

The Rocket Years

author: Elizabeth Segran, Benjamin Schneer

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Synopsis

author	Elizabeth Segran, Benjamin Schneer
readBy	Rachel Jacobs
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The Defining Decade for the #Adulting generationâ€™a book that blends storytelling and data to unpack the choices you make in your twenties, why they matter, and how to turn those critical years into a launchpad for the life you want.

We tend to think of our twenties as a playground for life: A time for low-consequence experimentation and delaying big decisions. But the truth is that while youâ€™re muddling through those yearsâ€™exploring new cities, dating the wrong people, hopping between jobsâ€™a small shift in your flight path can mean the difference between landing on Mars or Saturn.

As the data shows, the choices we make (or put off) during this critical decade about our career, marriage, health, friends, even downtime have the greatest impact on how our lives play out. For example, did you know that people who marry between the ages of 28 and 32 have the lowest risk of divorce? And that the average 25 year old has 20 close friends, but this will shrink to 8 after age 40? And that most of us donâ€™t acquire new hobbies after we hit our thirties?

Rather than prescribing one correct path (who are we kidding, thereâ€™s no such thing anyway!), Elizabeth Segran invites readers to think critically and holistically about the life they want to build. With signature warmth and humor, Segran is the guide we all wish we had to show us the way. Blending insightful anecdotes with research from economics, sociology, and political science, *The Rocket Years* is an empowering exploration of these exciting, confusing, wonderful years.

Reader's comments

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