

Let's start the journey to your Crazy, Beautiful Life! Today's young women are supposed to have it all. But with a recession which has caused a deep and lasting impact in the job market, marriage and babies happening later, and a dizzying array of choice with little guidance upon leaving college or university, is it any surprise that quarter-life crises are on the rise? This Crazy, Beautiful Life draws on real case studies and expert advice from professional life coaches to define, explain and overcome a quarter-life crisis. Based on psychological research and with practical tips and techniques, it equips young women with the skills they need to create their own Crazy, Beautiful Life, with long-term happiness, success and satisfaction.

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