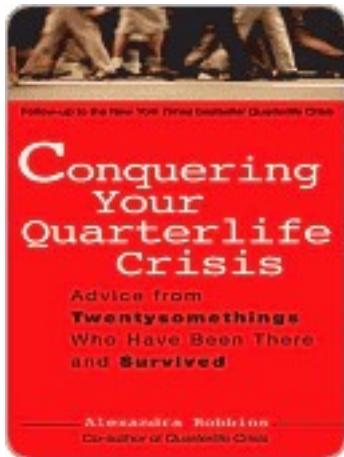


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**Alexandra Robbins**

**Conquering Your Quarterlife Crisis**



Title: Conquering Your Quarterlife Crisis

Author: Alexandra Robbins

Format: ebook

Language: English

Pages: 368

Publisher: Perigee Books, 1096934400

ISBN: 1436284872

Format: PDF / Kindle / ePub

Size: 8.1 MB

Download: allowed

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## Description

The practical followup to the acclaimed bestseller *In 2001*, the groundbreaking book *Quarterlife Crisis* 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* 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* twentysomethings, *Conquering Your Quarterlife Crisis* is the new go-to guide for people who want it all...but just aren't sure what that is yet.

## Insightful reviews

Leo: While I think the concept is great and the intentions noble, the end result is a bit of a mixed bag.

I did enjoy reading about other people's advice and stories of how they "conquered" their "quarterlife crisis," it made me feel as though I were a voyeur in an addicts meeting sometimes. I'm sympathetic to the cause (I read this for a reason) but perhaps a little more organization should be in order. I would also have appreciated more academic studies or statistical research cited to further claim the existence of a "crisis."

Also, the editing was rather horrendous. There were plenty of spelling and grammatical errors that distracted from the stories themselves.

Alejandro: I won't deny it's helpful. Out of so many stories one eventually relates to your personal issues. I consider though the really unique pieces of advice are few and that some mentors are still too young not to be considered twenty somethings.

Gwen: I think I missed the target audience window by about 4 years--I'm now at the age where I should be giving the advice (at least according to Robbins' book) instead of receiving it.

Basically, this book boils down to:

- It's all going to be okay.
- Take chances and challenge yourself.
- Don't compare yourself to others.

All well and good, but I was looking more for advice on how to not feel like you're going nowhere in life, that you're in a dead-end career (or have no idea how to realize your career dreams), that you're just in a holding pattern and waiting for life to really begin. (Or maybe this is it?)

Perhaps if I were the appropriate age, I would have gotten more out of this book, but the bulk of

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her advice does not apply beyond that tiny window of ages 22-25.

Good points:

- "Because we're not thrust into full-fledged adulthood immediately following adolescence, we are lucky enough to have the time and leisure to grapple with identity issues at a much earlier age than did members of the generations before us. ...we are resolving in our twenties the issues that our parents didn't have time to wrestle with until middle age." (xvi)

- "When older people dismiss the idea of a Quarterlife Crisis as the undeserved complaints of a coddled postadolescent, they only exacerbate the problem. Depression and anxiety disorders are serious. When people our age are told that we can't be depressed because there's nothing seriously wrong in our lives, we are even more likely to think there's something wrong with us for feeling this way." (xix)

Career & life advice:

- "Ask your close friends what they can envision you doing. ...Simply ask close friends who can offer their objective opinion. Where do they see you? Not what they want you to do, but where can they plausibly picture you?" (13)

- Divide goals into those you can control and those that rely on other people. (44)

- "The feeling that you have to achieve a lot by age 25 to be a success is a new one. ...There is no reason you need to nail down the various aspects of your life--home, job, social circle, romantic partner--by age 25 or 30. Regularly remind yourself that there is no rush to decipher your identity in your 20s." (44)

- "...challeng[e] their sense of comfort. ...By exposing your mind to possibilities you previously considered beyond your limits, chances are you'll find a ladder to grab onto that will lift you out of your funk." (188)

- "Write down ten things that light up your life. Do at least one of them every day." (217)

Tara: this is often referred to as "cashing in". you will discover scraps of cliché lower than your fingernails if you happen to decide up this book.

Ahsun: i actually felt like i may relate to nearly the entire stories. it kind of feels i am not by myself at being alone. yet even if i will be able to relate, the tales do not say a lot on what to do to get out of the funk.

Rhonnie: To be taken lightly...but it is fascinating to listen to recommendation from those who have been crushed of their 20s. Yes, it screams of "first-world problems" however it is correct that during a filthy rich state with many freedoms it may be overwhelming and formidable to contemplate assorted strategies for career, dating, lifestyle, dwelling situation, etc. and naturally comparability is a joy-killer.

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