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Defining Decade
By Meg Jay

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The Defining Decade By Meg

Some say they are a second adolescence.

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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.

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

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The Defining Decade. 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. But what if thirty is not the new twenty? Meg Jay argues that twentysomethings have been caught in a swirl of hype and

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misinformation, much of which has trivialized what is actually the most transformative period of our adult lives.

The Defining Decade - Dr. Meg Jay

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The Defining Decade
by Meg Jay. Rating:
9/10. Read More on
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of 200+ Book Notes.

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High-Level Thoughts.
It's a guide to not
feeling lost in your 30s
and 40s from a clinical
psychologist who sees
young people. It's a
must read if you're in
your 20s. Some of the
research and examples
are suspect, but the ...

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

Clinical psychologist
and author of The

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Defining Decade, Meg Jay takes us into the world of the supernormal: those who soar to unexpected heights after childhood adversity. 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 lives out of

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dodging bullets and leaping over obstacles, even as they hide in plain sight as doctors, artists, entrepreneurs ...

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

The Defining Decade In a study of life-span development, researchers found important events that determined the years ahead were most

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heavily concentrated during the twenties. About 80 percent of life's most significant events take place by age 35.

The Defining Decade by Meg Jay - Summary & Notes

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

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vision as I do: to help 20-somethings live a more fulfilling life. You see, your twenties really are such a defining decade. They are the years that you set up your life for success.

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

The Defining Decade:
Why Your Twenties
Matter and How to
Make the Most of Them

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By Meg Jay

Now by Meg Jay
Summary This book directly challenges the thirty-is-the-new-twenty culture.

The Defining Decade by Meg Jay: Summary & Notes - Calvin ...

The Defining Decade In a rare study of life-span development, researchers at Boston University and University of Michigan examined dozens of

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life stories, written by prominent, successful people toward the end of their lives. They were interested in “autobiographically consequential experiences,” or the circumstances and people

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Dr. Jay's book, *The Defining Decade*, was a 2012 [Slate.com](#) Staff

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Pick and her 2013 TED talk “Why 30 Is Not the New 20” has been viewed more than 2 million times.

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

...

Book Review: The Defining Decade by Meg Jay. The picture was taken from helloweirdos.com.

Author: Meg Jay

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Published: Apr 2012.

Goodreads: 4.1/5

Barner&Noble: 4.6/5

Amazon: 4.7/5 (Jan

2020) I bought this

book when I was 20. At

that time, I felt that this

is a good read,

however, not really

beneficial for me, as I

believed I was more

disciplined ...

Book Review: The Defining Decade by Meg Jay

“Our 20s are the

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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.

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

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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...

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

In her psychology practice, and her book *The Defining Decade*,

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clinical psychologist
Meg Jay suggests that
many
twentysomethings
have been caught in a
swirl of hype and
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what Time magazine
calls the "Me Me Me
Generation." The
rhetoric that "30 is the
new 20," she suggests,
trivializes what is
actually the most
transformative period
of our adult lives.

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By Meg Jay

**Meg Jay | Speaker |
TED**

The Defining Decade (2012), a self-help book by clinical psychologist Meg Jay, critiques modern views about young adulthood which, in the author's view, often trivialize its critical role in establishing the mental groundwork for a healthy and happy adult life.

The Defining Decade

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Summary |

SuperSummary

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 happening later in life, doesn't mean you can't start planning now. She gives 3 pieces of

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advice for how
twentysomethings can
re-claim adulthood in
the defining decade of
...

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

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