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"Before reading THE DEFINING DECADE I didn't know enough about the importance of our twenties to be concerned that I could mess it all up. Now that I do, I could

Meg jay (author of the defining decade) -

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

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The defining decade. Society has convinced us that it's perfectly normal for 20-somethings to work as baristas, live in shoebox-size apartments, struggle to pay

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Meg Jay brings a sharp intellect, expertise on the life cycle, and extensive clinical experience to The Defining Decade. Age and time, she argues, are not malleable

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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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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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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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Thirty is not the new twenty: why your 20s matter

Dr. Meg Jay: Our 20s are the defining decade of adulthood. 80% of life's most defining moments take place by about age 35. 2/3 of lifetime wage growth happens during

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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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