



# Reality 101: A 'Must Have' Guide to Life & Life Skills Survival Manual

*Kim Gayner*

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## **Reality 101: A 'Must Have' Guide to Life & Life Skills Survival Manual** Kim Gayner

In Reality 101, Kim Gayner (aka: Kim Gaynor) not only covers the basics of going out into the world as a young adult, such as housing, finances, laundry, job searching, and birth control, but she covers the not so much discussed topics such as attitude, communication, compassion, death and grieving, to chocolate. Areas that aren't openly talked about but many have thought or experienced are covered in this A to Z guide on reality living. I found that after reading this manual on life skills that it would have been very beneficial to have as a resource when I was younger, but that it also provided me with valuable and useful information in my life currently. I encourage not only every parent, teenager, and young adult to have this life skills manual available as a reference but that any person of any age will find it full of indispensable information that can enhance the quality of your life and "True Self". Excerpt from Forward by Dana McKnight Flentroy, M.S.W., Educational Consultant. Note: eBook & PDF available at: [www.KimGayner.com](http://www.KimGayner.com)

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