

The Stuff You Need to Know to Land on Your Feet



With tips and tricks from best-selling author and advice columnist Catherine Newman, you'll learn how to manage whatever life throws your way. Your newfound skills are sure to make you — and the people around you — very happy.

"Catherine Newman has created a starting place for loving, productive conversations about independence, competence, and kindness."

— JESSICA LAHEY, best-selling author of *The Gift of Failure*

"Kids will delight in this witty, clear, and fun-to-read handbook. And parents will rejoice in having Catherine Newman as a wise and warm partner in teaching our children nearly everything they should know — but don't want to hear about from us!"

— DR. LISA DAMOUR, best-selling author of *Untangled* and *Under Pressure*



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CATHERINE NEWMAN is the best-selling author of *Waiting for Birdy*, *Catastrophic Happiness*, and *One Mixed-Up Night*, and the coauthor of *Stitch Camp*. She writes the etiquette column for *Real Simple* magazine and is the editor of the James Beard Award-winning kids' cooking magazine *ChopChop*. She lives in Amherst, Massachusetts, with her family. Visit her at catherinenewmanwriter.com.