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Conquering Your Quarterlife Crisis: Advice from Twentysomethings Who Have Been There and Survived (Perigee Book)

Alexandra Robbins

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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.

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