

# Inventing Adulthoods



## Inventing adulthoods a biographical approach to youth transitions

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Inventing Adulthoods: A Biographical Approach to Youth Transitions is a ground-breaking book that offers a new approach to understanding young people's lives and their transitions to adulthood. Contrary to policy and research approaches that often see young people's lives in a fragmented way, the book argues that a biographical approach to youth is vital to capture the holistic and dynamic character of young lives. Based on a study of a diverse group of 100 young people over a ten year period, the book shows how the interplay of chance, choice, and opportunity can shape their lives.

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