

Chapter 1 : The Defining Decade by Meg Jay on Apple Books

The Defining Decade has sold more than , 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.

Steelwhisper She seems to completely ignore how far the marriage rates have fallen, and are still falling. Sep 14, I guess the essence suits for the people age at who just graduate from school or take a intern in the workforce. I guess different people read the same book and have different feelings, you just need to take what you think suits your status and take reaction instead of procrastinating. I am truly appreciated to your critical-thinking review and rethink about the book once because of your review. I had a 5-year plan and was on the fast track towards all of that by age Along the way, I got a couple new jobs which have opened up my eyes to the real world and got my heart broken for the first time, and thats when I began to drift and lose my way. I gave up timelines, thinking that they would get screwed up anyways and decided to just live in the now. What struck me was how much I could identify with all her mini case studies. As a fearless twentysomething, I always thought I had time to figure out things later. And later has now caught up with me and I find myself starting to feel anxious about the 3 topics she focuses on - Work, Love, Body. I am a single urban-dwelling female in my mid-twenties, and those attributes have definitely shaped my opinion of this book. Of course, we live in a time when it is very difficult for a lot of people to get a job. So, what about that, Dr. Jay did her research before the recession really took hold, and I find it absolutely galling that she has the nerve to say that "twentysomethings who hide out in underemployment, especially those who are hiding out because of a lack of confidence, are not serving themselves," as if underemployment is a GOAL of twentysomethings who would rather just have fun. And that underemployed twentysomethings are more likely to drink heavily. While I can imagine this is true for some, how does an underemployed twentysomething find the money to pay for their drinking? She fails to incorporate the structural issues that underpin so much of the contemporary twentysomething experience: And then the glorification of heterosexual coupledness, as if that is the ultimate goal for every twentysomething. And with her case studies of largely privileged twentysomethings, this book is certainly not universally applicable. She says that all of these are ridiculous But then she spends the rest of the book telling us how we should actually live our lives. She does, however, provide a few pearls of wisdom that I found useful:

Chapter 2 : Meg Jay | Speaker | TED

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.

Our 20s is a crucial period in which we need to press hard and make things happen instead of putting off our responsibilities. Instead we should do something that has opportunities for growth—something that creates capital that might pay off in the future. This could mean doing grunt work through an internship at a big MNC that might pay off in the long term instead of working at a coffee shop which gives you short-term gains such as a good work atmosphere and friends to hang out with. You can always over-analyze an action before doing it, but the best way forward is to do it. The only way to figure out what to do is to do something. Weak ties are like bridges you cannot see all the way across, so there is no telling where they might lead. So instead of making excuses and belittle ourselves in comparison to supposedly successful people, we should take conscious action to set goals and march towards it and build our lives. We develop a clearer sense of ourselves by firming up the boundaries between ourselves and others. We have to put together the pieces ourselves—[you] would probably need to start with some common parts. Having an uncommon life is often made of common parts. As a twentysomething, life is still more about potential than proof. It may take a few thoughtful tries before we know what love and commitment really are. This view is still adopted by many Asian cultures today and, surprisingly, Meg seems to agree with this. It means you know you are making decisions that will affect the rest of your life. We emphasize rights over duties and choice over obligation. I have still yet to have a fully formed opinion on this. In fact, cohabitation can be exactly like that. These stories originated in old conversations and experiences and, so, they change only through new conversations and new experiences. The most recent part of the brain to have evolved in humans, is also the final area of the brain to mature in each individual. The brain even has a built-in novelty detector, a part that sends chemical signals to stimulate memory when new and different things happen. This can easily be misinterpreted. What happens in your life is basically a function of your emotion towards that happening. Parenthood One of the scariest reminders in this book is regarding fertility. We often delay having children in our marriages. Meg provides more sufficient evidence to make couples realize that their biological clocks cannot be delayed. Having children needs to be planned for earlier in relationships. The current modern perception that parenthood can be delayed needs reconsideration. Child celebrities and everyday kids spend their youth acting twenty, while mature adults and the Real Housewives dress, and are sculpted, to look twenty-nine. The young look older and the old look younger, collapsing the adult lifespan into one long twentysomething ride.

Chapter 3 : NPR Choice page

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.

Just 3 more months until we wrap up and say hello to Where did the year fly by? It felt like it was just yesterday we were all ringing in the new year. Today marks a new beginning for many. For students, they are back in school and for the rest of us working professionals, well I guess its just another day to cross off on our calendars. This past month I enjoyed reading *The Defining Decade* which was recommended to me by my cousin, Ayesha. Tailored for an audience consisting of millennials, this book made me really think about my twenties and how I wanted to make the most of them. Our twenties are an exciting and stressful time. Reading a book like the defining decade was particularly useful in helping me create a vision for my twenties. Broken off into bite-size sections, the prose is easy to follow, and the overall organization of the chapters is helpful to readers who wish to re-visit a specific topic. The author of the book, Meg Jay, is a clinical psychologist who specializes in adult development. Although she is a scholar by profession, the information she presents in this book is easily applicable and profound. Jay wrote this book for twenty-somethings like myself and effectively writes in a style that would resonate with us. *The Defining Decade* "Why your twenties matter-and how to make the most of them now. It is the repertoire of individual resources that we assemble over time! Identity capital is what we bring to the adult marketplace! identities and careers are made not out of college majors and GPAs but out of a couple of door-opening pieces of identity capital. These few lines resonated with me personally in the fact that during our twenties we rely so heavily on building social capital that we forget to establish an identity capital. Our identity capital is what makes us stand out in the workforce and shows others potential employers and colleagues the value we create and the resources we bring to any situation. Through a method of detailed story-telling and scenario schemes, Jay intertwines her main points without deviating from audience values. The only way to figure out what to do is to do something. All throughout our education we struggle with two types of pressure: Internal pressure is our drive, ambition and thirst to accomplish great feats in life. External pressure is society, our educational institutions, parents and people in general constantly reminding us to figure things out. Hold on a second. Can I catch my breath at least? Millennials of the 21st century have a larger burden to shoulder than those that came before us. We deal with pressure on a regular, but the irony behind the scheme is that nobody tells us how to navigate these uncharted waters. Every client case study will help you realize more about yourself as a millennial and assist you in making those dreadful decisions about the future. From personal experience I can tell you that this book invited me to adopt a growth mindset when it comes to how I see life and my future. I strongly believe that our failures serve as our greatest learning opportunities. I hope by reading this book you all have the courage to do the same. There are days and weeks and months and years, but no clear way to know when or why any one thing should happen. It can be a disorienting, cavelike existence. However, this is a book that will encourage you to pave your own path and help you walk through your journey with courage and confidence. Friends, I truly hope that this new month brings with it new opportunities, new lessons, new energy and blessings for you all. If you decide to pick up this book, leave me a comment below telling me your favorite part. Talk to you all on the next one! With gratitude,.

Chapter 4 : Book Notes: *The Defining Decade* by Meg Jay "Heem's Life

*The Defining Decade helps in figuring all those things out. In this video, I share my thoughts with you - now that I finally finished reading this great book. *The Defining Decade* by Meg Jay on Amazon.*

Chapter 5 : *The Defining Decade* PDF Summary - Meg Jay | Download Now |

But psychologist Dr. Meg Jay says millennials have taken it too far, that this decade is not a time for indulgent

self-exploration. In her book, The Defining Decade: Why Your Twenties Matter And.

Chapter 6 : The Defining Decade Quotes by Meg Jay

"Our 20s are the defining decade of adulthood. 80% of life's most defining moments take place by about age 2/3 of lifetime wage growth happens during the first ten years of a career.

Chapter 7 : The Defining Decade (Audiobook) by Meg Jay | www.nxgvision.com

Clinical psychologist and author of The Defining Decade, Meg Jay takes us into the world of the supernormal: those who soar to unexpected heights after childhood adversity.

Chapter 8 : Meg Jay: Why 30 is not the new 20 | TED Talk

The media have embraced a "is-the-new" culture that treats ages 20 to 29 as an extended adolescence. Parents, professors, hiring officers and other onlookers view the 20s as a fun period for young people to experiment before they find real jobs, get married, buy houses or have kids.

Chapter 9 : The Defining Decade : Meg Jay :

Photo by Annie Spratt on Unsplash. I was asked by my friend to read this book. She's 22 years old and is going through an Eat, Pray, Love phase of her life while I'm on the other side of the hill grappling with thoughts of purpose, value and legacy.