind of work that's satisfying because it's about being good to yourself and other people and building a life that you're okay with waking up to every day. Keep these hot tips around for when you're making big decisions, dealing with difficult situations, or to give to a friend or kid who's making any kind of big life transition. The truth is, adulting is way more fun than kidding. You got this!

- ▶ Every now and again, adults need guidance
- ▶ Teaches emotional literacy for surviving troubled times
- ▶ Required reading for everyone



- National and local press campaigns
- Kickstarter campaign
- Goodreads Giveaway
- Dr. Faith is a licensed professional counselor and a prolific author of mental-health books and zines
- Authors' previous works have sold a combined 35,000 copies

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