



20-Something, 20-Everything: A Quarter-life Woman's Guide to Balance and Direction

Christine Hassler

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The mid-20s through the mid-30s can be a time of difficult transition: the security blanket of college and parents is gone, and it's suddenly time to make far-reaching decisions about career, investments, even adult identity. When author Christine Hassler experienced such a quarter-life crisis, she found that she was not alone. In fact, an entire generation of young women is questioning their choices, unsure if what they've been striving for is what they really want. They're eager to set a new course for their lives, even if that means giving up what they have.

Hassler herself left a fast-moving career that wasn't right for her and instead took the risk of starting her own business. Now, based on her own experience and interviews with hundreds of women, she shares heartfelt stories on issues from career to parents to boyfriends to babies. Yet she provides practical exercises, too, to enable the woman of today to chart a new direction for her own life.

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