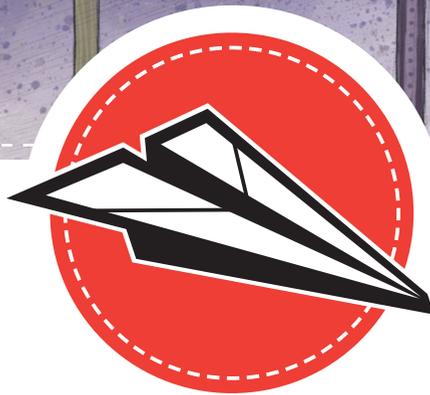
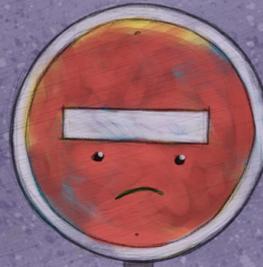


the signs of Adultitis



ESCAPE
ADULTHOOD

adultitis antidotes

15

Fast-Acting Prescriptions for Less Stress and More Fun

kim & jason kotecki

the signs of Adul^titis



introduction

If you are experiencing any telltale signs of Adul^titis, such as very high stress levels, difficulty laughing, or even fits of chronic dullness, you need to seek treatment immediately. Full-blown Adul^titis is NOT something you want to mess around with, friend. This guide contains 15 of the most powerful (and fast-acting) ways to stop Adul^titis in its tracks. Don't be fooled by the simplicity of some of these antidotes, for the most effective solutions are often the most simple. Applying just one of the treatment options within will immediately result in a state that is less stressful and more fun. Remember, Adul^titis is completely treatable. Fight on!

Your friends,

Kim & Jason



hide marty

Hide a small toy or other fun object for your spouse, family members or co-workers to find. Whoever finds it gets to hide it next. We use this little penguin eraser we've named Marty, but you can use whatever you want.

Pro Tip: Something relatively small, waterproof, and bendable gives you a wider variety of hiding options!



barbarian spaghetti

Serve your next spaghetti dinner without plates. Just plop the spaghetti in the middle of the table, and have the meal participants pull their portions toward themselves. If you're concerned about the potential mess, just put down plastic tablecloths beforehand to make cleanup a breeze.

Pro Tip: Combine this with Spatula City (see page 16) for epic results.



pajama run

Select a “victim.” It could be your spouse, a friend, children or grandchildren. About fifteen minutes after they’ve gone to bed for the night, burst into their bedroom banging pots and pans and wooden spoons yelling “Pajama Run! Pajama Run!” Everyone has to quickly jump into the car – still wearing their pajamas! – and you drive to the local ice cream joint for a late night treat.

Pro Tip: Organize a group Pajama Run in which everyone meets at a predetermined time at a predetermined location!



LIFE IS
SHORT
EAT DESSERT FIRST.



dessert first

Break a rule that doesn't exist by eating dessert first. It might not be advisable to do this every day, but let's move the needle past more than once a decade!

Pro Tip: Try doing this in a restaurant and watch the waitperson's head explode.



holiday factory

Every day is a holiday. It's just that on most days, what to celebrate is up to you. Today, make up your own holiday. Maybe it's Missmatched Socks Day, Taco Tuesday, or Slip 'n Slide Sunday. Just find a reason to celebrate and do something to celebrate it!

Pro Tip: Do a little advanced planning, make up a few flyers that you post at home, in the office, or on the subway, and see how many people join you!



g'day mate

Stretch that comfort zone today by talking in a phony voice or accent to a complete stranger. Do it with a friend for moral support and double the fun.

Pro Tip: Adulthood really hates this one, as it's an amazingly effective way to practice not caring what other people think.



silly soap opera

Gather a group of people around the television. Find a program that has a lot of drama and at least as many characters as people you have playing. Turn the volume all the way down, and provide the voices for the characters. For best results, don't be afraid to let the plot veer off into zany directions.

Pro Tip: The show you choose (soap opera, sports highlight show, home makeover show, cooking show, etc.) will impact the flavor of your game, so mix it up for some variety!



elevator fight club

The next time you're alone with someone you know in an elevator, as soon as the doors close, engage in a fake street fight. When the doors re-open, immediately stop fighting and act completely normal.

Pro Tip: Remember the first rule of Elevator Fight Club is: You do not talk about Elevator Fight Club.



drive by shouting

While driving alone or with a friend, find a random person, roll down your window, and shout some sort of positive comment at them. You know, something like, “You’re awesome!” “Have a nice day!” or “May the force be with you!”

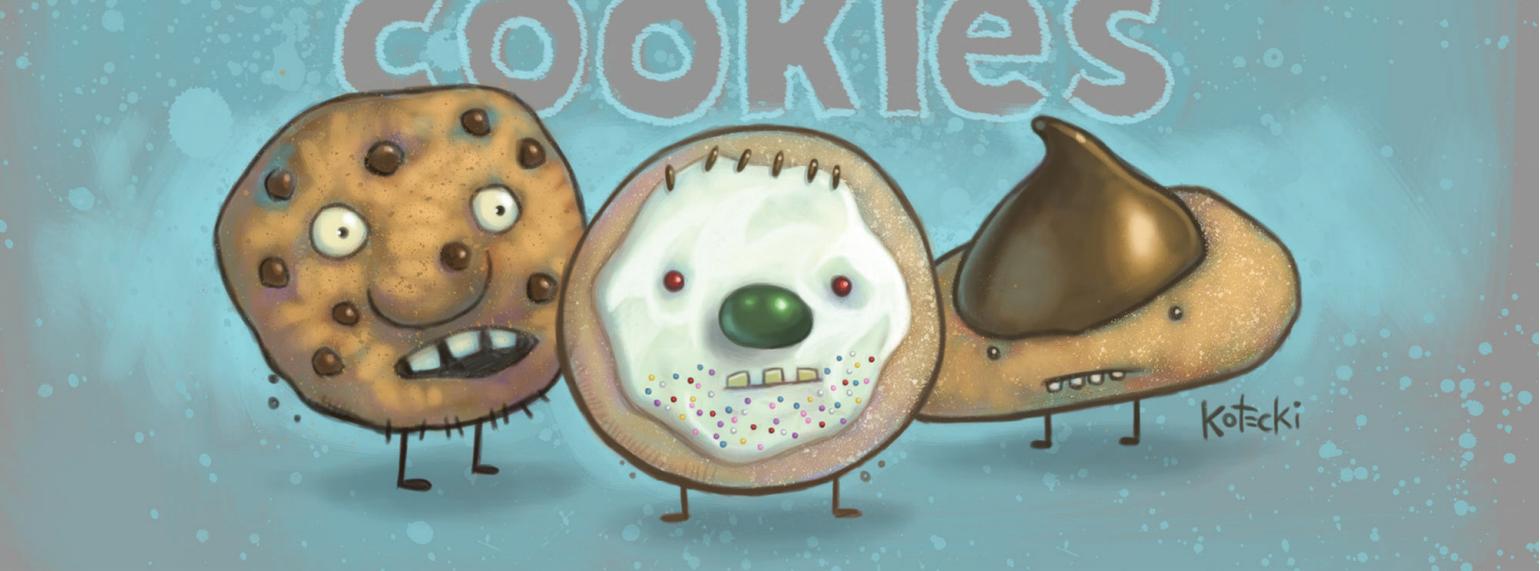
Pro Tip: Don’t try this in a neighborhood where there is a chance you might get shot.



bad singing contest

Enlist a group of friends to join you in a singing contest, with the only goal being that you each sing as horribly off-key and off-pitch as possible.

Pro Tip: Do this by yourself in your car on your way home from work and watch any Adultitis-ridden road rage melt away.



ugly cookies

Make a batch of cookies as ugly as you can. Use food coloring to mix up some less-than-appealing frosting. Raid the cupboard for anything edible that has something unique to bring to the party, like pickles, sprinkles, gummy worms, goldfish crackers, bacon bits, breakfast cereal, potato chips, marshmallows...you get the idea. The goal is to make Martha Stewart weep and gnash her teeth.

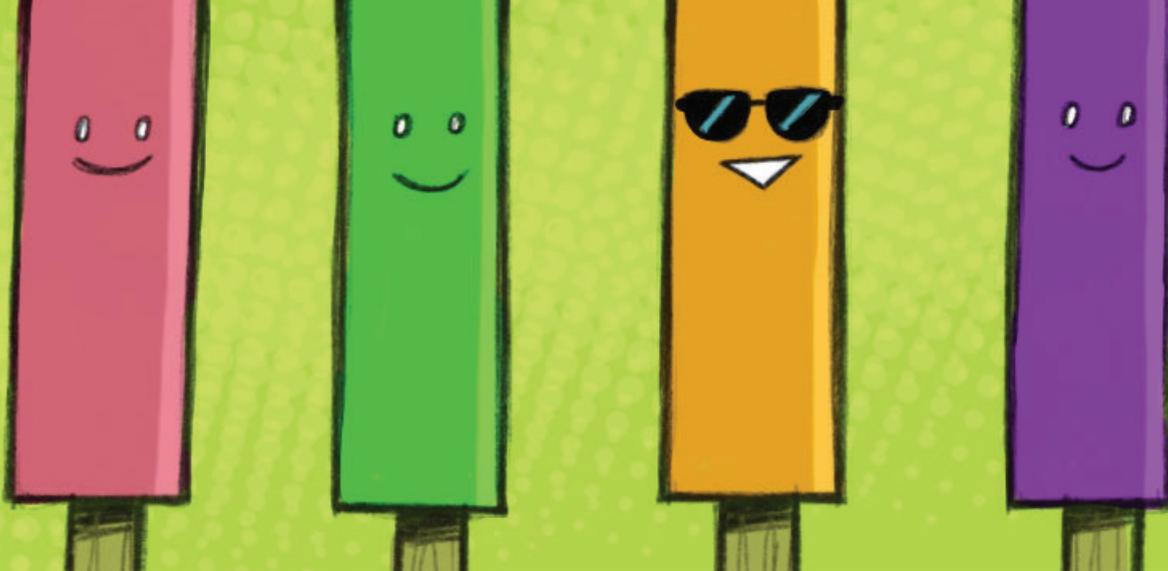
Pro Tip: Take this to the next level and make an Ugly Cake!



pay it backward

Pick up the tab of the person directly behind you in line. It could be at a tollbooth, a drive-thru window, a vending machine, a movie theater, or at the donut shop.

Pro Tip: For maximum feel-goodness, perform this challenge anonymously.



undercover alias

The next time you buy a coffee or put your name in at a restaurant, use a fake name as your alias. It could be a normal sounding name, the name of a fictional character, or something completely unusual like Cantaloupe or Melmac. Just make sure it's fake!

Pro Tip: If you do this to friend, agree to only use each other's aliases the entire time you're together.



spatula city

Before your next dinner, pull out all of the unusual kitchen utensils.

Things like spatulas, soup ladles, spaghetti forks, salad tongs, potato mashers, whisks, etc. Invite each dinner guest to select one of the utensils. Then everyone has to eat their entire dinner with it.

Pro Tip: Keep the menu secret so no one has any advantages in selecting their tool.



sticky cup

Tape an empty cup (preferably with a lid and a straw) to the top of your car...and drive around town. Be prepared for the national emergency you will have created for some people, who will drive entire states out of their way to tell you that you have Taco Bell on your car. Your job – and that of your passengers – is to act completely normal.

Pro Tip: Use masking tape for best adhesion without ruining your paint job.



about the authors

Kim and Jason Kotecki are best friends, business partners, authors, retro t-shirt wearers, parents of three weird kids, and partners in crime on a crusade to annihilate Adulthood! Kim is a former kindergarten teacher and noodle groupie. Jason is an artist (the illustrations in this guide are his), professional speaker, and cereal aficionado.

Kim & Jason believe that a life that embraces a childlike spirit is a life that is less stressful and way more fun. They regularly dish out tons of easy, inexpensive, and fun ideas to help you live amazing stories and make memories with the people you love. Through things like their website, books, products, and Jason's artwork and speaking programs, they help organizations eradicate Adulthood and offer real-world strategies, practical ideas, and permission to live a fulfilling, Adulthood-free life.



ready to make Adulthood beg for mercy?

The world-famous Adulthood First Aid Kit has been used by thousands and thousands of people all over the world to safely and effectively treat all stages of Adulthood. It's stocked with the essential tools you'll need to beat this disease. [Buy one today!](#)



Brought to you by the Cure Adultitis Institute.

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No animals were harmed in the making of this guide,
but Adultitis took a debilitating shot to the family jewels.