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"I strongly recommend THE DEFINING DECADE for anyone in their 20s trying to figure out their life's direction. You'll learn how to search productively, how to avoid being indulgent, and how to turn good opportunities into great ones."—

**The Defining Decade: Why Your Twenties Matter--And How to ...**

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“The Defining Decade: Why Your Twenties Matter And How to Make the Most of Them Now”. 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 adulthood.

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**"The Defining Decade: Why Your Twenties ... - Dr. Meg Jay**

The twenties are the defining decade of human life where the foundation of every future is laid...No one should turn thirty without having read this book." J. Anderson Thomson Jr. "Meg Jay masterfully blends cutting-edge research and life stories of psychotherapy clients



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to make a compelling case that this age period is crucial for launching love and work.

## **The Defining Decade: Why Your Twenties Matter--And How to ...**

In this case, "The Defining Decade, why your twenties matter-and how to make the most of them now" is that book!

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Nearly everyone that I know has a child in their 20's or on the verge of entering that decade. The trouble with book gift giving, is the meta message that seems to permeate every gift; ...

### **The Defining Decade: Why Your Twenties Matter—And How to ...**

The defining decade. The other day, a

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book advertisement caught my eye. The title: “The defining decade: why your twenties matter – and how to make the most of them now,” made me stop in my tracks. “I have seen countless twenty-somethings spend living too many years without perspective,” explains author and clinical psychologist, Meg Jay.

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## **The defining decade: Why your twenties matter**

The Defining Decade NPR coverage of The Defining Decade: Why Your Twenties Matter and How to Make the Most of Them Now by Meg Jay. News, author interviews, critics' picks and more.

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## **The Defining Decade : NPR**

In her book, *The Defining Decade: Why Your Twenties Matter And How To Make The Most Of Them Now*, Jay says that if you follow everyone else's advice about "finding yourself," you'll waste your 20s ...

**Dr. Meg Jay: The Defining Decade -**

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## **Business Insider**

In her new book, *The Defining Decade: Why Your Twenties Matter — And How to Make the Most of Them Now*, University of Virginia clinical psychologist Meg Jay argues that those first years of adulthood are the most important time in a young person's life.

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## **Our Roaring 20s: 'The Defining Decade' : NPR**

The Defining Decade In a rare study 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

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“autobiographically consequential experiences,” or the circumstances and people

## **Begin Reading Table of Contents Copyright Page**

Having goals can make us happier and more confident. Goal setting in your twenties can lead to more mastery,



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agency, and 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.

## **The Defining Decade by Meg Jay: Summary, Notes, and ...**

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“Our 20s are the defining decade of 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 career. More than half of Americans are married or are dating or living with their future partner by age 30.

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**The Defining Decade Quotes by Meg Jay - Goodreads**

"I strongly recommend THE DEFINING DECADE for anyone in their 20s trying to figure out their life's direction. You'll learn how to search productively, how to avoid being indulgent, and how to turn good opportunities into great ones."—

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**Amazon.com: The Defining Decade:  
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"I strongly recommend THE DEFINING DECADE for anyone in their 20s trying to figure out their life's direction. You'll learn how to search productively, how to avoid being indulgent, and how to turn good opportunities into great ones."—

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**9780446561754: The Defining  
Decade: Why Your Twenties ...**

The Defining Decade\_ Why Your Twenties Matter--And How to Make the Most of Them Now, Meg Jay With about 80 percent of life's most significant events taking place by age thirty-five, as thirtysomethings and beyond we largely either continue with, or correct for, the

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moves we made during our twentysomething years.

## **The Defining Decade (□□)**

Clinical psychologist Meg Jay has a bold message for twentysomethings: Contrary to popular belief, your 20s are not a throwaway decade. In this provocative talk, Jay says that just

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**Why 30 is not the new 20 | Meg Jay**  
Clinical psychologist Meg Jay has a bold message for twentysomethings: Contrary to popular belief, your 20s are not a throwaway decade. In this provocative talk, Jay says that just because marriage, work and kids are

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happening later in life, doesn't mean you can't start planning now. She gives 3 pieces of advice for how twentysomethings can re-claim adulthood in the defining decade of ...

## **Meg Jay: Why 30 is not the new 20 | TED Talk**

The defining decade : why your twenties



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matter and how to make the most of them now. [Meg Jay] -- Describes why the twenties can be the most defining decade of adulthood and offers tips on making the most of work and relationships during this still-formative time in a person's life.

**The defining decade : why your**

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## **twenties matter and how to ...**

Conclusion on The Defining Decade . The reason I love The Defining Decade, Why Your Twenties Matter - And How To Make The Most Of Them Now, by Meg Jay is because she has the overall same vision as I do: to help 20-somethings live a more fulfilling life. You see, your twenties really are such a defining

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decade.

## **My Honest Review of “The Defining Decade” by Meg Jay**

Clinical psychologist and author of *The Defining Decade*, Meg Jay takes us into the world of the supernormal: those who soar to unexpected heights after childhood adversity. Drawing on nearly

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two decades of work with clients and students, Jay tells the tale of ordinary people made extraordinary by these all-too-common experiences, everyday superheroes who have made lives out of dodging bullets and leaping over obstacles, even as they hide in plain sight as doctors, artists, entrepreneurs ...

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## **The Defining Decade (Audiobook) by Meg Jay | Audible.com**

In this video I talk about why your twenties matter! I was really inspired after reading a book called the Defining Decade: Why Your Twenties Matter by Meg Jay. You can find the book here - [http ...](http://www.audible.com)

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