



20 Something Manifesto: Quarter-Lifers Speak Out About Who They Are, What They Want, and How to Get It

By Christine Hassler

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If you're in your twenties, you're likely feeling the combination of the excitement of this defining decade and the pressure to figure out your entire life. The thrill of newfound independence and opportunity can be quickly squelched by worry, disillusionment, or disappointment. Like thousands of other twenty somethings, you may have experienced what life coach and quarter-life expert Christine Hassler calls an "Expectation Hangover." This manifesto explores the all-important questions and life choices of these turbulent yet exciting years.

Twenty somethings may commiserate about the challenges they face, but few resources offer practical lessons or suggestions. In these pages, quarter-life men and women tell their stories, sharing their successes and failures, along with their frustrations and realizations. The author's insightful commentary and "take away" suggestions provide the tools and skills you need to create change and direction in your life. You'll recognize and articulate your personal goals, paving the way to what you truly want.

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Editorial Review

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The author of *20-Something, 20-Everything* (2005) offers a handy guide for navigating the often rough waters of the twentysomething years. Hassler draws on her own experience, but she has also gathered myriad stories and quotes from a variety of twentysomethings around the world, regarding everything from grappling with their expectations after college to job hunting and navigating friendships and relationships. Hassler addresses one of the biggest problems she thinks twentysomethings face: "Expectation Hangovers," in which reality doesn't measure up to what people in their twenties had come to expect from their lives, leading to depression and lack of direction. She then delves into the "twenties triangle," addressing the three questions that dominate the decade: Who am I? What do I want? How do I get what I want? The chapters that follow address the biggest issues for people in their twenties: love, friendships, family, and career. Packed with stories and wisdom from their peers, this guide will definitely appeal to the many twentysomethings trying to find their way. --Kristine Huntley

Review

"In *20 Something Manifesto*, Christine Hassler teaches the class you wish had been offered in school - Life 101! This book is packed with real-world tools twenty somethings can use to create a successful life on their own terms."

— **Greg Behrendt**, coauthor of *He's Just Not That into You* and *It's Called a Breakup Because It's Broken*

"Christine Hassler demonstrates a true gift - the ability to inspire twenty somethings to take stock of where they are and take the steps to become the people they want to be."

— **Alexandra Levit**, author of *They Don't Teach Corporate in College*

"A great read for twenty somethings seeking honest answers to life's challenging questions....I strongly recommend this book."

— **Jason Ryan Dorsey**, Gen Y consultant and author of *My Reality Check Bounced!*

"Important information in an easy-to-digest format... highly recommended."

— *Library Journal* - Starred Review

Users Review

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Irma Hughes:

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can inspire average, make them reading a reserve.

James Hopwood:

Reading a guide tends to be new life style on this era globalization. With studying you can get a lot of information that could give you benefit in your life. Along with book everyone in this world may share their idea. Books can also inspire a lot of people. Plenty of author can inspire their particular reader with their story or perhaps their experience. Not only the story that share in the textbooks. But also they write about the information about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors in this world always try to improve their skill in writing, they also doing some research before they write to the book. One of them is this 20 Something Manifesto: Quarter-Lifers Speak Out About Who They Are, What They Want, and How to Get It.

Steven Simon:

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