



Survival 101: A Guide to Staying Afloat in the Deep Waters of Life

by Victoria Alai

blends her own life experiences with experts' schools of thought, using herself as a model to go from survival mode to abundance/thriving mode. The ideas set forth that survival is more than having your basic needs met, and to be genuinely satisfied and be at peace in life requires emotional, physical, and spiritual balance. The book delivers a revolutionary idea for readers who are either beginning their healing journey or are already deep into the process.

"I can tell you right now that knowing you are open to investigating your life and applying principles that will transform your life is the primary reason I wrote this book...Far and away, the most excited I get is when I witness the spark lighting up in someone's eyes and their excitement when they tap into the possibility of a purpose and direction for themselves." — from *Survival 101*

"This book invites us on a journey of internal exploration to look at new ways of thinking and acting in life. Whether comfortable or not, we're all on life's journey together, and Victoria has found a way to make it into our hearts and homes like nothing else out there."

- Jodi Burke, Licensed Clinical Social Worker and Licensed Addiction Counselor

About *SURVIVAL 101*

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Anecdotal life moments and expert observation, *Survival 101: A Guide to Staying Afloat in the Deep Waters of Life* by Victoria Alai combines many schools of thought into one guide for her readers. The book is a modern take on survival vs. thriving and how to change one's thinking with clear and concise actions that transform from a scarcity mindset to an abundant one.

Victoria divided "survival" into distinct sections: physical survival, invisible survival, a personal plan, and what's next? A deep dive into previous more linear thought, the book's first sections deconstruct and rebuild into a modern circular structure of needs. Then she explains how to "re-parent" ourselves and cast away old mindsets that keep us in survival mode. The latter two sections lay out a plan for both the individual and bringing this new abundant practice out into the community.

Throughout *Survival 101: A Guide to Staying Afloat in the Deep Waters of Life*, Victoria beautifully



Victoria Alai is currently working as an author, life navigator, and entrepreneur. She has successfully scrambled to survive multiple financial, social, physical, and mental-emotional life crises. Her kids consider her a self-help addict. Over the past 30 years, she has gone from working

in hotels and fast-food outlets to funding her undergrad degree, earning an MBA, and working through five different industries that have gone extinct. She married twice, divorced once, was a single mom for eight years, and lost a home to foreclosure while enjoying five dream careers.

Through her own life journey, Victoria has helped hundreds of people navigate daily needs and extreme life and professional challenges to reach their own abundant, thriving lives. As a former Intervention Specialist and Academic and Career Navigator, she understands needs, helps visualize possibilities, and connects people and resources to create win-win solutions.

Working through her crooked life path, Victoria has arrived at a happy, thriving, and abundant life today and is excited to share what she has learned in *Survival 101: A Guide to Staying Afloat in the Deep Waters of Life*. She wrote this guide to save people months, years, or even decades of time and mental anguish on their survival journey. Victoria believes that by reaching a strong survival state as fast as possible, anyone will form a firm launch pad to rocket into abundant, thriving life.

Visit her website: [EveryoneCounts.World/Survival101](https://www.EveryoneCounts.World/Survival101)

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