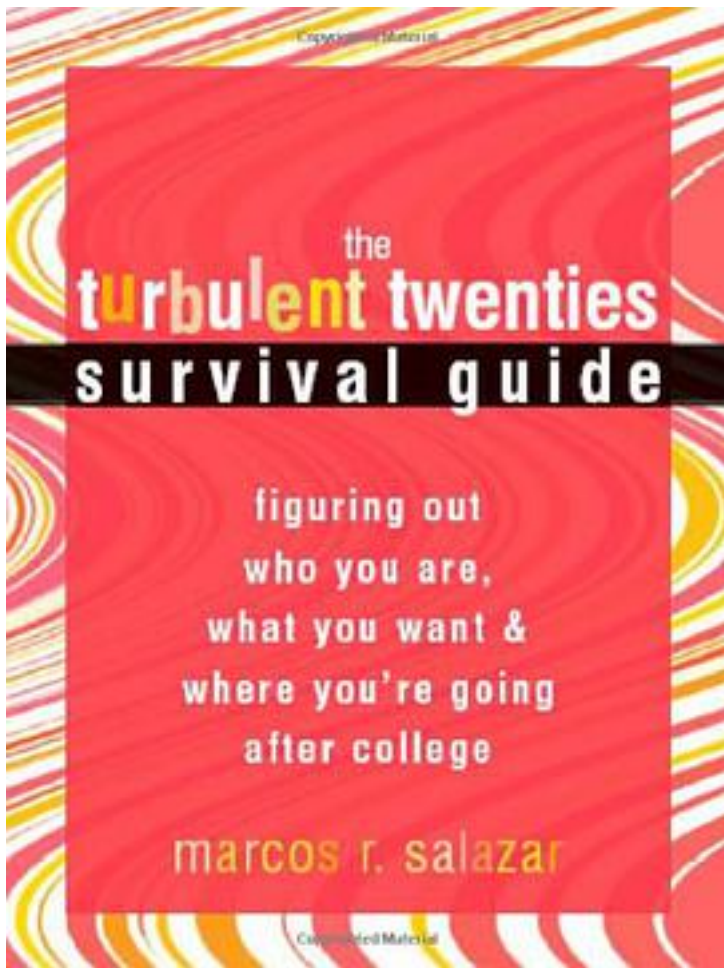


# The Turbulent Twenties Survival Guide



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You've graduated from college. Now what? It's a question that everyone in your position has to answer. But as soon as you ask it, that one question can lead to

countless others: Who am I? Where am I going? What are my passions in life? Am I making the right decisions? Why is it so difficult to meet people? Will I ever find a job that I love? Will I ever truly be happy? And once you think you've found the answers, you still have to do--something. Your academic education has prepared you for practical tasks like finding a job or a place to live, but many of the challenges you'll face after college require a different set of skills that are psychological in nature. This book can help you develop these skills by putting the most cutting-edge psychological research at your fingertips to help you overcome the obstacles you'll face throughout this trying and exciting time in your life. The Turbulent Twenties Survival Guide is your roadmap to: Developing the independence and self-reliance to accomplish your goalsCoping with uncertainty, doubt, and postcollege depressionManaging today's overwhelming number of choicesCultivating the emotional intelligence to make it in today's economyExploring ways to build a supportive community of friends and loved ones "The Turbulent Twenties Survival Guide is truly a remarkable and much needed guide to life after college. It will help young people deal with the psychological challenges that arise upon graduation from college. A must read!"

-Ronald F. Levant, Ed.D., ABPP, dean and professor of psychology at the University of Akron and coeditor of "A New Psychology of Men"

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