



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

By 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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Editorial Review

From the Inside Flap

"Christine Hassler is a very honest and extremely wise woman. This wonderful book shows us how to transform fear and confusion into courage and wisdom. An inspiring and hopeful guide about knowing who you are and believing in yourself enough to go after your dreams. This generation is lucky to have such an authentic voice to offer guidance through this journey called life. I highly recommend it!" — Sandy Grason, author of *Journalution*

"Almost every woman I know (including me) has gone through a quarter-life crisis in her life so it's important for young women to realize that they are not alone. This book will serve as a valuable resource for 20-something women to determine their weaknesses and strengths and then to apply those discoveries toward realizing their dreams in life." — Jane Buckingham, author of *The Modern Girl's Guide to Life*

Timeless and insightful, *20-Something 20-Everything* is a must read guide for women in their 20s to create inner balance and take responsibility for their life choices." — Tracy McWilliams, author of *Dress to Express*

"Christine Hassler has created a series of extremely valuable exercises to help women in their twenties evaluate their personal, financial and career choices. Whether you are a confused, frantic or amazingly satisfied 20-something woman, this book can help you to get on (or stay on!) the path to success." — Jennifer Todd, film producer for *Austin Powers* and *If These Walls Could Talk*

"Written straight from the heart of the author, this book invites you women to examine that which defines them. A wonderful guide, *20-Something, 20-Everything* is filled with practical and uplifting direction."

— Sophie Parienti, editor in chief of *Yogi Times*

Users Review

From reader reviews:

Allison Stiffler:

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Johnny Rogowski:

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Manda Perez:

The guide with title 20-Something, 20-Everything: A Quarter-life Woman's Guide to Balance and Direction possesses a lot of information that you can understand it. You can get a lot of benefit after read this book. That book exist new understanding the information that exist in this reserve represented the condition of the world currently. That is important to yo7u to find out how the improvement of the world. This book will bring you inside new era of the syndication. You can read the e-book in your smart phone, so you can read the idea anywhere you want.

Tyler Cote:

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