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The Defining Decade: Why Your Twenties Matter and shares poignant insight on how these years are not to be wasted!

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In her book "The Defining Decade," Meg Jay suggests that many twentysomethings feel trivialized during what is actually the most transformative and defining

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Meg jay (author of the defining decade) -

About Meg Jay: She is a clinical assistant professor at the University of Virginia and maintains a private practice in Charlottesville, Virginia. Dr. J

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Meg argues that our twenties are the critical period of adult development and that this Dr. Jay's book, The Defining Decade: Meg Jay, a clinical

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Brett talks with Meg Jay about the twenty-something brain, why your twenties are so important, and how to take advantage of your defining decade.

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Jan 18, 2014 In the past four weeks I have graduated from college and found the reality of careers, options and lifestyles hitting me in the face. I spent the first

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Meg Jay, Ph.D., is an assistant clinical professor at the University of Virginia, and maintains a private practice in Charlottesville, Virginia.

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While historically, the majority of my coaching work has been delivered to mid-career professionals with 10-20 years or more of experience under their belt, I m

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