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"Before reading THE DEFINING DECADE I didn't know enough about the importance of our twenties to be concerned that I could mess it all up. Now that I do, I could worry myself into paralysis, or, as Meg Jay suggests, grab life by the helm--even if I still have no idea in hell where I'm going.

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The Defining Decade Dr Meg Jay

The Defining Decade has sold more than 250,000 copies in all formats and has been published in more than a dozen countries around the world. Her related TED talk Why 30 Is Not the New 20 has been viewed more than 10 million times.

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The Defining Decade PDF Summary Meg Jay Download Now

She has written two books: Supernormal and The Defining Decade. The TED Talk on which the latter book is based on has been viewed by almost 10 million people. Find out more at <https://megjay.com>.

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The Defining Decade by Meg Jay Summary Notes and

The book centers around Jay's experience as a clinical psychologist seeing people in their 30s and 40s who are hamstrung by having a lack of vision in their 20s.

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