

## Defining Decade Why Your Twenties Matter And How To Make The Most Of Them Now

101 Questions You Need to Ask in Your Twenties  
How to Avoid Falling in Love with a Jerk  
Launch F\*ck! I'm in My Twenties  
Redirect Don't Worry, It Gets Worse  
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Corporate Survival Guide for Your Twenties  
How to Stop Feeling Like Sh\*t  
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25 Lies Twentysomethings Need to Stop Believing  
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Quarterlife Crisis

### 101 Questions You Need to Ask in Your Twenties

PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and preparing them to successfully launch into adulthood  
The high school and college years: an extended

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roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of Grown and Flown, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. Grown and Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. Grown and Flown is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

### **How to Avoid Falling in Love with a Jerk**

AVOID THE JERKS AND FIND “THE ONE” WHO'S RIGHT FOR YOU "An insightful and creative contribution to managing the complexity of choosing a life partner. I heartily recommend it." --Harville Hendrix, Ph.D., author of Getting the Love You Want and Keeping the Love You Find "Don't be part of the 'where-was-this-book-when-I-needed-it?' crowd. It's not

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too late--read it now!" --Pat Love, Ed.D., author of *The Truth About Love* and *Hot Monogamy*

Based on years of research on marital and premarital happiness, *How to Avoid Falling in Love with a Jerk* (previously published in hardcover as *How to Avoid Marrying a Jerk*) will help you break destructive dating patterns that have kept you from finding the love you deserve: Ask the right questions to inspire meaningful, revealing conversations with your partner Judge character based on compatibility, relationships skills, friends, and patterns from family and previous relationships Resolve your own emotional baggage so you're ready for a healthy relationship

### Launch

Allison Trowbridge harnesses the power of story in a series of letters to an imagined young woman wrestling with the questions that arise as she stands on the precipice of adulthood. Our life's journey is our life's destination. Never in history has a young woman had so many options before her, yet never has she had less direction or guidance on what to do with them. A woman at the precipice of adulthood often finds herself with more questions than answers, with more disenchantment than direction. How is she supposed to "lean in" to a successful career while also building deeply meaningful relationships? How can she care for the community around her while simultaneously developing a global mindset and changing the world? How can she be all that she is destined to be without feeling paralyzed by the pressure of so many prospects? Allison Trowbridge knows this dilemma well. She remembers stepping into her twenties and wishing for a mentor to guide her through this dizzying season of life. In

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Twenty-Two, she becomes the mentor she was looking for. Drawing from her own experience and from the wisdom of others, she offers advice and counsel in a series of personal letters to “Ashley,” a fictional college student looking for mentorship from someone one step ahead in life. Over the course of twenty-two letters, Trowbridge addresses a wide range of practical issues and ties them to larger concerns such as identity, loss, social impact as a lifestyle, wisdom in the ordinary moments, and the profound way God’s work is realized in how we live every day. Subtly weaving in today’s pressing social concerns—from poverty in our neighborhoods to human trafficking across the globe—Twenty-Two will inspire a greater sense of mission and a passion to live more fully as young women embark on their own remarkable journeys.

### **F\*ck! I'm in My Twenties**

"There are few academics who write with as much grace and wisdom as Timothy Wilson. REDIRECT is a masterpiece." -Malcolm Gladwell What if there were a magic pill that could make you happier, turn you into a better parent, solve a number of your teenager's behavior problems, reduce racial prejudice, and close the achievement gap in education? There is no such pill, but story editing - the scientifically based approach described in REDIRECT - can accomplish all of this. The world-renowned psychologist Timothy Wilson shows us how to redirect the stories we tell about ourselves and the world around us, with subtle prompts, in ways that lead to lasting change. Fascinating, groundbreaking, and practical, REDIRECT demonstrates the remarkable power small changes can have on the ways we see ourselves

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and our environment, and how we can use this in our everyday lives.

## **Redirect**

An honest, sharp-witted, practical guide to help you get and keep the job you want—from an outsider whose been there and done it, a woman who went from being a broke, divorced, college dropout to running some of the biggest websites in the world. Jennifer Romolini started her career as an awkward twenty-seven-year-old misfit, navigated her way through New York media and became a boss—an editor-in-chief, an editorial director, and a vice president—all within little more than a decade. Her book, *Weird In A World That's Not*, asserts that being outside-the-norm and achieving real, high-level success are not mutually exclusive, even if the perception of the business world often seems otherwise, even if it seems like only office-politicking extroverts are set up for reward. Part career memoir, part real-world guide, *Weird in a World That's Not* offers relatable advice on how to achieve your dreams, even when the odds seem stacked against you. Romolini helps you face down your fears, find a career that's right for you, and get and keep a job. She tackles practical issues and offers empathetic, clear-cut answers to important questions: How do I navigate the awkwardness of networking? How do I deal with intense office politics? How do I leave my crappy job? How do I learn how to be a boss not just a #boss? And, most importantly: How do I do all this and stay true to who I really am? Authentic, funny, and moving, *Weird in a World That's Not* will help you tap into your inner tenacity and find your path, no matter how offbeat you are.

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## **Don't Worry, It Gets Worse**

Reclaim your space, inside and out When you look at the clutter in your home, does it feel like you need an excavator to find the calm beneath the chaos? Do you try again and again to implement sustainable organizational systems without any success? Does the reason for your clutter always seem to come down to too little time or not enough space? If so, the time has come to look at the clutter beneath the clutter--the fears, doubts, and energy drains that are the true culprits of the muck. In the follow-up to her Wall Street Journal best-selling book *What Your Clutter Is Trying to Tell You*, decluttering expert, lifestyle designer, and coach Kerri Richardson helps you to:

- Understand the three core causes of clutter and how they directly manifest in specific rooms and forms of clutter
- Use practical and actionable exercises to clear out your clutter hot spots
- Reclaim your personal space for the thoughts, things, and people in your life that are important to you

Whether you are tackling perfectionism, procrastination, or toxic relationships, Richardson's straightforward advice will help you to finally clear those stubborn stacks, piles, and boxes for a clean start, with a wealth of space for your freedom and happiness to grow.

## **Weird in a World That's Not**

Everyone has that moment—the realization that adulthood has arrived, like a runaway train, and there's no getting out of its way. From the hit Tumblr blog of the same name, F\*ck! I'm in My

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Twenties perfectly captures the new generation currently testing the waters of post-college reality. Quick-witted and self-deprecating, the author pens irreverent missives, DIY diagrams, illustrations, and tongue-in-cheek checklists that chronicle her experience as a twenty-something living in the big city. Including the best of her beloved blog, plus over 50% new material, this is a perfect humor impulse buy for anyone who has a love-hate relationship with their twenties.

### **The Defining Decade**

In *Manning Up*, Manhattan Institute fellow and *City Journal* contributing editor Kay Hymowitz argues that the gains of the feminist revolution have had a dramatic, unanticipated effect on the current generation of young men. Traditional roles of family man and provider have been turned upside down as “pre-adult” men, stuck between adolescence and “real” adulthood, find themselves lost in a world where women make more money, are more educated, and are less likely to want to settle down and build a family. Their old scripts are gone, and young men find themselves adrift. Unlike women, they have no biological clock telling them it's time to grow up. Hymowitz argues that it's time for these young men to “man up.”

### **The Defining Decade**

Your twenties are your defining decade, the time in which you are setting the course for the

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rest of your life it. You don't want to look back later and realize you ended up somewhere you never intended to go in the first place. How do you block out all the lies, half-truths, and "supposed-to's" constantly assaulting you from articles, social media posts, and well-meaning friends and family? How do you find something real, something true, something infused with purpose and meaning? Funny, vulnerable, and to the point, this book exposes the false beliefs that can derail your current happiness and future impact, like - having big dreams is naïve - success just happens - everyone else is experiencing the success you were supposed to - when you fail you're a failure - and many more This story-driven book shows you that you're not alone in your insecurities and second-guessing, then shows you how to replace the lies with the truth--that you can live a life of purpose, earn a good paycheck, leave a legacy, and have fun doing it.

### **My Little Red Book**

Contemporary culture tells us the twentysomething years don't matter. Clinical psychologist Dr Meg Jay argues that this could not be further from the truth. In fact, your twenties are the most defining decade of adulthood. The Defining Decade weaves the latest 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. Smart, compassionate and constructive, The Defining Decade is a practical guide to making the most of the years we cannot afford to miss.

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## **Most Likely to Succeed**

New York Times bestselling psychologist Dr. Meg Jay uses real stories from real lives to provide smart, compassionate, and constructive advice about the crucial (and difficult) years we cannot afford to miss. Our "thirty-is-the-new-twenty" culture tells us the twentysomething years don't matter. Some say they are a second adolescence. Others call them an emerging adulthood. Dr. Meg Jay, a clinical psychologist, argues that twentysomethings have been caught in a swirl of hype and misinformation, much of which has trivialized what is actually the most defining decade of adulthood. Drawing from almost two decades of work with hundreds of clients and students, *The Defining Decade* weaves the latest science of the twentysomething years with the behind-closed-doors stories from twentysomethings, themselves. 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 during this decade than at any other time in adulthood—if we use the time wisely. *The Defining Decade* is a smart, compassionate and constructive book about the years we cannot afford to miss.

## **Debating Emerging Adulthood**

*The Defining Decade* for the #Adulting generation—a book that blends storytelling and data to unpack the choices you make in your twenties, why they matter, and how to turn those critical

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years into a launchpad for the life you want. We tend to think of our twenties as a playground for life: A time for low-consequence experimentation and delaying big decisions. But the truth is that while you're muddling through those years—exploring new cities, dating the wrong people, hopping between jobs—a small shift in your flight path can mean the difference between landing on Mars or Saturn. As the data shows, the choices we make (or put off) during this critical decade about our career, marriage, health, friends, even downtime have the greatest impact on how our lives play out. For example, did you know that people who marry between the ages of 28 and 32 have the lowest risk of divorce? And that the average 25 year old has 20 close friends, but this will shrink to 8 after age 40? And that most of us don't acquire new hobbies after we hit our thirties? Rather than prescribing one correct path (who are we kidding, there's no such thing anyway!), Elizabeth Segran invites readers to think critically and holistically about the life they want to build. With signature warmth and humor, Segran is the guide we all wish we had to show us the way. Blending insightful anecdotes with research from economics, sociology, and political science, *The Rocket Years* is an empowering exploration of these exciting, confusing, wonderful years.

### **Supernormal**

Every twentysomething needs a little black book of secrets. Our twenties are filled with confusion, terrible jobs, anticipation, disappointment, cubicles, break-ups, transition, quarter-life crisis, loneliness, post-college what the heck, moderate success sandwiched between complete failure. We need a worn and weathered guide stashed somewhere close by to help

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shed some light on this defining decade. That guide is this book. Expanded from the blog post "21 Secrets for Your 20s" that spread like Internet wildfire with nearly a million readers in 190 countries, 101 Secrets for Your Twenties will encourage, inspire, prompt a plethora of LOLs, and kick-start your life forward with its witty, honest, and hilarious wisdom-stuffed pearls to help you rock life in your twenties. This is the perfect gift for college graduation. Or the best Christmas present you can give to the 20-something in your life. For everyone and anyone who is struggling through becoming an adult You need 101 Secrets for Your Twenties.

### **Corporate Survival Guide for Your Twenties**

A straight-talking guide for the newest members of the workforce, with road-tested advice for landing a job, navigating the new world of work, establishing a personal brand, and getting the recognition (and money) you deserve. The whirlwind of job applications, interviews, follow-up, resume building, and networking is just the beginning. What happens after you've landed the job, settled in, and begun to make a difference-where do you go from here? What if you feel stuck in what you thought would be your dream profession? New York Times bestselling author Mika Brzezinski and producer Daniela Pierre-Bravo provide an essential manual for those crucial next steps. Earn It! is a practical career guidebook that not only helps you get your foot in the door; it also shows you how to negotiate a raise, advocate for more responsibility, and figure out whether you're in the career that's right for you. A blueprint for your future success, Earn It! features insightful and inspiring interviews with leaders in media, fashion, and business, recruiters, HR, execs, and kickass young female entrepreneurs like

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Danielle Weisberg and Carly Zakin of theSkimm, Vimeo CEO Anjali Sud, and Jane Park, founder of the cosmetic subscription company Julep.

### **How to Stop Feeling Like Sh\*t**

For everyone who loved *You Are a Badass* and *The Subtle Art of Not Giving a F\*ck* -- a cut-through-the-crap guide to quitting the self-destructive habits that undermine happiness and success *How to Stop Feeling Like Sh\*t* is a straight-shooting approach to self-improvement for women, one that offers no-crap truth-telling about the most common self-destructive behaviors women tend to engage in. From listening to the imposter complex and bitchy inner critic to catastrophizing and people-pleasing, Andrea Owen -- a nationally sought-after life coach -- crystallizes what's behind these invisible, undermining habits. With each chapter, she kicks women's gears out of autopilot and empowers them to create happier, more fulfilling lives. Powerfully on-the-mark, the chapters are short and digestible, nicely bypassing weighty examinations in favor of punch-points of awareness.

### **101 Secrets For Your Twenties**

The midtwenties through the midthirties can be a time of difficult transition: the security blankets of college and parents are gone, and it's suddenly time to make far-reaching decisions about career, investments, and adult identity. When author Christine Hassler

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experienced what she calls the "twenties triangle", she found that she was not alone. In fact, an entire generation of young women is questioning their choices, unsure if what they've been striving for is what they really want. They're eager to set a new course for their lives, even if that means giving up what they have. Hassler herself left a fast-moving career that wasn't right for her and instead took the risk of starting her own business. Now, based on her own experience and interviews with hundreds of women, she shares heartfelt stories on issues from career to parents to boyfriends to babies. Yet she also provides practical exercises to enable today's woman to chart a new direction for her life.

### **The Defining Decade**

MY LITTLE RED BOOK is an anthology of stories about first periods, collected from women of all ages from around the world. The accounts range from light-hearted (the editor got hers while water skiing in a yellow bathing suit) to heart-stopping (a first period discovered just as one girl was about to be strip-searched by the Nazis). The contributors include well-known women writers (Meg Cabot, Erica Jong, Gloria Steinem, Cecily von Ziegesar), alongside today's teens. And while the authors differ in race, faith, or cultural background, their stories share a common bond: they are all accessible, deeply honest, and highly informative. Whatever a girl experiences or expects, she'll find stories that speak to her thoughts and feelings. Ultimately, MY LITTLE RED BOOK is more than a collection of stories. It is a call for a change in attitude, for a new way of seeing periods. In a time when the taboo around menstruation seems to be one of the few left standing, it makes a difficult subject easier to talk

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about, and helps girls feel proud instead of embarrassed or ashamed. By revealing what it feels like to undergo this experience first hand, and giving women the chance to explain their feelings in their own words, it aims to provide support, entertainment, and a starting point for discussion for mothers and daughters everywhere. It is a book every girl should have. Period.

### **The Blessing Of A Skinned Knee**

Reflects on the author's career and personal life after college, sharing her experiences in becoming a responsible adult, including finding an apartment, paying off student loans, and preparing real food.

### **All Groan Up**

""Just fantastic!"" - Gina Brizendine (Goodreads) ""Merchant is so exact in his world building, I absolutely love how there are recurring people and places but in different times and circumstances Merchant proves once again that he will not be restricted by genre boundaries.""  
- Lauren Dunn (Goodreads) In KILL FOR THEM, Aiden Merchant returns with another collection of short stories, ranging from horror (""Taking the World by Blood""") to crime (""Killing Two Birds with One Stone""") to fantasy (""The Hel`Tris Mountains"""). This trade paperback edition even comes with a sneak preview of the upcoming 2020 novel, TREE OF BONES.  
More Praise for Aiden Merchant: ""a very gifted writer with a great knack for the creepy" -

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Matthew V. Brockmeyer (author of *Under Rotting Sky* and *Kind Nepenthe*) "Merchant does an incredible job of dabbling in several genres and creating effective, memorable stories in each one, demonstrating his skill as a versatile writer." - Keely Fuse (Goodreads)

### **Love Your Life Not Theirs**

Focuses on the challenges, choices, and responsibilities confronting young adults as they make the transition from college to the real world, offering advice on establishing a career, handling finances, and creating a home away from parents.

### **Prepare a Future**

You'd love to get your kids through college debt-free-but your kids aren't getting any scholarships, you haven't saved for college, and you make too much to get government financial aid. Is there still hope? Yes, but you'll need someone to guide you. In *LAUNCH*, academic strategist Jeannie Burlowski lays out clear, step-by-step strategies that empower parents to get their kids through high quality, best-fit colleges debt-free-and then directly into jobs they love afterward. Experts rave about *LAUNCH*: "The checklists at the end of each chapter in this book are fabulous. They're golden. Well worth the entire price of the book." -Bob Shorb, former associate dean of admissions and financial aid and director of student aid and family finance, Skidmore College "Students who go through college without career direction

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are, as Jeannie Burlowski says, 'like archers who pull the arrow back on the bow string, shoot, and then years later look around for the target.' This book helps parents set their kids up to take aim early and fire a sure shot, whether that's at medical school or at some other worthy endeavor." -Dr. Paul Amble, MD, assistant clinical professor, Yale School of Medicine "I'm a Morgan Stanley wealth management advisor, and after I read this book cover to cover I purchased 30 copies for clients. Every financial advisor needs to know the information in this book. It's valuable for all types of families-from those that think their income is too high to qualify for aid, to those that worry they'll go into debt paying for college. We utilize this book in our financial planning practice as we guide our clients to the things that matter most in their lives. If you're confused about how FAFSA works or what your kids should contribute, this book will provide clear answers. I was especially impressed with the way the book breaks down the pertinent information with chapters that align with the age of your kid. And the checklists for each chapter allow families to pick and choose the advice that best works for their family. My favorite part of the book is that it is truly a parenting book-with tips and insight for raising strong, thoughtful people who care about improving the world. The focus is on the outcome: your child becoming a successful and happy adult. If you're going to choose a financial advisor, you need to make sure that they know the specific college planning information in this book and are utilizing these ideas in their practice." -Alix Magner, financial advisor, Morgan Stanley, Minneapolis, MN "I'm a certified financial planner who cares deeply that parents are able to send their kids to college without risking their retirement. You can be sure I'll be recommending this book every chance I get." -Mike Branch, CFP, Focus Financial, Minneapolis, MN "High school guidance counselors have a difficult time covering the intricacies of the college

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admission and financing process in the small amount of time they have to work with a large number of students. This book fills in all the gaps-and more-for parents." -Josie Robinson, author and former high school guidance and career counselor, White Bear Lake Area High School And here's what parents like you say about LAUNCH: "We only used a small fraction of the ideas in this book, and our daughter graduated from an excellent private university at age 20 and went straight to her dream job at Disney. Read chapters 1 and 2 when your kid's in middle school!" -Liz and Tim Weatherhead, Bloomington, MN

### **NurtureShock**

"Tony Wagner and venture capitalist Ted Dintersmith call for a complete overhaul of the function and focus of American schools, sharing insights and stories from the front lines, including profiles of successful students, teachers, parents, and business leaders. [The book proposes] a new vision of American education, one that puts wonder, creativity, and initiative at the very heart of the learning process and prepares students for today's economy"--

### **25 Lies Twentysomethings Need to Stop Believing**

A tale of love, loss, identity, and belonging, No Place to Call Home tells the story of a family who fled to the United Kingdom from their native Congo to escape the political violence under the dictator, Le MarÃ©chal. The young son Jean starts at a new school and struggles to fit in.

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An unlikely friendship gets him into a string of sticky situations, eventually leading to a suspension. At home, his parents pressure him to focus on school and get his act together, to behave more like his star-student little sister. As the family tries to integrate in and navigate modern British society while holding on to their roots and culture, they meet Tonton, a womanizer who loves alcohol and parties. Much to Jean's father's dismay, after losing his job, Tonton moves in with them. He introduces the family—via his church where colorful characters congregate—to a familiar community of fellow country-people, making them feel slightly less alone. The family begins to settle, but their current situation unravels and a threat to their future appears, while the fear of uncertainty remains.

### **Grown and Flown**

Are you a 20-something eager to find yourself in this crazy thing we call, The Real World? \*cue dramatic sound effect\* Until now, we've spent our entire lives in school. The great thing about school is that with each new year comes a new syllabus! But now what? No one warned us that our twenties would feel like floating in outer space. Can someone please turn on the gravity? We need a little direction here! Are you looking to find more clarity? Do you want to get to know yourself better? Are you eager to find your why? Are you ready to own your life? If so, take a BIG ole breath because you've come to right place. You are not alone in your 20-something journey and this book was written just for you as you speed through life. This book is quirky, fun, and full of advice. It's not going to add MORE to your plate (we've got enough going on), and I've organized it into the five major areas of life: 1. SELF-LOVE 2.

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HEALTHY MIND 3. BODY ACCEPTANCE 4. RELATIONSHIPS 5. CAREER These, I believe, are the areas in which we experience the most change during this roller coaster of a decade. Each micro chapter will give you the tools, tips, n' tricks to navigate life's ups and downs with ease, grace, and a whole lot of fun. If you're ready to take the plunge, open to page one and let's get started.

### **Maternal Desire**

New York Times bestselling psychologist Dr. Meg Jay uses real stories from real lives to provide smart, compassionate, and constructive advice about the crucial (and difficult) years we cannot afford to miss. Our "thirty-is-the-new-twenty" culture tells us the twentysomething years don't matter. Some say they are a second adolescence. Others call them an emerging adulthood. Dr. Meg Jay, a clinical psychologist, argues that twentysomethings have been caught in a swirl of hype and misinformation, much of which has trivialized what is actually the most defining decade of adulthood. Drawing from almost two decades of work with hundreds of clients and students, *The Defining Decade* weaves the latest science of the twentysomething years with the behind-closed-doors stories from twentysomethings, themselves. 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 during this decade than at any other time in adulthood—if we use the time wisely. *The Defining Decade* is a smart, compassionate and constructive book about the years we cannot afford to miss.

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## **The Rocket Years**

Provides parents with advice on using Jewish teachings from the Torah and Talmud to overcome struggles with raising children, nurture strengths and uniqueness, and encourage respectfulness towards their parents and others.

## **What Should I Do with My Life?**

In a world of modern, involved, caring parents, why are so many kids aggressive and cruel? Where is intelligence hidden in the brain, and why does that matter? Why do cross-racial friendships decrease in schools that are more integrated? If 98% of kids think lying is morally wrong, then why do 98% of kids lie? What's the single most important thing that helps infants learn language? NurtureShock is a groundbreaking collaboration between award-winning science journalists Po Bronson and Ashley Merryman. They argue that when it comes to children, we've mistaken good intentions for good ideas. With impeccable storytelling and razor-sharp analysis, they demonstrate that many of modern society's strategies for nurturing children are in fact backfiring--because key twists in the science have been overlooked. Nothing like a parenting manual, the authors' work is an insightful exploration of themes and issues that transcend children's (and adults') lives.

## **Twenty-Two**

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Adulting got you down? Whether you just polished off your college graduation cake, are in your twenties or thirties struggling through a quarter-life crisis, you're simply trying to figure out how to become all grown up, or you're a parent looking for that perfect college graduation gift or Christmas gift for your twentysomething, *101 Questions You Need to Ask in Your Twenties* is the book for you. To find important life answers in your 20s, you need to start with good questions. Author, speaker, and blogger Paul Angone has dedicated the last 12 years to helping twentysomethings and in this book he culminates his work to give readers wisdom through major life questions like: What's the best way to know if you're actually ready to get married? Where's the future of work headed and what does having a successful career look like today? How do I make a choice when I don't know what to choose? How do I stop networking and start "relationshiping"? Why do some people have great marriages while others have complete wrecks before they even make it to the highway? Am I seeing the other side of people's Instagram photos (you know, the side they're not exactly posting pictures of)? What are the Pivotal Plot Points of my story? Do I have anyone on my "Dream Team"? After his success with *101 Secrets for your Twenties* and connecting with millions of twentysomethings around the world through speaking engagements and his blog [AllGroanUp.com](http://AllGroanUp.com), Paul Angone captures the hilarious, freakishly-accurate assessment of life as a modern-day twentysomething (and thirtysomething) facing real Millennial problems, but now he's digging even deeper. If you're drowning your anxieties in Netflix and ice cream, are afraid you're failing, going crazy, or both, or are just longing for a little guidance to get past "just getting by," grab this book and start thriving in the most "defining decade" of your life.

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## **From Clutter to Clarity**

Many young adults are faced with the 'Paradox of Choice' about the best route to take for their future. The struggle is real and can even produce frustration, anxiety, and depression. #TwentiesBeatDown This workbook is perfect for someone in those college or post-college years (early to late 20s) who are still trying to figure out what to do with their lives. It's also ideal for those later in their careers who feel off track or without purpose. And even the mature teen who is genuinely considering his or her future will find benefit in this workbook as well. Designed to complement work with a coach or mentor, the process aims to help young adults get "unstuck," and figure out their identity, purpose and calling. The workbook is process-based and broken up into three phases: Taking Personal Inventory Self-Discovery Integration or Application of what was learned Concepts are introduced through illustrated graphics and questions to help people look at their life from different perspectives. The author also presents his own model to help one discover their "Identity DNA" which provides solid anchor points to help make lasting life decisions. Other topics include: Personal Growth and Development Gifts, Values, Vision Identity Capital Integrity Relationships and Networking

## **Kill for Them (A Collection)**

Discerning a calling is a messy undertaking. You are already involved in many good things now, even as you are being called to many good things in your future. The good life—good

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work, good relationships, good citizenship, good faith—is to be enjoyed now and pursued on every horizon. We are living out the Kingdom of God even as we seek it. *Ready or Not* is a much-needed resource for young people on exploring the complexity of vocation in empowering, not prescriptive, ways. After exploring four foundational questions for emerging adulthood—Who is God? Who am I? How have I been shaped? What are my contexts?—you will work through interactive chapters covering the contours of adulthood, including: spirituality, family, community, and work. Explore the full depths of your twenties with bravery and vulnerability! With insight into life skills, personal growth, and spirituality, *Ready or Not* will set you on a faithful trajectory for a good and meaningful life.

### **Ready or Not**

Esteemed psychologist Daphne de Marneffe examines women's desire to care for children in an updated reissue of her "fascinating analysis that's a welcome addition to the dialogues about motherhood" (Publishers Weekly). If a century ago it was women's sexual desires that were unspeakable, today it is the female desire to mother that has become taboo. One hundred years of Freud and feminism have liberated women to acknowledge and explore their sexual selves, as well as their public and personal ambitions. What has remained inhibited is women's thinking about motherhood. *Maternal Desire* is the first book to treat women's desire to mother as a legitimate focus of intellectual inquiry and personal exploration. Shedding new light on old debates, Daphne de Marneffe provides an emotional road map for mothers who work and mothers who are at home. De Marneffe both explores the enjoyment and anxieties of

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motherhood and offers mothers in all situations valuable ways to think through their self-doubts and connect to their capacity for pleasure. Drawing on a rich tradition of writers, such as Simone de Beauvoir, Adrienne Rich, Carol Gilligan, and Susan Faludi, as well as her experience as a psychologist and mother of three, de Marneffe illuminates how we express our desire to care for children. By treating maternal desire as a central feature of women's identity—rather than as an inconvenient or slightly embarrassing detail—we can look with fresh insight at controversial issues, such as childcare, fertility, abortion, and the role of fathers. An “absorbing look at the enormous personal pleasure that women derive from mothering....Maternal Desire is a stirring book that celebrates women's love for their children and mothering while also supporting their interest in careers and other pursuits” (Booklist).

### **No Place to Call Home**

Welcome to the corporate world, friend! A world where things aren't fair, some people are mean, and if you want to succeed, your boss has to like you. In her new book: *Corporate Survival Guide for Your Twenties: A Guide to Help You Navigate the Business World*, Kayla Buell, founder of the award-winning blog *Lost GenY Girl*, helps you face the corporate world post-college. Navigating a corporate working world filled with pitfalls and traps is not easy – there's no app for that. Should you speak up in meetings? Should you stay quiet? Should you eat at your desk? What should you wear? And what do you do when someone blasts you via e-mail? In *Corporate Survival Guide for Your Twenties*, Buell helps the early career professionals get their kick-ass career running!

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## Manning Up

The #1 New York Times bestselling biography of how Steve Jobs became the most visionary CEO in history. *Becoming Steve Jobs* breaks down the conventional, one-dimensional view of Steve Jobs that he was half-genius, half-jerk from youth, an irascible and selfish leader who slighted friends and family alike. *Becoming Steve Jobs* answers the central question about the life and career of the Apple cofounder and CEO: How did a young man so reckless and arrogant that he was exiled from the company he founded become the most effective visionary business leader of our time, ultimately transforming the daily life of billions of people? Drawing on incredible and sometimes exclusive access, Schlender and Tetzeli tell a different story of a real human being who wrestled with his failings and learned to maximize his strengths over time. Their rich, compelling narrative is filled with stories never told before from the people who knew Jobs best, including his family, former inner circle executives, and top people at Apple, Pixar and Disney, most notably Tim Cook, Jony Ive, Eddy Cue, Ed Catmull, John Lasseter, Robert Iger and many others. In addition, Schlender knew Jobs personally for 25 years and draws upon his many interviews with him, on and off the record, in writing the book. He and Tetzeli humanize the man and explain, rather than simply describe, his behavior. Along the way, the book provides rich context about the technology revolution we've all lived through, and the ways in which Jobs changed our world. A rich and revealing account, *Becoming Steve Jobs* shows us how one of the most colorful and compelling figures of our times was able to combine his unchanging, relentless passion with an evolution in management style to create one of the most valuable and beloved companies on the planet.

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## Earn It!

In *Love Your Life, Not Theirs*, Rachel Cruze shines a spotlight on the most damaging money habit we have: comparing ourselves to others. Then she unpacks seven essential money habits for living the life we really want--a life in line with our values, where we can afford the things we want to buy without being buried under debt, stress, and worry. The Joneses are broke. Life looks good, but hidden beneath that glossy exterior are credit card bills, student loans, car payments, and an out-of-control mortgage. Their money situation is a mess, and they're trying to live a life they simply can't afford. So why exactly do we try so hard to keep up with the Joneses? Are we really living the lives we want, or are we chasing someone else's dream, just trying to keep up appearances on social media, at church, and in our community? Why are we letting other people set the pace for our own family's finances? In *Love Your Life, Not Theirs*, Rachel shows you how to buy and do the things that are important to you--the right way. That starts by choosing to quit the comparisons, reframing the way you think about money, and developing new habits like avoiding debt, living on a plan, watching your spending, saving for the future, having healthy conversations about money, and giving. These habits work, and Rachel is living proof. Now, she wants to empower you to live the life you've always dreamed of without creating the debt, stress, and worry that are all too often part of the deal. Social media isn't real life, and trying to keep up with the Joneses will never get you anywhere. It's time to live--and love--your life, not theirs. "I've never read a book about money that takes this approach--and that's a good thing! Comparison has a way of weaving itself throughout all aspects of our lives, including our money. In *Love Your Life, Not Theirs*, Rachel Cruze outlines

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the seven money habits that really matter--and they have nothing to do with keeping up with the Joneses!" Candace Cameron-Bure Actress, author, and co-host of The View "Love Your Life, Not Theirs is full of the kind of practical, straightforward advice we've come to expect from Rachel Cruze. She offers guidance on paying down debt, smart saving, and the right way to talk to your spouse about money. These indispensable tips can help with day-to-day spending decisions and put you on a path to establishing healthy financial habits." Susan Spencer Editor-in-Chief for Woman's Day "Cruze's self-deprecating and honest voice is a great resource for anyone wanting to take charge of their money. With humor and approachability, she helps her readers set themselves up for success and happiness, no matter what current financial state they may be in." Kimberly Williams-Paisley New York Times best-selling author of Where the Light Gets In "In today's world of social media, the temptation to play the comparison game is stronger than ever. Love Your Life, Not Theirs is the perfect reminder that, when it comes to money, comparison is a game you can't win. A terrific--and much needed--read." Jean Chatzky Financial Editor, NBC TODAY and Host of HerMoney with Jean Chatzky Podcast

### **Becoming Steve Jobs**

"Brimming with stories of sacrifice, courage, commitment and, sometimes, failure, the book will support anyone pondering a major life choice or risk without force-feeding them pat solutions."—Publishers Weekly In What Should I Do with My Life? Po Bronson tells the inspirational true stories of people who have found the most meaningful answers to that great question. With humor, empathy, and insight, Bronson writes of remarkable individuals—from

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young to old, from those just starting out to those in a second career—who have overcome fear and confusion to find a larger truth about their lives and, in doing so, have been transformed by the experience. *What Should I Do with My Life?* struck a powerful, resonant chord on publication, causing a multitude of people to rethink their vocations and priorities and start on the path to finding their true place in the world. For this edition, Bronson has added nine new profiles, to further reflect the range and diversity of those who broke away from the chorus to learn the sound of their own voice.

### **20-Something, 20-Everything**

*All Groan Up: Searching for Self, Faith, and A Freaking Job!* is the story of the GenY/Millennial generation told through the individual story of author Paul Angone. It's a story of struggle, hope, failure, and doubts in the twilight zone of growing up and being grown, connecting with his twentysomething post-college audience with raw honesty, humor, and hope.

### **Stress Point**

Counsel parents of teens on how to overcome anxiety and dependence in older children by drawing on a Jewish system of character refinement that focuses on developing a young person's sound judgment.

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## **Your Twenties**

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. Whether it is the loss of a parent to death or divorce; bullying; alcoholism or drug abuse in the home; mental illness in a parent or a sibling; neglect; emotional, physical or sexual abuse; having a parent in jail; or growing up alongside domestic violence, nearly 75% of us experience adversity by the age of 20. But these experiences are often kept secret, as are our courageous battles to overcome them. Drawing on nearly 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 a life out of dodging bullets and leaping over obstacles, even as they hide in plain sight as doctors, artists, entrepreneurs, lawyers, parents, activists, teachers, students and readers. She gives a voice to the supernormals among us as they reveal not only "How do they do it?" but also "How does it feel?" These powerful stories, and those of public figures from Andre Agassi to Jay Z, will show supernormals they are not alone but are, in fact, in good company. Marvelously researched and compassionately written, this exceptional book narrates the continuing saga that is resilience as it challenges us to consider whether -- and how -- the good wins out in the end.

## **The Blessing of a B Minus**

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Two pairs of developmental psychologists take sides in a debate that is central to the concept of emerging adulthood. They argue that as young people around the world share demographic similarities, such as longer education and later marriage, the years between the ages 18 and 25 are best understood as entailing a new life stage.

### Quarterlife Crisis

Want to ditch the drama and thrive through your twenties? Body image. Friendships. Career. Money. Dating. All these issues and more serve as points of stress for the 20-something woman, and combined they can make for a decade of drama in a girl's life. Sarah Francis Martin is the slightly older girlfriend who's been there, done that, and got the not-so-cute t-shirt. Through this interactive Bible study, Sarah helps young adult women address each stress point by encouraging them to wait on the Lord, worship Him, and make Him the focus of their lives. In Stress Point you will: Find interactive chapters covering ten stress points for the 20-something woman Dig through Scripture to apply truth to each stress point Engage with real, raw, and relevant stories from girlfriends just like you Journal through each chapter to engage with God in a meaningful way Interact with Sarah through her video blogs for each chapter Connect with your girlfriends in a Stress Point Survival Group; leader guide included Sarah Francis Martin has a passion to encourage and relate to women in their twenties, and is honored to do so through She Seeks, the 20-something ministry of Proverbs 31. Her relevant and conversational style will lead young adult readers to live out the Kingship of Christ in everyday life in order to find godly success, purpose, and well-being. Obsessed with pink lip

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gloss and all things artsy-crafty, Sarah lives with her husband and son in North Carolina. Her ministry, LIVE IT OUT!, is a space for 20-somethings to connect with one another and grow closer to Jesus ([www.liveitoutblog.com](http://www.liveitoutblog.com)).

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