

Almost Adulting: All You Need to Know to Get It Together (Sort Of)

YA 646.7008 Rose

By the end of the book--a mash-up of essays, lists, and artwork--you'll have learned not only how to dress yourself, how to travel alone, how to talk to strangers online, and how to date strangers (in PERSON!), but also how to pass as a real, functioning, appropriately socialized adult.

What Color is Your Parachute? for Teens: Discover Yourself, Design Your Future, and Plan for Your Dream Job

YA 650.1408 Chri

This book helps uncover what matters most to you, what you love to do, the kinds of people you work best with, and how to use the skills and interests you already have--on social media and elsewhere--to choose a major or career path that is uniquely suited to your passions, strengths, and goals.

Speak Up: An Illustrated Guide to Public Speaking

YA 808.51 Fral

Combines thorough coverage of classical and contemporary communication theory, practical nuts-and-bolts guidance, and 600+ custom-drawn illustrations that bring speech basics to life.

To learn more about Teen Services, visit

montereypark.ca.gov/Library/Teens



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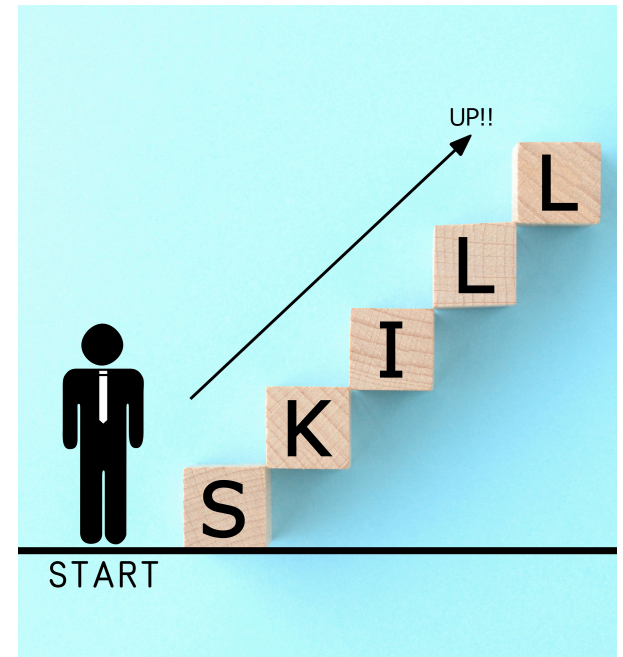
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LIFE SKILLS BOOKS FOR TEENS



Zero to 60: A Teen's Guide to Manage Frustration, Anger, and Everyday Irritations

YA 152.47 Tomp

Teens will learn how to calm their body, derail thoughts that fuel anger and learn how to communicate and de-escalate situations.

The Art of Being a Brilliant Teenager

YA 155.419 Cope

The Art of Being A Brilliant Teenager helps you figure out where you want to go and how to get there.

Path to the World: On the Way to Becoming: Opinions, Revelations, Provocations, Conundrums

YA 155.53 Path

A Path to the World showcases essays by from Gary Soto to Nawal Nasrallah to Ying Ying Yu, from chefs to artists to teens to philosophers to politicians (keep your eyes peeled for a surprise appearance by George Washington)--all of which speak to the common thread of humanity, the desire to be your truest self, and to belong.

Stress Less: A Teen's Guide to a Calm Chill Life

YA 155.9 Tomp

Stress Less teaches concrete skills for managing stress and anxiety, organized into common "stress domains" such as family, friends, dating, school, and media.

Mini Habits for Teens: Small Changes to Help You Navigate Life's Challenges

YA 158.0835 Glad

Mini Habits for Teens shows you how to build good habits that stick, with easy advice for practicing little, everyday changes that help you work toward your goals one step at a time.

Big Lies: From Socrates to Social Media

YA 177.3 Kurl

Big lies are as old as civilization; they corrupt public understanding and discourse, turn science upside down, and reinvent history. The future stewards of our world require a how-to manual for seeing through big lies and thinking critically because big lies require believers, and democracy depends on independent thought.

Cash is Queen

YA 332.024 Toml

A guide to money for girls, breaking down the basics of how young women can learn to understand and manage their money.

It Doesn't Have to be Awkward: Dealing with Relationships, Consent, and Other Hard-to-Talk-About Stuff
YA 306.7 Pins

Dr. Drew and his daughter take on a new generation of knowledge that incorporates current concerns with TCB: trust, compassion, and boundaries

In Case You're Curious

YA 613.9 Alde

Provides non-judgmental answers to questions about sex, attraction, gender identity, sexually transmitted diseases, and relationships, toxic shock syndrome, how twins develop, and the best type of birth control.

Home Skills: Master Your Domain with Practical Solutions to Everyday Challenges

YA 640 Home

A practical and attractive handbook with more than 200 essential life skills to get anything done faster and easier

Life Skills Book for Teens: Everything You Need to Know To Be More Independent

YA 640 Sill

If you're feeling a little overwhelmed by the responsibilities of growing up, you're not alone--and the Life Skills Book for Teens is here to help!

The Complete Cookbook for Teen Chefs: 70+ Teen-Tested and Teen-Approved Recipes to Cook, Eat, and Share

YA 641.5 Comp

Whether a teen is looking to make Tik Tok-worthy sticky buns or a simple egg and cheese breakfast sandwiches before school, The Complete Cookbook for Teenage Chefs has something for everyone.