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~~Defining Decade:
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Make the Most of
Them Now (4-3-20)

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Review - The Book

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2 | The Defining

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Review Why Your

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Drawing from a
decade of work
with hundreds of

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twentysomething
clients and
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weaves the latest
science of the
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years with behind-
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stories from
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themselves. The
result is a
provocative read

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that provides the tools necessary to make the most of your twenties, and shows us how work, relationships, personality, social networks, identity, and even the brain can change more during this decade than at any other time in adulthood

...

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The Defining
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In fact, your
twenties are the
most defining
decade of
adulthood. The
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weaves the latest
science of the
twentysomething

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years with real-life stories to show us how work, relationships, personality, social networks, identity and even the brain can change more during this decade than at any other time in adulthood.

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and How to ...
The result is a
provocative read
that provides the
tools necessary to
make the most of
your twenties, and
shows us how
work, relationships,
personality, social
networks, identity,
and even the brain
can change more

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during this decade than at any other time in adulthood-if we use the time wisely.

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and How to ...

The twenties are a
supremely
important decade
that shouldn't be

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considered
inconsequential.
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experiences
happen, plus your
brain has one last
bout of
development at
this crucial age.
Other times, like
when I reached the
fertility chapter, I
felt Jay become
extremely

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defining decade of
adulthood. The
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weaves the latest

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science of the
twentysomething
years with real-life
stories to show us
how work,
relationships,
personality, social
networks, identity
and even the brain
can change more
during this decade
than at any other
time in adulthood.

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and How to ...

Meg Jay, author of
The Defining
Decade: Why Your
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and How to Make
the Most of Them
Now, calls the
twenties the most
critical period in
adulthood, a time

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When we're primed for growth and change, a period of experiences that in many ways influence the adult lives we'll lead. My twenties were all these things and more.

MY DEFINING

DECADE: 10 things
my twenties taught

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I just read an amazing book: The Defining Decade - Why your twenties matter and how to make the most out of them now, by Meg Jay PhD. Her body of work and this book is amazing. I highly recommend it. At minimum, get a

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taste for her body
of work here today,
then join nearly 9m
people and check
out her Ted Talk.
The following is
from the ...

3 Reasons That
Your 20's are Your
Defining Decade
Dr. Meg Jay: Our
20s are the
defining decade of

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adulthood. 80% of
life's most defining
moments take
place by about age
35. 2/3 of lifetime
wage growth
happens during the
first ten years of
a...

Your 20s Are Still
the Most Important
Decade of Your Life

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On why our 20s are the most defining decade We know that 80 percent of life's most defining moments happen by age 35. We know that 70 percent of lifetime wage growth happens in the first 10 years...

Our Roaring 20s:

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'The Defining
Decade' : NPR
The Defining
Decade (2012) Our
"thirty-is-the-new-
twenty" culture
tells us that the
twentysomething
years don't matter.
Some say they are
an extended
adolescence.
Others call them an
emerging

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adulthood. But
what if thirty is not
the new twenty?

Meg Jay argues
that
twentysomethings
have been caught
in a swirl of hype
and
misinformation,
much of which has
trivialized what is
actually the most
transformative

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period of our adult lives.

The Defining Decade (2012) - Dr. Meg Jay
Having goals can make us happier and more confident. Goal setting in your twenties can lead to more mastery, agency, and

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purpose in your
thirties. Jay's
advice : Set some
goals that matter
to you and work
towards them.
Whether their
professional,
personal, or social.
Do the Math. We all
tend to discount
the future in favor
of the present.

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The Defining
Decade by Meg Jay:
Your Twenties
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The twenties are the years to gain control over your emotions, so it's important to practise calming techniques like yoga.

30 is not the new

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twenties is a
defining decade
"The Defining

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Summary" "Thirty
is the new twenty"
is a good
philosophy if you
want to live out the
second
adolescence during
your twenties.

However, it's also a

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great way to mess up your life. At least that's what Meg Jay, a clinical psychologist, says in "The Defining Decade."

The Defining Decade PDF Summary - Meg Jay | 12min Blog
the defining decade is a book

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about being in your twenties and why they really do matter. many people live through this decade with a construed idea of what it actually means to be in your twenties but in this book, meg jay combines science + real life experiences to

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Share the reasons
why your twenties
are so important.
she talks about
how work,
relationships,
personality, social
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book review: 'the
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Decade of life-span development, researchers at Boston University and University of Michigan examined dozens of life stories, written by prominent, successful people toward the end of their lives. They were interested in ... Almost by

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twenties are a time
to lay valuable
foundations for the
rest of your life,

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whether that be in terms of education and starter jobs or in terms of dating individuals you might have a future with. The book is divided into three sections: Work. Love. The Brain and the Body.

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Drawing from a decade of work with hundreds of 20-something clients and students, *The Defining Decade* weaves the latest science of the 20-something years with behind-closed-doors

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