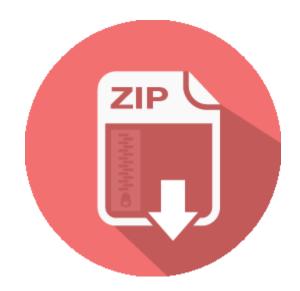
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She has written two books: Supernormal and The Defining Decade. The TED Talk on which the latter book is based on has been viewed by almost 10 million people. Find out more at https://megjay.com .

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The 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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