



Heading Out On Your Own: 31 Basic Life Skills in 31 Days

By Brett H. McKay, Kate R. McKay

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You've finally left the comforts of mom and dad's nest to strike out on your own... but you have no clue how to do your own laundry. Or cook. Or manage your finances. Feeling a bit overwhelmed? Don't worry. We've got you covered. The Art of Manliness' *Heading Out on Your Own: 31 Basic Life Skills in 31 Days* is a primer on becoming a well-adjusted, self-reliant adult. In it you'll find the basic life skills you need to survive and thrive on your own. In 31 days, you'll learn skills like how to: Do Laundry - Ace a Job Interview - Create a Budget - Make Small Talk- Rent Your First Apartment - Shop for Groceries - Live With Roommates - Maintain Your Car - Cook - Iron a Dress Shirt - And Much More!

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Heading Out On Your Own: 31 Basic Life Skills in 31 Days By Brett H. McKay, Kate R. McKay **Bibliography**

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Editorial Review

About the Author

Brett and Kate McKay are the founders and owners of The Art of Manliness (artofmanliness.com), the largest independent men's lifestyle site on the web. As of this publishing (2013), the Art of Manliness receives over 14 million page views a month and has over 170,000 daily subscribers.

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