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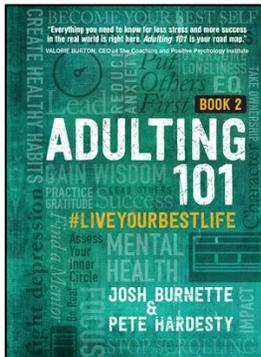
P U B L I S H I N G

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ADULTING 101 BOOK TWO

Guidance for Twentysomethings on Becoming Healthy, Successful, Grown-Ups

“ADULTING” (verb): To do grown-up things and have responsibilities such as working full time, paying rent, or owning a car.



Minneapolis, MN: Young adulthood is often a challenging time filled with big decisions, greater expectations, and major responsibilities. The pressures to succeed and be a positive influence can be intimidating but also deeply rewarding.

In *Adulting 101 Book 2* (BroadStreet® Publishing), authors **Josh Burnette** and **Pete Hardesty** offer life skills and practical advice to launch twentysomethings into healthy, successful adulthood. Burnette and Hardesty have a shared passion to guide emerging adults into becoming happy, fulfilled adults.

Adulting 101 Book 2 is divided into two sections. Section one lays out expectations, skills, and resources about self-awareness, leadership, and responsible consumption of social media. Section two discusses mental health issues and offers solutions regarding anxiety, depression, and loneliness. Burnette and Hardesty also discuss the importance of knowing God and the ways in which your faith influences your life.

As a follow up to their popular *Adulting 101*, the authors offer personal examples, valuable insight, and applicable questions to help readers:

- **Boost Your Self-Awareness:** The more self-aware you become, the better leader you will become. You will grow as you develop your listening skills, utilize personality and strength assessments, identify your reaction patterns, and understand annoying behaviors in others.
- **Develop Your Emotional Maturity:** A healthy adult works at improving their emotional intelligence and the way they relate to others. Maturity happens through self-awareness, self-management, social awareness, and relationship management (developing positive self-talk, practicing gratitude, and learning your “buttons”).
- **Expand Your Cultural Quotient:** It is important to be able to relate to culturally diverse people and situations. Be aware of your own culture. Be humble and learn to listen and reflect. Make time to learn about other cultures.
- **Become an Authentic Leader:** In order to make great advancements, a leader must learn to take ownership, possess competency, communicate effectively, exemplify respect to others, continuously strive to improve, and embrace constructive criticism.
- **Become Indistractable:** Time-management is useless without learning attention management. Control your communication expectations when it comes to emails and texts. Take rest days. Distinguish your “maker” and “manager” days. Designate tech-free zones.

- **Manage Anxiety, Depression & Loneliness:** We can learn how to cope with and overcome mental health issues. When we bravely discuss our challenges, it releases the stigmas attached to these health issues. Remember to practice self-care (sleep, rest, exercise, nutrition, and detox). Learn to pursue lasting, meaningful friendships rather than those on social media. Consider professional options and seek guidance on supporting others who may be struggling with similar issues.

Both authors have worked closely with and counseled young adults throughout their careers. Burnette is the owner and operator of a Chick-fil-A and Hardesty serves as a college coordinator for Young Life. Throughout *Adulthood 101: Book 2*, readers are encouraged to remember that becoming a healthy adult is a process that takes time. Adulthood is a journey with countless turning points and hardships, but the victories, knowledge, and accomplishments you acquire can lead you to greatness and success.

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Josh Burnette is a Chick-fil-A Owner/Operator, author, husband, and dad. His passion is investing in young people through his restaurant and his work with nonprofits. He has served as a coach, speaker, and innovation leader throughout his career. In his free time, he enjoys reading, traveling, volunteering on several boards in the community, and snowboarding. Josh and his wife, Katie, currently reside in Yorktown, Virginia, with their three young children, Lyla, Brody, and Griffin. www.josburnette.com



Pete Hardesty is a national best-selling author and frequent international speaker. He serves as the divisional college coordinator in the eastern United States for Young Life, an international nonprofit that works with young people. He has been working with college students for over twenty-five years, and loves helping them achieve their potential. He makes his home near Washington D.C. www.petehardesty.com

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Suggested Interview Questions:

1. What prompted you to write this book after the first *Adulthood 101*? How does this book differ?
2. What is the difference between knowledge and wisdom? What are some tips on how to gain wisdom?
3. You begin the book on the subject of self-awareness. Is this quality a cornerstone to adulthood?
4. Why do you recommend young adults find friends who are different from them? What is the value of having a mentor and how does one find a mentor?
5. How does our EQ (emotional quotient) and CQ (cultural quotient) influence our lives? What are some ways to grow our emotional and cultural intelligence?
6. What should we remember with regard to how we communicate (etiquette) with others through our social media or technology?
7. Social media can be enjoyable but comes with risks. What are some of those risks? Share with us some suggestions for healthy social media use?
8. Anxiety has become a norm for many twentysomethings. Differentiate between helpful anxiety and harmful anxiety. What self-care practices might help manage or reduce anxiety in our lives?
9. How can someone determine the difference between sadness and depression? What recommendations do you have for someone who is struggling with depression?
10. Adulthood can also be a time of loneliness especially with other people's busy schedules. What are some suggestions to overcome loneliness?
11. You close the book with a chapter on faith. Why is faith a critical element of adulthood?
12. Where can we learn more about you and *Adulthood 101* books 1 and 2?

Notable Quotes from *Adulting 101 Book Two*:

The more self-aware you become, the better leader you become, the better at motivating and investing in others you become, and the more “you” you become. How you were nurtured and raised significantly influences your adult life. It provides you with your core beliefs about yourself, others, and the world. We can’t stress enough that what happens in childhood affects you in a profound way, but it doesn’t have to define you. In other words, growing up in a bad situation doesn’t necessarily determine who you will become. Understanding how your childhood has influenced you empowers you to address those issues, heal from them, and move forward. (pgs. 22–23)

Practice makes permanent. If you are practicing the wrong thing or doing something the wrong way, it ingrains a habit that is, at best, not helpful and even potentially harmful. Perfect practice makes perfect. You have to practice the right thing the right way. It’s not simply the number of hours you put into something; it’s what you do in those hours that is equally important. (pg. 35)

Authentic leadership maximizes the potential of others through influence and impact. It serves others and dismisses our inner Me Monster. But before you lead someone, you have to lead something. Fortunately, each of us is already a leader over something. Strong character is foundational to great leadership. Nothing disintegrates a business or a relationship faster than a lack of integrity. (pg. 74)

Social media claims to promote connection but actually breeds isolation. Social media claims to foster community but actually breeds division. Social media claims to boost happiness but actually breeds anxiety and depression. Social media claims to offer freedom of individual expression but actually breeds comparison. Social media claims to provide information but actually breeds misinformation. Social media claims to help focus but actually breeds distraction. We’ve allowed this Trojan horse into the deepest places in our hearts. Social media has invaded our spaces and our lives to degrees that we never thought possible. (pg. 98)

Helpful anxiety heightens our senses. It makes us more alert and perceptive, especially as we evaluate potential threats and identify and respond to danger. We can embrace (and can even harness) this “right” amount of anxiety. Harmful anxiety can be detrimental. When it becomes chronic, it can cause real emotional distress and become debilitating. It can feel like a lingering apprehension or a chronic sense of worry or dread without a clear reason. These inappropriate, irrational, or disproportionate feelings of perceived threats can be disruptive and intrusive when they begin to interfere with normal, everyday life. (pg. 127)

Depression isn’t a problem that has a rapid solution. It is a medical diagnosis that requires treatment and care. Engage, ask open-ended questions, and listen actively. You are there to love, support, and encourage them on their uphill path to healing. Your consistency to stay engaged is crucial, and the fact that you are willing to love and support someone during such a time speaks volumes of your character. (pg. 164)

You can know *all about* God and still not *know* God. You can know all about Jesus and still not know Him. You can know all about yourself and still not know yourself. We want you to see yourself the way God sees you, for you discover your true self when you come to understand that you are a beloved son or daughter of God. This is your truest identity. This gift of God’s love is free, but it costs everything. That’s because Jesus wants your whole you: heart, self, life, and all. To give as much as you know of yourself to as much as you know of Him. That’s it. It can be difficult to respond to God’s love because we know the way to respond is love. Love for love. (pg. 189)