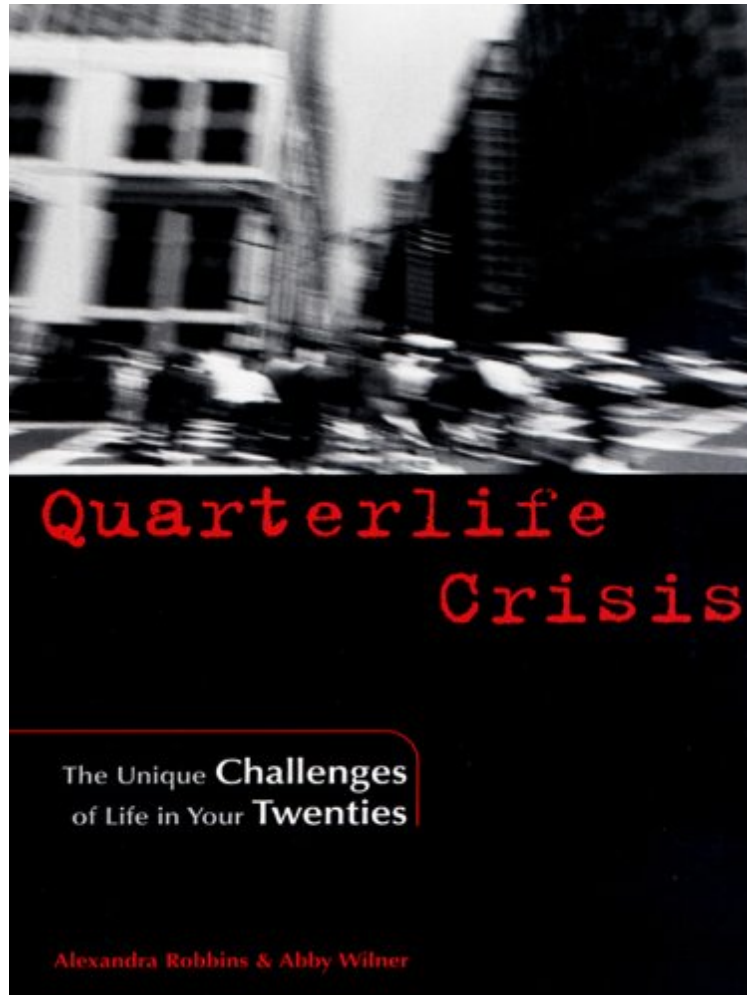


Quarterlife Crisis: The Unique Challenges of Life in Your Twenties

Alexandra Robbins, Abby Wilner

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Alexandra Robbins, Abby Wilner : Quarterlife Crisis: The Unique Challenges of Life in Your Twenties before purchasing it in order to gage whether or not it would be worth my time, and all praised Quarterlife Crisis: The Unique Challenges of Life in Your Twenties:

0 of 0 people found the following review helpful. Great read for those who could use some coping assistance in dealing with routine twenty-something growing painsBy AWR
Read this book years ago when I was in my mid twenties...it really helped me cope with some of the routine upsets that tend to hinder so many in what I always look back on as my "tornado twenties"I have counseled a few younger friends who have dealt with similar growing pains...and I have always recommended this book. I recently purchased to send to a young friend who lives far away and this friend was very grateful for the book...they are reading it over their Thanksgiving Break and say that it has been such a huge help. Highly recommend for people of any age...twenty-something plus....I may go back and read it again.
1 of 1 people found the following review helpful. There's been betterBy Steve Conn
This book is So-so. I wrote

my thesis on Emerging adulthood, and I think this is an interesting book. You should read it if you really want to know more about college students transitioning into adulthood. But there are other books that do the same thing, and a little bit better. But it's in layman's terms, and very readable. It didn't rock the world, but It's a decent read.0 of 0 people found the following review helpful. Five StarsBy AHBBought for a 24 year old who is currently reading and liking it

While the midlife crisis has been thoroughly explored by experts, there is another landmine period in our adult development, called the quarterlife crisis, which can be just as devastating. When young adults emerge at graduation from almost two decades of schooling, during which each step to take is clearly marked, they encounter an overwhelming number of choices regarding their careers, finances, homes, and social networks. Confronted by an often shattering whirlwind of new responsibilities, new liberties, and new options, they feel helpless, panicked, indecisive, and apprehensive. Quarterlife Crisis is the first book to document this phenomenon and offer insightful advice on smoothly navigating the challenging transition from childhood to adulthood, from school to the world beyond. It includes the personal stories of more than one hundred twentysomethings who describe their struggles to carve out personal identities; to cope with their fears of failure; to face making choices rather than avoiding them; and to balance all the demanding aspects of personal and professional life. From "What do all my doubts mean?" to "How do I know if the decisions I'm making are right?" this book compellingly addresses the hardest questions facing young adults today.

From Publishers Weekly This addition to the crowded self-help genre claims to document a previously overlooked phase of life: the period between college graduation and one's 30th birthday, when young adults struggle to find their place in the world. While the assertion that this period can be wracked by "crisis" rings true, this attempt by recent college grads Robbins and Wilner to document it falters. Their overall effort, though uplifting, lacks the substantive advice that many people need as they enter adulthood. According to the authors, the difficulty arises when 20-somethings are ejected from the structured academic environment and forced to choose a career, find a home, carve out social niches and manage money (or the lack thereof). This period can indeed be rocky, especially when a young person is told that the world is her oyster and then can't find a satisfying job. In a somewhat self-conscious vernacular, Robbins and Wilner discuss, among other things, spirituality, job-hopping and living with parents. Most of the book's advice lies in lengthy quotes from other 20-somethings an anecdotal overabundance that makes for more of a pastiche than a guidebook. But while the book may not have all the answers for members of generation-Y, it at least provides proof that they're not alone in feeling pressured, depressed or disappointed. Agent, Paula Balzer, Carlisle Agency. (May 21) Forecast: Robbins presented the catchy idea of a pre-midlife crisis in a Mademoiselle article last month, which may help spark sales among this year's crop of college grads. Copyright 2001 Cahners Business Information, Inc. From Booklist Although their elders may roll their eyes, twentysomethings will likely find this book useful because it shows that other people their age are struggling with similar issues, such as trying to balance work, pleasure, family, friends, and romance. Robbins and Wilner talked to dozens of twentysomethings, and, for the most part, the authors merely relate their stories rather than trying to offer advice or an easy solution. The individuals they talked to describe the pressure of coming from a relatively stable environment, such as college, and then being flung into a world where they have to worry about finding out exactly what they want to do, land the right job, pay the bills, and still manage to have time for friends and family. But these twentysomethings also tell how getting into the wrong field and even failure helped them find careers in which they could be happy. Although Quarterlife Crisis doesn't contain all the answers that people in their twenties are looking for, it does feature helpful stories they can relate to. Kristine Huntley Copyright copy; American Library Association. All rights reserved "The worst year of my life was 26. The second-worst was 24. I had no idea, until now, that my funky period was part of a larger pattern. Finally, a book that explains my quarterlife crisis."mdash;Joe Klein, author of Primary Colors