



MASTERING ADULTHOOD

GO BEYOND ADULTING
TO BECOME AN
EMOTIONAL GROWN-UP

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Mastering Adulthood: Go Beyond Adulting to Become an Emotional Grown-Up



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In *Mastering Adulthood*, psychologist Lara Fielding offers evidence-based skills to help you cope with the feelings of anxiety, depression, anger, and stress which may be getting in just how of living an unbiased, fulfilling adult life. A lot more than just "adulthood"—this book will provide you with the true emotional skills you should thrive! Whether you're Using the abilities in this reserve, you've caused in her personal practice, Fielding provides empowering strategies and abilities for managing difficult feelings using mindfulness, dialectical behavior therapy (DBT), and acceptance and commitment therapy (Work). And while there are plenty of fun books out there for adults offering assistance on how to fix a leaky faucet or find the right apartment, none really delve into the deeply emotional areas of growing up. Discover clever and entertaining strategies for dealing with difficult emotions like anxiety, sadness, anger, and uncertainty. When you have big life adjustments that cause you tension, you need emotional flexibility to reach your goals and become your best self. Entering into the world of grownups could be greater than a little overpowering. Drawing on case examples from adults she's graduating from college, starting a profession, trying to gain financial independence, or creating meaningful relationships—you'll learn to take charge of your emotional practices, end feeling stuck, and find out what really matters to you.



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