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How to Be a Grown Up: The Ten Secret Skills Everyone Needs to Know

Stacy Kaiser

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"*How to Be a Grown Up* should be required reading for anyone wishing to be (or trying to raise) an emotionally-fit, responsible adult in the modern world. In clear and simple language this book provides everything you need to know to have a successful life." — Arielle Ford, author of *The Soulmate Secret*

In *How to Be a Grown Up*, Stacy Kaiser, the renowned psychotherapist from *Celebrity Fit Club* and The Lifetime Channel's *DietTribe*, reveals the ten critical areas that impact our success, happiness, and fulfillment. In the vein of the books of Dr. Laura, Cheryl Richardson, and Dr. Phil, *How to Be a Grown Up* is an effective blueprint for realizing your own best potential.

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