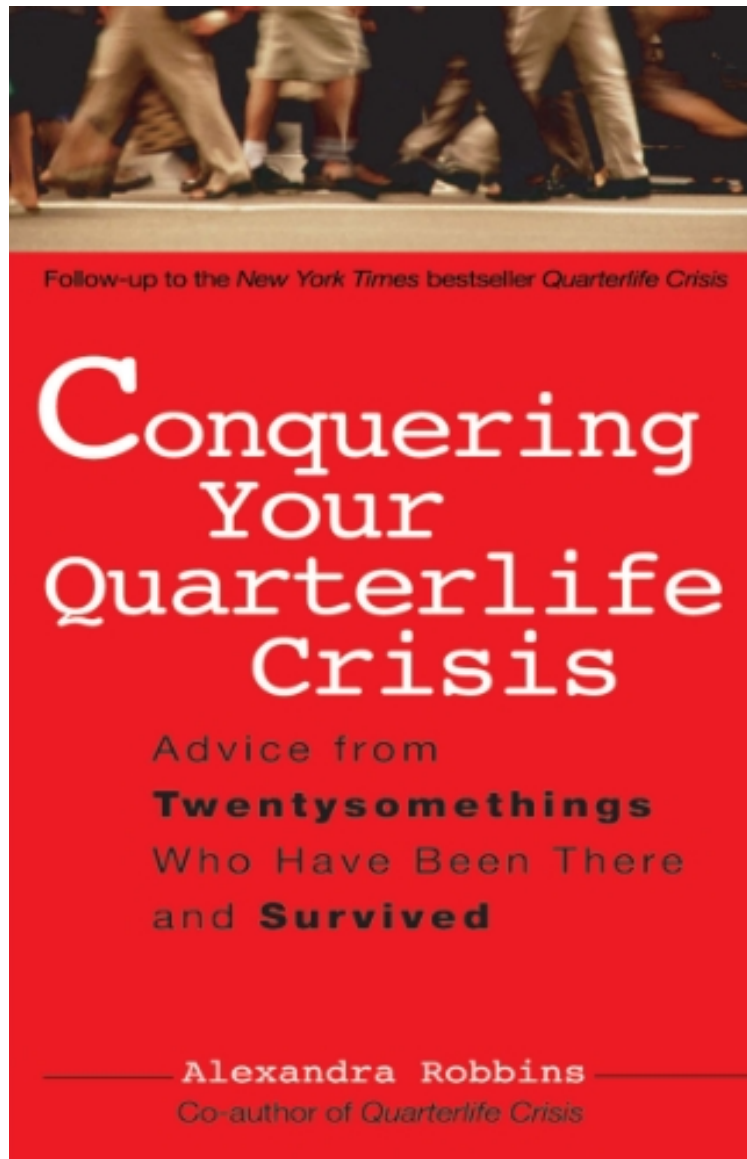


(Free) Conquering Your Quarterlife Crisis: Advice from Twentysomethings Who Have Been There and Survived (Perigee Book)

## Conquering Your Quarterlife Crisis: Advice from Twentysomethings Who Have Been There and Survived (Perigee Book)

*Alexandra Robbins*

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Alexandra Robbins : **Conquering Your Quarterlife Crisis: Advice from Twentysomethings Who Have Been There and Survived (Perigee Book)** before purchasing it in order to gage whether or not it would be worth my time, and all praised **Conquering Your Quarterlife Crisis: Advice from Twentysomethings Who Have Been There and**

Survived (Perigee Book):

1 of 1 people found the following review helpful. Answered so many questions for me. It is inspiring and very easy to read. Five Stars!!!By DanI'm 28 and I'm not exactly happy with where I am right now in life and I feel that I have underachieved up until this point. I always thought that I would be in a totally different position by 28 than I am now. I never expected to hit some road blocks and to encounter the difficulties that I encountered. To address my concerns, I was just browsing around typing different phrases related to emerging adulthood and this book popped up. I searched through the table of contents and realized that this book was perfect for me because it showed me that there are other people out there who are in my situation and are asking the same questions about life in your twenty's that I was. This book is a collection of stories from 20 and 30 somethings about different aspects of their "Quarterlife-Crisis." The book is not meant to give you an action plan to address your specific crisis. The purpose of the book, I think, is to show you that you are not alone in your concerns. By reading all the different stories you will feel comfortable in knowing that there are other people who are going through the same things you are going through and that you can succeed just like they did. This book will relieve a lot of anxiety and motivate you. This is more of a motivational book than a self-help book. I always thought that I was a total loser for not being more successful than some other people my age. I am now motivated more than ever to make my life better and achieve my dreams because this book has helped me to see that your best days are really ahead of you; you just have to take the first step and make the appropriate changes in your life. You can't predict your life but you can do many things to make it the life that you want. Like I said, I'm only 28 so I can't talk about how life in my 30's is going to be. My biggest concern before reading this book was that I felt like I didn't do as much or accomplish as much as I should have in my 20's both socially and academically and that this would somehow scar me for the rest of my life. I can honestly say that after reading this book, I think I am worrying too much about things that very well might end up being trivial by the time I am 35. I'm focusing on changing the things I can and focusing less on the things I cannot. The book itself is very easy to read and the language-style is very easy to understand for 20-30 somethings. The book is broken down into five different sections with a total of 25 chapters. Each chapter contains about five individual stories that are each about two pages in length. The reading is engaging and the book is definitely a page-turner till the end. Honestly every question addressed in this book applied to me and I think that will be the same for most people. There were only one or two entries that I could not relate to. As an added bonus, the section on relationships really is like its own little dating guide. It also answered some questions which I thought I was the only one asking. It helped me to see that everybody goes through ups and downs in relationships and finding new relationships. It reinforced the idea that you don't have to compare your life to every other person your age and that there is no deadline for getting married. Overall, I really liked this book and I am going to keep it on my bookshelf. The author has another book titled "Quarterlife Crisis" and I was told that you did not need to read that title to appreciate this book. If you are in your 20's or 30's and you are not happy with where your life is right now or you have some doubts or concerns about getting older, this book is for you and you will benefit from it. I'll give it five stars. 1 of 1 people found the following review helpful. Great read. By Steph Mika Helped me FINALLY figure out what I want to do with my life. Great read. 0 of 0 people found the following review helpful. Three Stars By Nanc did not help

The practical followup to the acclaimed bestseller In 2001, the groundbreaking book *Quarterlife Crisis* reg; addressed the unique and unsettling trials of entering modern adulthood. For the first time, it identified how twentysomethings were lost and confused, and lamented the absence of a guide—a roadmap with solutions for how to emerge from the crisis successful, happy, and sane. Now, the author of *Quarterlife Crisis* reg; delivers that roadmap. Alexandra Robbins goes beyond defining the problem of the quarterlife crisis and puts readers on the path to conquering it. She asks—and answers—the tough, soul-searching questions that keep young adults awake at night:— How do I weigh doing what I love versus making money?— Will I ever find my "soul mate"?— Why is it so hard to make friends?— Why are my twenties so different from what I expected? With new voices as well as follow-up interviews with some of the original *Quarterlife Crisis* reg; twentysomethings, *Conquering Your Quarterlife Crisis* reg; is the new go-to guide for people who want it all...but just aren't sure what that is yet.

A new book and a new message for the millions of 20-somethings who are still lost -- Tulsa World A roadmap for emerging from one's 20s successful, happy and grounded -- Publishers Weekly Down-to-earth advice from hundreds of people who successfully walloped the quarterlife crisis -- Indianapolis Star Highly effective. . . . Every reader is likely to find one person who truly speaks to his or her concerns. -- Newhouse News Service Many of our readers in their 20s and early 30s could relate -- Times Herald Robbins gets answers [that] can point a person in the right direction -- Chicago Tribune There's a lot of good career advice here -- Washington Post About the Author Alexandra Robbins, a contributing editor at *Mademoiselle*, is a journalist who has written for such publications as *The New Yorker*, *The Atlantic Monthly*, *The Washington Post*, *Salon*, and *Time Digital*.