

Quarterlife Crisis The Unique Challenges Of Life In Your Twenties Alexandra Robbins

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From Wikipedia, the free encyclopedia In popular psychology, a quarter-life crisis is a crisis "involving anxiety over the direction and quality of one's life" which is most commonly experienced in a period ranging from a person's early twenties up to their mid-thirties (although the quarter-life crisis can begin as early as 18).

Quarter-life crisis - Wikipedia

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quarter-life crisis, but the struggles themselves have existed for years before that. Alexander Robbins and Abby Wilner, twenty-somethings at the time of its publication, wrote Quarterlife Crisis: The Unique Challenges of Life in Your Twenties to illuminate the very real issues young adults face in their daily life. The questions outlined above bring

The Quarter-Life Crisis

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