



## The Twentysomething Guide to Getting It Together: A Step-by-Step Plan for Surviving Your Quarterlife Crisis

By Mary Traina

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### The Twentysomething Guide to Getting It Together: A Step-by-Step Plan for Surviving Your Quarterlife Crisis By Mary Traina

Your guide to making it as a real-life grownup!

Like a lot of people, author Mary Traina spent her early twenties making a mess out of her life--until she realized it was time to toss the red Solo cups and finally grow up. In *The Twentysomething Guide to Getting It Together*, she teaches you how to bust out of your rut with practical advice for kicking your bad habits, taking action toward your goals, and moving on to the next stage of your life as an adult. From answering tough relationship questions to advancing your career, she'll tackle all your biggest issues as well as give you a step-by-step plan for getting through your twenties in one piece.

Through Traina's signature humor, research, and real-world tips, this groundbreaking guide shows you how to:

- Date a real man.
- Escape entry-level hell.
- Stop binge-drinking and overeating.
- Emerge from a mountain of debt.
- Cut those toxic friends of convenience.

With the same hip pop-culture references and endless wit that landed her a regular column on Zoey Deschanel's website, Mary Traina makes getting life together fun, easy, and--gasp--the cool thing to do!

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## The Twentysomething Guide to Getting It Together: A Step-by-Step Plan for Surviving Your Quarterlife Crisis By Mary Traina Bibliography

- Rank: #638521 in Books
- Brand: Unknown
- Published on: 2014-07-18
- Released on: 2014-07-18
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x .60" w x 5.50" l, .52 pounds
- Binding: Paperback
- 224 pages

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### Editorial Review

#### Review

"Mary Traina just gets it, you guys.... In *The Twentysomething Guide to Getting It Together*, she teaches you how to bust out of your rut.... We've had the pleasure of watching her kick life's ass one step at a time, and now we can read the complete beautiful tale!" - *HelloGiggles*

#### About the Author

**Mary Traina** writes a regular series for the Zooey Deschanel–run blog, HelloGiggles, entitled *Late 20s Rut-Busting*. She is a producer and writer at the Syfy Channel and has also written for *The Hairpin* and *Huffington Post Women*. A graduate of Kent State University, Mary interned at the *Late Show with David Letterman*, where she had a brief but bizarre run-in with Bruce Willis in a stairwell and learned that showbiz isn't really that glamorous.

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The book *The Twentysomething Guide to Getting It Together: A Step-by-Step Plan for Surviving Your Quarterlife Crisis* make one feel enjoy for your spare time. You can utilize to make your capable far more increase. Book can to become your best friend when you getting stress or having big problem with your subject. If you can make reading a book *The Twentysomething Guide to Getting It Together: A Step-by-Step Plan for Surviving Your Quarterlife Crisis* for being your habit, you can get more advantages, like add your current capable, increase your knowledge about a few or all subjects. You may know everything if you like open up and read a e-book *The Twentysomething Guide to Getting It Together: A Step-by-Step Plan for Surviving Your Quarterlife Crisis*. Kinds of book are several. It means that, science guide or encyclopedia or other folks. So , how do you think about this reserve?

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People live in this new day of lifestyle always attempt to and must have the spare time or they will get wide range of stress from both daily life and work. So , whenever we ask do people have extra time, we will say absolutely indeed. People is human not only a robot. Then we ask again, what kind of activity have you got when the spare time coming to you of course your answer can unlimited right. Then ever try this one, reading textbooks. It can be your alternative throughout spending your spare time, the actual book you have read is actually The Twentysomething Guide to Getting It Together: A Step-by-Step Plan for Surviving Your Quarterlife Crisis.

**Rafael Perez:**

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