

THE  ART OF LIFE BOOK SERIES

A PERSONAL
USER MANUAL
— AND TRANSITIONS WORKBOOK —
**FOR GIRLS
BECOMING WOMEN**



WILLIAM NONA

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The Art of Life Book Series

A Personal
User Manual
and
Transitions Workbook
for
Girls becoming Women

Written by
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Angie Hu

Dedicated to spirit
of the Girl
that still lives within the
Young Adult Woman

A wise girl knows her limits,
a smart girl knows that she has none.

-- Marilyn Monroe

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How it all Happened

THE EIGHT USER MANUAL COLOR PALETTES

Where You Fill in the Colors on the Canvas of Your Life.™

1) **Human Functions** – CRIMSON PALETTE

Physical, Mental, Spiritual

- a. The individual's Operating System is where change is the only constant activity.
- b. The Combined Balance Function that dwells deep inside and works to recognize and deal with all human aspects is controlled by the natural law to obey reason.

2) **What you were never taught** – SIENNA PALETTE

Hard Knocks and More

- a. The level of Wisdom learned beyond Upbringing and Academia.
- b. That balance stuff that comes from the Boomerang Theory and not book learning.

3) **Function Activity and Goals** – COOL GREY PALETTE

Until your next life phase

- a. It's time to create a collection of achievable short-term goals or objectives
- b. Remembering always; move toward your goal, never away.

4) **Utilizing Human Functions** – ANTIQUE RUBY PALETTE

Surprise! They all work together

- a. Physical and mental functions work to decide life's journey.
- b. The spirit is an intrinsic part of the natural law of reason; the Spirit needs to be happy.

5) **Functionality** – AZTEC GOLD PALETTE

It's a bump in the road

- a. It is the purpose something is designed for, or expected to fulfill, but is generally filled with shortcomings; a human trait we will strive to diagnose and overhaul.
- b. Learned traits are sometimes hard to recognize and slow the natural process of reason.

6) **Troubleshooting** – CERULEAN PALETTE

Get out of your own way

- a. Problem solving is the reasonable guide for a course of action toward a final solution.
- b. You have the ultimate solution within yourself.

7) **Rewards** – GOLDENROD PALETTE

Don't wait for a pat on the back

- a. Reward yourself at every level of achievement.
- c. Satisfy the law of reason with a reward that matches your short-term accomplishment.

8) **Happiness & Restoration** – EMERALD PALETTE

It's an inside job

- a. To be truly happy, one needs to recognize all that is needed is within.
- b. The law of reason will direct you to return to your original self.

The Six Degrees of Separation - Transition between User Phases

The next Level

What Now?

FAQ's

APPENDIX

What if...

What if you could take your
new life as a Young Adult
to a whole new level
beyond your wildest dreams?

You've already learned how to
bend the rules. Right?

Now you can look at making
new rubrics.

(and using new words)

"I am never satisfied; I always want more.

I always want to get better.

I always want to climb another step."

--Rihanna

Preface

By Luisa Rumein Sun

Who Am I?

I am a mother with a grown daughter. But this is not about me. It's about my daughter and her trials and tribulations as she transitioned from being my little girl to becoming a woman.

I remember many times when she admonished me for telling her what to do with, "You can't tell me what to do. I'm eighteen, I'm a grown woman."

You've probably gone through similar situations. It's a universal happening.

She generally apologized adding, "I love you mom." After the hugging and crying she'd look to me for advice. I learned early-on not to give advice.

You might ask, "Why not?"

It's because if I took credit for her accomplishments, then I had to take credit for her failures.

There were the times when she would say, "Thanks mon, I'm glad I listened to you." And then there was, "It's all your fault, I hate you, I hate you etc." That really hurt.

Today's teens grow-up in a different way than we did. Social media, the millennials, and the lack of talking face-to-face has a great impact on how they see themselves and others.

So, what's a teenage adult girl supposed to do?

I found what I believe is a reasonable way to becoming more. It's "The Art of Life Book Series", and I want to share it with all the young adult girls who want to improve their life. It's a Personal User Manual and Transitions Workbook with the process of; "Learning without teaching".

Times have changed since I transitioned from Girl to Woman. We had to be twenty-one years of age back then. Today, opportunities and challenges disguised as technology and social memes take on new meanings. However, memes can become progressively more intellectual and philosophical. We'll explore those implications as we move through your Transitions Workbook.

What is the secret? You'll find it here, in your Transitions Workbook.

Namaste,

Rumein

A note from the Author: Creating the Transitions Workbook for Girls Becoming Women required a serious amount of Research including collaboration with moms and female life coaches. I understand how complex your life journey can be, and how rewarding it can become using the information we have compiled for you in this book.

Life is like a story; it's analogous to a trip into an unknown adventure.

Get used to it!

A trip has a Beginning, the Journey and a Culmination.
(Sometimes I speak, *sometimes you do.*)



You speak Italic (not Italian)

If you have been a Fab8 teen member you know that the color palettes (steps) are about being more than you are.

More what?

More vital, more progressive, more interactive, more functional as a human being, more spiritually aware and a lot more. If you're new to The Art of Life Book Series, hang on to your derrière. You're going on an exciting journey to discover your potential in life as you never dreamed. If you are a continuation member, the same is in store for you.

It's about a New Beginning as a Young Adult Woman.

So here I am crossing over to adulthood with the realization that I don't have a guide. I didn't come with a User Manual or any kind of Transitions Workbook to become an adult.

What am I supposed to do?

How do I handle these new and/or ongoing challenges in life? I'm gonna guess there is a lot more to "being an adult", especially since I'm still a teenager.

Just what am I supposed to do to get through this time of my life, and enjoy the journey? After all, I'm a Woman now. Right?

The Art of Life Book Series contains the **Secret** on how to make use of the parts of life's journey that no one tells us about; it works something like the user's manual that you got with a new TV or car. Like the one you received with your new cell phone. Ya know; the one you're supposed to read. A new cell phone or 'whatever' is different from your previous one; so is this phase of your life.

Read everything in your Transitions Workbook, don't skip thru or you'll miss the excitement of this trek in life. Learn how to navigate your workbook and enjoy life **no matter what!**

Enjoy life no matter what?

Yes, of course. Some of life's challenges happen during your journey disguised as this new phase of life's greatest **opportunities**.

Please be aware that some expressions or comparisons are explained in a sexual/sensual demeanor primarily to help describe an action or function. No disrespect intended. You may stop at this point and request a refund if this technique is offensive.



It's a whole
new
magnitude!

Look for the Secret.

How it all Happened

You may have heard this story before, come on, read it again!

A while ago I was talking with some buddies who were, as always, complaining about the user manuals we get with our TV's, kids toy assembly stuff, our cars, etc. when one of the wives laughingly said, "What's really needed is a User Manual for you Guys."

One of the Guys responded, "I didn't come with a User Manual. What am I to do?"™

The Art of Life Book Series© was born. Not just for Guys, but a lighthearted experience for everyone from 2 to 92 and beyond.

The full story is on our website,
<https://www.fab8publishing.com/about/>

What book comes first and why

You would think that we should start our publishing sequence at life's beginning phase and move through to the Elder years.

As a Life Coach, I thought so too. The truth is that after many years of research it became obvious that our largest reading audience is the Prime-Life Woman, age 40s thru 50s; like your mom. So, why not speak to them first and see how they embrace the User Manual Concept? The truth is; they loved it.

I researched for you girls more than I did for any other book. I talked with many experts to establish a Body-Mind-Spirit approach to your Transitions Workbook & Personal User Manual.

I discovered that you may be looking for a quick fix. Start at the beginning and jump to the end. Yikes! What a totally ill-advised thing to do. Your Workbook has a unique and lighthearted approach to encourage you to become more than you are.

The more that I got into the Book Series I realized that I was smart and experienced enough to write most of the Manuals, but not all. So, I got help from some brilliant authors to keep me on track.

A man, father and grandfather, writing a self-help book for young adult women a woman writing a self-help book for a man. Really? Why not? Think about it. How cool can it be with the opposite sex contributing factual material for a combined outstanding result. I believe this unique method retains the concept in a wonderful and entertaining manner. Please tell me what you think about your workbook by adding testimony to our website.

Namaste, William

Let's take a look.

... let's see how to navigate your Workbook:

The Art of Life Book Series Personal User Manuals are for the various phases of your life to assist you along a successful and happy path. This Transitions Workbook is especially formulated for the Young Woman becoming an Adult.

The Transitions Workbook is very cool and easy to use. It's as user friendly as you let it be and is designed to guide you from your girl phase to an adult place in the world. It's a big step, so ...

Start at the beginning, work through the Eight Transitional Color Palettes **one-at-a-time**.

Take your time, use your workbook wisely, and have fun.

What is important to know is ... **you** set the pace!

As I said before, "Sometimes I talk, and *sometimes you do.*"

Check-it-out!

Do you want to live life on your own terms?
Or someone else's?

Just what I thought!
Let's get started. » » »

Discover the **Secret** to this phase of your life.

[Back to Bookstore](#)