

## Title Information

# Living On Your Own

The Complete Guide to Setting Up Your  
Money, Your Space, and Your Life

by Pierre A. Lehu

Publication Date: June 2014

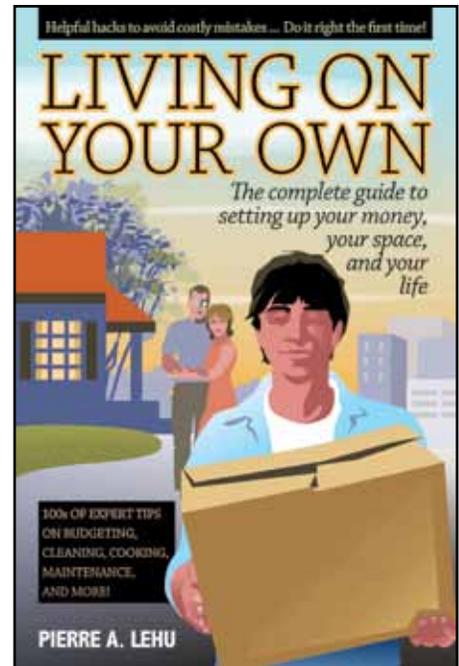
\$18.95 (\$19.95 Canada) • Trade Paperback • 6" x 9" • 232 pages • Index

ISBN 978-1-61035-212-3

HOUSE & HOME/Cleaning, Caretaking & Organizing

SELF-HELP/Personal Growth/General

BISAC HOM019000 / SEL031000



Striking out on your own after a lifetime of living with your parents is equal parts exhilarating and intimidating, but most of all, it is awkward. There is so much that people expect you to know that no one ever bothered to tell you — stuff you actually need to know to avoid bankrupting yourself through overspending, poisoning yourself with bad cooking, or drowning in a rising tide of dirty dishes and unwashed laundry.

But you don't have to learn all this the hard way. *Living On Your Own: The Complete Guide to Setting Up Your Money, Your Space, and Your Life* is the cheat sheet to help you take your first steps into adulthood with confidence.

*Living On Your Own* is a completely practical guide to starting out as an independent adult, with hundreds of useful tips to help young people set up a new household. Whether you're moving into a college dorm or into post-college life, *Living On Your Own* gives you money-, time-, and trouble-saving recommendations, shortcuts, and lifehacks to make your transition smoother.

This readable and comprehensive reference gives answers to all of the decisions, dilemmas, and questions that invariably arise when setting up on your own. Looking for a place to live? *Living On Your Own* will show you how to cope with roommates and landlords, find a safe neighborhood, deal with moving expenses, and more. Worried about your finances? Learn all about budgeting, mastering your credit score, saving for retirement, preventing identity theft, and other money topics. Covering everything from the basic budgeting, to home cooking on the cheap, to how to find an eco-friendly detergent, to staying healthy without insurance, to how to not catch an STD, *Living On Your Own* is an invaluable road map to early adulthood.

**Audience:** Readers age 18–30, parents of young adults, and anyone who wants to live more efficiently.

**About the Author:** Pierre A. Lehu has written 21 books, covering such diverse topics as sex, sake, fashion, and making the most of opportunities in college and midlife. He lives in New York.



### Quill Driver Books

An Imprint of Linden Publishing

2006 S. Mary St.

Fresno CA 93721

(800) 345-4447 • Fax (559) 233-6933

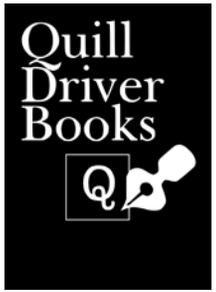
[QuillDriverBooks.com](http://QuillDriverBooks.com)

Contact: Jaguar Bennett, Marketing Director  
[Publicity@QuillDriverBooks.com](mailto:Publicity@QuillDriverBooks.com)

Quill Driver Books is distributed to the book trade by Ingram Publisher Services and Baker & Taylor, or by calling 1-800-345-4447.

Distributed in Canada by Manda Group.

FOR IMMEDIATE RELEASE  
Book Publication Date: June 2014  
Media Contact: Jaguar Bennett  
Quill Driver Books  
Publicity@QuillDriverBooks.com  
(800) 345-4447  
\*\*digital cover image available\*\*



## The perfect book for grads and other emerging adults, *Living On Your Own* teaches the life skills no one taught you (but everyone should know)

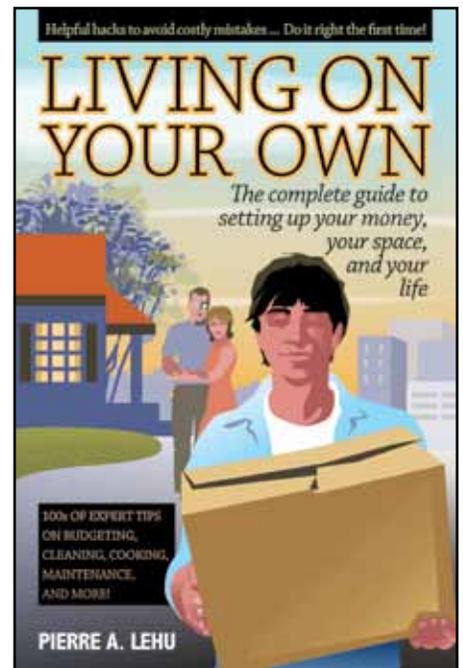
**“Covers everything from doing the laundry, to choosing housemates and finding a doctor ... a commonsense guide that should find a wide audience.” —Stephen Lassonde, Dean of Student Life, Harvard**

In an era when there’s no shame in living with your parents till you’re 35, young people don’t get taught the skills they need to live independently. High schools have cut home economics and shop classes, parents don’t have time to teach their children the basics, and most of us stumble through household tasks by trial and error. Even many of us who have been successfully faking adulthood for years can’t cook a decent meal, fix a sink, or understand our credit scores.

You don’t have to learn this stuff on your own — not when you have the perfect cheat sheet for adulthood in the new book *Living On Your Own: The Complete Guide to Setting Up Your Money, Your Space, and Your Life* (Quill Driver Books, June 2014).

The perfect book for grads, young adults, and anyone who wants to take charge of their home and life, *Living On Your Own* is a completely practical guide to beginning (or perfecting) your life as an independent adult. Whether you’re moving into a college dorm or into your first apartment — or if you want to make your life run more smoothly at any age — *Living On Your Own* will give you hundreds of useful tips on finances, household management, maintenance and life skills that will save any reader time, trouble and money.

This readable and comprehensive reference gives answers to all of the decisions, dilemmas, and questions



that invariably arise when setting out on your own:

—Looking for a place to live? *Living On Your Own* will show you how to cope with roommates and landlords, find a safe neighborhood, deal with moving expenses and more.

—Worried about your finances? Learn all about budgeting, mastering your credit score, saving for retirement, preventing identify theft, and other money topics.

—Tired of sleeping on a mattress on the floor? *Living On Your Own* will show you dozens of tricks on how to furnish an apartment fabulously and cheaply.

—Can't stand the constant drip, drip, drip of a leaky faucet? *Living On Your Own* gets you started on mastering home repairs, with information on the essential tools you should have, instructions on doing basic repairs yourself, and signs that it's really time to call in a professional.

—Daunted by living on ramen? *Living On Your Own* shows how even the rawest beginner on the most limited budget can learn to cook simple, healthful meals without spending a lot of money — with special tips on must-have kitchen equipment, basic cooking techniques, nutrition, grocery budgeting and stretching your food dollar.

—Is your apartment dirty even by your most “relaxed” standards? *Living On Your Own* will help you quickly and easily bring your living space up to a nonlethal level of hygiene — or even spotless, if that's your goal — with help on finding the right cleaning supplies, learning what needs to be cleaned and how often, dealing with garbage pickup and disposal, and even how to tackle bug infestations.

—Think you're young and immortal? You'll learn better later, and the effort you take with your health today will make your later years a lot more enjoyable. *Living On Your Own* offers comprehensive tips on staying healthy, from what to keep in your medicine cabinet to mental health issues.

Covering everything from budgeting apps, cheap and healthy food, finding an eco-friendly detergent to how not to catch an STD, *Living On Your Own* is an invaluable road map to early adulthood.

#### **Book Details:**

Title: Living On Your Own: The Complete Guide to Setting Up Your Money, Your Space, and Your Life

Author: Pierre A. Lehu

Publisher: Quill Driver Books, an imprint of Linden Publishing

Publication: June 2014, \$18.95 (\$19.95 Canada)

Household Management/Personal Growth, ISBN 978-1-61035-212-3

6" x 9" trade paperback, Kindle, Nook, EPUB, 232 pages, index

**Available from bookstores, online booksellers and  
Quill Driver Books, , 2006 S. Mary St., Fresno CA 93721  
1-800-345-4447 • QuillDriverBooks.com**

###

# About Pierre A. Lehu

## Author of *Living On Your Own*



Pierre A. Lehu's first adventure with the awkwardness of living arrangements was getting kicked out of a sublet six months after moving out of his parents' home. He had been subletting from a woman who had moved in with her boyfriend, and when her relationship went sour, she wanted her apartment back — immediately. Without legal recourse, upset, and not knowing what to do, Lehu was thrown on his own resources and found a new apartment within hours.

Since that initial triumph over adversity, Lehu has established himself in a decades-long career as a publicist, agent, and writer. He has co-authored 21 books including *Sex For Dummies*, *Sake: Water From Heaven* and *Fashion For Dummies*. A graduate of NYU (BA and MBA) he began working in the field of entertainment PR while still in college. He has done public relations for a long list of entertainers in every field as well as worked on films and television shows both during and post production.

In 1981, while doing PR for WYNY radio in New York, Lehu was introduced to Dr. Ruth Westheimer, who had a fifteen-minute late-night Sunday program. The media attention he brought to that show helped to convince the station to give her a live one-hour show, which he then promoted. Generating stories in such publications as *The New York Times* and *The Wall Street Journal* and appearances on national TV shows like *Late Night with David Letterman*, Lehu helped to launch the Dr. Ruth phenomenon and continues to work with Dr. Ruth as her Minister of Communications.

*Living On Your Own* is the first book that Lehu has written without a co-author and the inspiration comes from helping his own two now grown-up children settle into their lives as adults. Lehu lives in Brooklyn, New York with his wife, Joanne Seminara, who is an attorney. He has one grandson.



For more information on *Living On Your Own* (Quill Driver Books, June 2014) or to arrange an interview with author **Pierre A. Lehu**, please contact Jaguar Bennett, Publicity and Marketing Director, Quill Driver Books, [Publicity@QuillDriverBooks.com](mailto:Publicity@QuillDriverBooks.com), (800) 345-4447 .