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Nota di contenuto	Intro -- Introduction: The Great Leap Forward -- Part One: Fight the Future-Preventing Childhood's End -- Lesson 1: Let Parents Be Parents -- Lesson 2: Keep Your Parents in the Pantheon -- Lesson 3: Refuse The Burdens Of Adulthood -- Lesson 4: Be a Rebel and Party On -- Lesson 5: Stay on the Breast -- Lesson 6: Wait for Permission -- Lesson 7: Change Your Family, Not Yourself -- Lesson 8: Shorten the Decade -- Lesson 9: Chill -- Lesson 10: Never Give an Inch -- Part Two: Santa Wasn't the Only Lie -- Lesson 11: You Are Special -- Lesson 12: You Have a Right to Unconditional Positive Regard -- Lesson 13: Happiness Is Stupid -- Lesson 14: Depend on Talent -- Lesson 15: You Need a Clear Vision -- Lesson 16: Misery Is Motivating -- Lesson 17: Self-Confidence Is Crucial -- Lesson 18: You're Entitled to Your Anger -- Lesson 19: Follow Your Passion! -- Lesson 20: You're Doomed No Matter What You Do -- Part Three: Creating a Self -- Lesson 21: Keep Your Tool Kit Empty -- Lesson 22: Define Thyself -- Lesson 23: Become Your Diagnosis -- Lesson 24: Cultivate Your Fragility -- Lesson 25: Narrow Your Experience -- Lesson 26: Don't Rehearse -- Lesson 27: Stay in the Closet -- Lesson 28: Build Your Brand, Not Your Character -- Lesson 29: Eat the Marshmallows -- Lesson 30: Be Cool -- Part Four: Navigating the Seas of Adulthood -- Lesson 31: Go with the Flow -- Lesson 32: Set Your Heart on the Stars -- Lesson 33: Keep Your Options Open -- Lesson 34: Avoid Risk -- Lesson 35: Ignore Distant Payoffs -- Lesson 36: Let the Money Worry About Itself -- Lesson 37: Take Your Body for Granted -- Lesson 38: Focus on What

You Lack -- Lesson 39: Practice Mindlessness -- Lesson 40: Do It All Yourself -- Conclusion: Turnabout -- Acknowledgments -- References and Additional Reading -- Endnotes.

Sommario/riassunto

Following in the footsteps of his snarky self-help hit, *How to Be Miserable*, psychologist Randy J. Paterson uses his trademark wit and irony to help young adults tackle the most common road blocks that stand in the way of successful "adulthood." With this tongue-and-cheek guide, readers will learn to navigate everyday challenges and take control of their lives.
