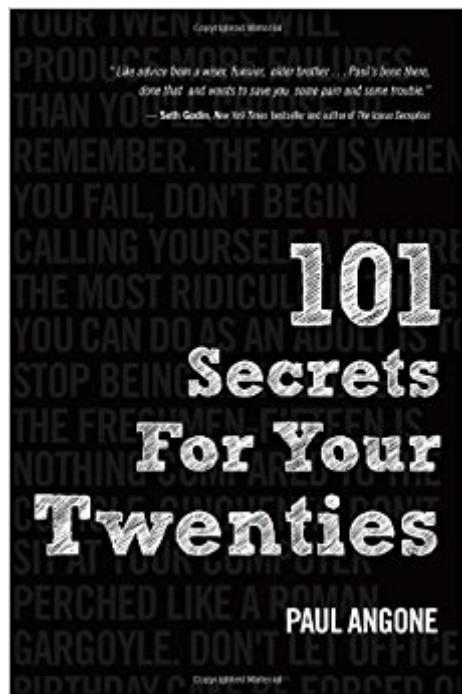


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# 101 Secrets For Your Twenties



## Synopsis

Every twenty-something needs a little black book of secrets. Our twenties are filled with confusion, terrible jobs, anticipation, disappointment, cubicles, break-ups, transition, quarter-life crisis, loneliness, post-college what the heck, moderate success sandwiched between complete failure. We need a worn and weathered guide stashed somewhere close by to help shed some light on this defining decade. That guide is this book. Expanded from the blog post "21 Secrets for Your 20s" that spread like Internet wildfire with nearly a million readers in 190 countries, 101 Secrets for Your Twenties will encourage, inspire, prompt a plethora of LOLs, and kick-start your life forward with its witty, honest, and hilarious wisdom-stuffed pearls to help you rock life in your twenties. This is the perfect gift for college graduation. Or the best Christmas present you can give to the 20-something in your life. For everyone and anyone who is struggling through becoming an adult ... You need 101 Secrets for Your Twenties.

## Book Information

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## Customer Reviews

Like advice from a wiser, funnier, older brother . . . Paul's been there, done that, and wants to save you some pain and some trouble. Seth Godin, New York Times bestseller and author of *The Icarus Deception* You can be frustrated, fearful, and stressed out about your twenties or you can read this book, get a wake-up call and put yourself on the right path. Paul's advice on how to be successful in your twenties is timely, important, and will help you feel more confident in your own skin. Dan Schawbel, bestselling author of *Me 2.0* and *Promote Yourself* Life will never feel like it's supposed

to. That's just one of the many motivating gems in Paul Angone's 101 Secrets for Your Twenties, which is the mid-to-late Millennials' answer to the Quarterlife Crisis. As a companion to Paul's successful website, AllGroanUp.com, the book gets to the heart of the worries on every twentysomething's mind and addresses them with straight-talk and humor. Alexandra Levit, author of *Blind Spots: The 10 Business Myths You Can't Afford to Believe On Your New Path to Success* This book is funny, heartfelt, and important. Your twenties are a time of life that most people tend to glamorize or dismiss. Paul does neither. I especially liked #6. Jeff Goins, author of *Wrecked: When a Broken World Slams into Your Comfortable Life* I love this book. 101 Secrets for Your Twenties is like a concentrated blender-shot of fluorescent green, ice crystallized advice, insight, and wisdom. Toss your head back and enjoy the cold jolt. Neil Pasricha, author of the New York Times bestseller *The Book of Awesome* 101 Secrets is a masterpiece. Full of brilliant advice wrapped in belly-laughing hilarity, Paul Angone has a true gift for troubleshooting the trials and tribulations of post-grad adulthood. This book is a must-read for twentysomethings and beyond who are struggling with how to navigate in today's hyper-connected, chaotic world. and the book itself is formatted as a fun, engaging page-turner. Paul promises "wheelbarrows full of wisdom-stuffed pearls, laced with humor and vulnerability," and that's exactly what you're going to get. Just don't ask him to whip you up a Venti half-caf 2.5-shot sugar-free-vanilla no-foam upside-down latte. Jenny Blake, author of *Life after College: The Complete Guide to Getting What You Want* Paul gives humorously wise insights that will give twentysomethings a sneak peak of what's to come, perspective that will help them breathe and the reality that they aren't alone. My top three . . . er . . . sixteen were: #2, #3, #7, #9, #18, #21, #24, #38, #47, #77, #80, #84, #87, #95, #100 and #10. The nineteenth sign made me say, "TRUTH!" out-loud. Being the ripe 30-year-old that I am, you can trust me. Joy Eggerichs, director of *Love and Respect Now* Paul is an emerging voice for this generation. He understands the unique struggle of those going through the rocky, ambiguous, thrilling decade of their twenties and has a gift for delivering rock-solid truth packaged in laugh-out-loud humor. Christine Hassler, author of *20 Something Manifesto*, speaker, life coach Paul knows twentysomethings. He shares secrets that are really gold, even to non-twentysomethings. Gold to understanding twentysomethings. Gold to understanding today. Understanding this generation. Understanding your kids. The book helps me be a better father . . . a better pastor. I feel more prepared. Don't tell my boys or the young people at my church. It's supposed to be a secret. Ron Edmondson, pastor, organizational leadership consultant 101 Secrets is the perfect mix of humor and wisdom. I read it in a single sitting, but the insights will stick with me for a long time. My favorites are #2, #5, #33, #71, #81 and #97 (plus several more but I was only allowed to pick a few). Where was this book when I graduated?

from college?Allison Vesterfelt, author of *Packing Light*What Paul Angone has done in 101 Secrets for Your Twenties may well be the definitive field manual for post-graduates. He's a gifted writer, blending humor, stories, truth, and advice in a way that makes anyone the wiser for picking this up. Best of all, he helps young people lay a foundation for success later in life. If you don't believe me, then read #7, #19, or #61.Sam Davidson, author, college speaker, social entrepreneur always tell people that I'm enjoying my 30s way more than my 20s and now I know why: I didn't have this book! Secrets #21 and #36 alone would have helped me through so many situations. I can't tell you how happy I am that this book exists for the next generation!Bryan Allain, author of *This is NOT a Treasure Map* and *Actually, Clams Are Miserable*As a recent escapee of my twenties, I wish I had been given a book like this when I graduated from college. In an age when we are led to believe that a college diploma is a winning lottery ticket for a dream job, and uber-success is as easy as writing the perfect status update on Facebook, Paul's book is a fantastic, fun, and above all true guide for the often frustrated, fearful, or just flat broke twentysomething. Keep a special lookout for secret #8, #21, and #76. Secret #76 has been pretty much the last ten years for me.Matt Appling, teacher, pastor, and author of *Life After Art: What You Forgot About Life and Faith Since You Left the Art Room*101 Secrets for Your Twenties is a refreshingly honest compilation of life truths. Paul Angone has cleverly put into words our twentysomething experience, yet with a passionate and purposeful goal of helping young adults navigate this unique stage in life without regret. If you're like me, you'll laugh (especially at secrets #5, #17, and #44), ponder (secrets #29 and #43), and say a lot of "Amen!" along the way (secrets #1, #21, and #53).Adam York, editor, *Collegiate magazine* A subtitle for this book might well be "How do you face the realities of life in your twenties?" Paul treats the issues one faces whether they are career-related, personal relationships, or individual hang-ups in addition to a host of other issues with amazing honesty, creativity, and wisdom beyond his years. I wish his 101 Secrets had been in print when I was entering my late and post-teen years. Whether it be secret #7, #27 or #77, or any of his 101 secrets, Paul provides incredible insight in helping a young person cope with a wide variety of life issues. This is a great read at any age, but especially valuable for young adults and I highly recommend it!David C. Bicker, PhD, professor emeritus and Founding Chair of the Department of Communication Studies at Azusa Pacific UniversityIntroducing Paul Angone. A raw human being. A fellow human struggler. A creative, gifted writer who is good at making fun of himself. Paul sort of splats out his frustrations in delineated fashion and then tidies them up into a comedy act and finalizes the show with some serious good advice that applies to people well beyond their twenties. If you're looking for your destiny and can't find it, then steal

away somewhere and read this book. It's a punchy non-preachy pep talk that will help you persevere and not settle for something less like mediocrity. Sarah Sumner, author of *Men and Women in the Church* This is the kind of book that I wish I had read when I was in my twenties. A It would have saved me from some unnecessary trial and error experiences including the anxiety that came with some of my ill-informed choices. A Paul's humorous approach to some of life's early challenges will help the reader maintain a healthy perspective as some common assumptions are challenged. A My favorite secret is #62, which I believe to be the key to lifelong healthy living. Ray Rood, founder of The Genysys Group A When I read Paul Angone's second secret, I was hooked: "The possibility for greatness and embarrassment both exist in the same space. If you're not willing to be embarrassed, you're probably not willing to be great." Paul's capacity for embarrassment makes his book a very, very funny one. It's worth reading if for no other reason that it will make you laugh out loud as it did me. But it is much more: it is wise. I've worked with so-called twentysomethings for twenty years, and I have stopped reading the boring dissertations social scientists write to explain these folks. Paul's collection of zany epigrams beats them all, hands down. Ben Patterson, campus pastor, Westmont College A wry, witty confection of insights about life in the twenties, for emerging adults from one who knows them well and is still one of them at heart. Jeffrey Jensen Arnett, author (with Elizabeth Fishel) A of *When Will My Grown Up Kid Grow Up? and Emerging Adulthood*

What do you do when you hit your twenties and realize the life you knew for the last two decades has been changed, twisted, or hash-tagged into something you weren't expecting? Secret #12: Your twenties will produce more A failure A than you'll choose to remember. The key is: when you fail, don't begin calling yourself a failure. Secret #35: Obsessive Comparison Disorder A is the smallpox of our generation. A Remember that everyone is too busy putting a PR spin on their Facebook profile to care much about yours. Secret #44: A The Freshman-Fifteen A is nothing compared to the A Cubicle-Cincuenta. Don't sit at your computer A perched like a Roman gargoyle letting office birthday cake be forced upon you. Discover ninety-eight other secrets for rocking your post-college, grown-up life in this book! A "This book is a must-read for twenty-somethings and beyond who are struggling with how to navigate in today's hyper-connected, chaotic world A and the book itself is formatted as a fun, engaging page-turner. A A Jenny Blake, author of *Life After College: The Complete Guide to Getting What You Want* "I always tell people that I'm enjoying my 30s way more than my 20s and now I know why: I didn't have this book! Secrets #21 and #36 alone would have

helped me through so many situations. I can't tell you how happy I am that this book exists for the next generation!"•Bryan Allain, author, creator of Killer Tribes

Paul Angone comes alongside you like the best kind of friend in this book. He relates to the pain of growing up. He pokes fun at the ridiculous "rules" that haunt people entering "adulthood." Be careful, while you laugh, cry, and ponder your way through these secrets, you're at risk of developing a bigger, deeper, more purposeful vision for your life... and looking honestly at the crazy twists and turns that will inevitably greet you on the way. This is an easy recommendation for me; for any high-school and college grad I know, it's on the gift list. And frankly, even for those of us "just out" of our twenties, the guidance here continues to apply and encourage. Buy this for all the young-adults you know.

I just finished reading this book, and I wish some of my friends would read it too. I think it provides several great discussion points and honestly made me feel pretty good about where I'm at, at 25. Though it also inspired me to want to venture out a little more.

I bought this for a high school graduate! It was a nice touch and add on for his bigger gift! When a young person isn't willing to listen to parental advise, this book will subtly take the place!

This self-help type of book is funny and very relatable. I love this book and I am even going to let my other twenty-something sisters read it too. Maybe it'll help them out and give some advice!

I have to make a confession. I am as of this posting a 22 year old & out of all the Millennial focused books out there this book is fun to read & deep with advice at the same time. If you're a soon-to-be graduate or young adult currently, this book is a must have in your collection.

Not even 20 yet, but loved reading this book. Such a good read and very straight to the point, really hits your emotional nerves and connections.

Bought for my son when he turned twenty. Expected it to be more of a humor book. But as I read the book before I gave it to my son, I found that it seemed to offer some valuable insights. Some of those insights mirrored my own experiences of long ago. I recommend this book.

A year ago, I was in a really bad place in life and I just couldn't seem to find any comfort in anything. I literally felt like I was losing my mind. I looked up quarter life crisis, found this book, and for the first time in forever, I had felt comfort and reassurance. It's got valuable information, told with the right amount of humor. Whether you're going through a full blown crisis or you've just got a thing or two on your mind, this book is for you. I stand by this book not only because it helped me when I needed it the most, but I know that everyone can relate to AT LEAST one thing in this book.

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