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Adulting 101 Virtual Display

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Adulting 101 Virtual Display

Display Description

Being an adult is hard.

These books will make it easier!

- Posted on Clemson University Libraries' Blog, April 12th 2017



Works on Display: Everything is (or will be) Okay

- Brosh, Allie. *Hyperbole and a Half: Unfortunate Situations, Flawed Coping Mechanisms, Mayhem, and Other Things that Happened*. New York: Simon & Schuster, 2013. Print. PN6727.B7568H96 2013b.
- Burroughs, Augusten X. *This is How: Proven Aid in Overcoming Shyness, Molestation, Fatness, Spinsterhood, Grief, Disease, Lushery, Decrepitude & More – for Young and Old Alike*. New York: St. Martin's, 2012. Print. PS3552.U745Z478 2012.
- Hurka, Thomas. *The Best Things in Life: A Guide to what Really Matters*. New York: Oxford University, 2011. Print. BD431.H87 2011.
- Jay, Meg. *The Defining Decade: Why your Twenties Matter and how to make the Most of them Now*. New York: Twelve, 2012. Print. BF724.5.J39 2012.
- Kaling, Mindy. *Why Not Me?* New York: Crown Archetype, 2015. Print. PN2287.K18A3 2015.
- Poehler, Amy. *Yes Please*. New York: Dey Street, 2014. Print. PN2287.P565A3 2014.
- Settersten, Richard A., and Barbara E. Ray. *Not Quite Adults: Why 20-Somethings are Choosing a Slower Path to Adulthood, and Why it's Good for Everyone*. New York: Bantam, 2010. Print. HQ799.5.S48 2010.

Works on Display: Take Care of Yourself

- Bodian, Stephan. *Meditation for Dummies*. Hoboken: Wiley, 2006. Print. BF637.M4B63 2006.
- Dunkley, Christine, and Maggie Stanton. *Using Mindfulness Skills in Everyday Life: A Practical Guide*. New York: Routledge, 2017. Print. BF697.5.S43D778 2017.
- Harris, Dan. *10% Happier: How I Tamed the Voice in my Head, Reduced Stress without Losing my Edge, and Found Self-Help that Actually Works: A True Story*. New York: It, 2014. Print. BF161.H29 2014.
- McDougall, Christopher. *Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World has Never Seen*. New York: Alfred A. Knopf, 2009. Print. GV1061.23.M6M33 2009.
- Penn, Robert. *It's all about the Bike: The Pursuit of Happiness on Two Wheels*. New York: Bloomsbury, 2011. Print. TL410.P46 2011.
- Pollan, Michael. *Food Rules: An Eater's Manual*. New York: Penguin, 2009. Print. RA784.P6429 2009.
- ---. *In Defense of Food: An Eater's Manifesto*. New York: Penguin, 2008. Print. RA784.P643 2008.

Works on Display: Make that Money

- Levitt, Julie Griffin. *Your Career: How to make it Happen*. Mason, OH: South-Western, 2010. Print. HF5382.7.L47 2010.
- O'Shaughnessy, Patrick. *Millennial Money: How Young Investors can Build a Fortune*. New York: Palgrave Macmillan, 2014. Print. HG179.O7787 2014.
- Yate, Martin. *Knock 'em Dead 2017: The Ultimate Job Search Guide*. Avon, MA: Adams Media, 2016. Print. HF5549.5.I6Y37 2016.

Works on Display:

Good Dog (or Cat, or Whatever)

- DiBenedetto, David, ed. *Good Dog: True Stories of Love, Loss, and Loyalty*. New York: HarperWave, 2014. Print. SF426.2.G663 2014.
- Foster, Charles. *Being a Beast: Adventures Across the Species Divide*. New York: Metropolitan/Henry Holt, 2016. Print. QP431.F67 2016.
- Masson, Jeffrey Moussaieff. *The Nine Emotional Lives of Cats: A Journey into the Feline Heart*. New York: Ballantine, 2002. Print. SF446.5.M38 2002.
- Yoerg, Sonja I. *Clever as a Fox: Animal Intelligence and what it can Teach us about Ourselves*. New York: Bloomsbury, 2001. Print. QL785.Y556 2001.

Works on Display: What Everyone Else Seems to Think You Should Know

- Bartholomew, Mel. *All New Square Foot Gardening: Grow More in Less Space*. Nashville, Cool Springs, 2006. Print. SB321.B37 2005.
- *Beginning Chinese*. New York: McGraw-Hill, 2009. Print. PL1111.B44 2009.
- Chappell, Jon, et. al. *Guitar all-in-one for Dummies*. Hoboken, Wiley, 2009. Print. MT588.C38339 2009.
- Ibarra, Ana, and Marc Valli. *Walk the Line: The Art of Drawing*. London: Laurence King, 2013. Print. NC96.V35 2013.
- Liang, Y. Daniel. *Introduction to Java Programming*. Upper Saddle River, NJ: Prentice Hall, 2003. Print. QA76.73.J38L52 2003.
- Morgen, Emmanuelle, ed. *The Official Guide to America's National Parks*. New York: Fodors, 2004. Print. E160.O34 2004.
- Strunk, William, Jr. *The Elements of Style*. Boston: Allyn and Bacon, 2000. Print. PE1408.S772 2000.