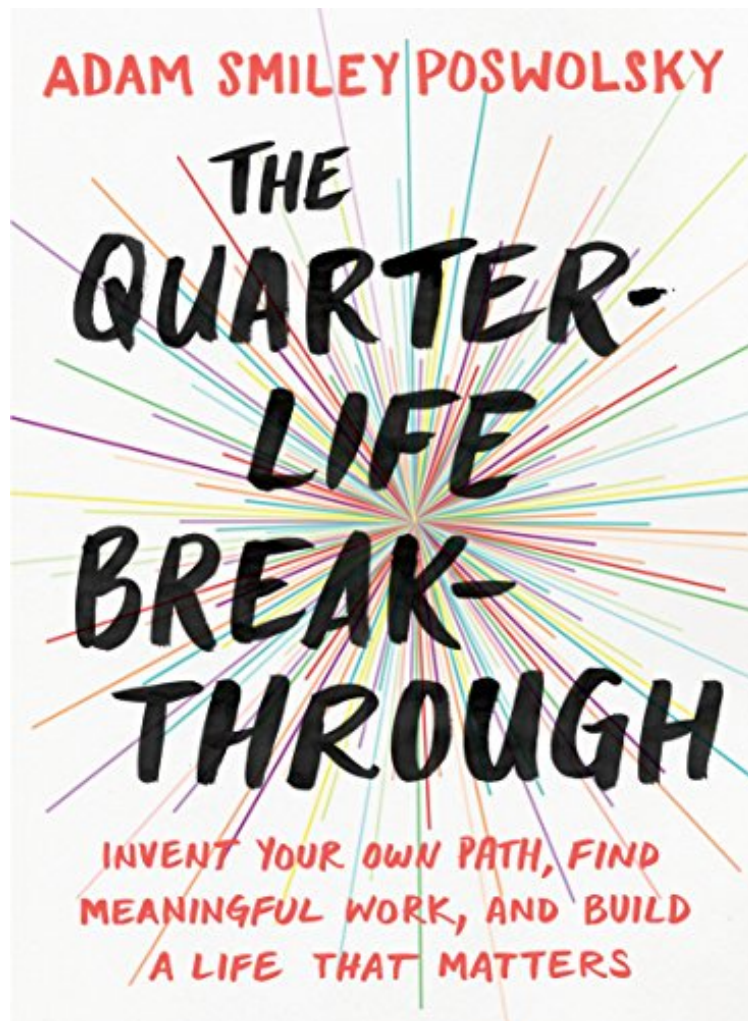


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The Quarter-Life Breakthrough: Invent Your Own Path, Find Meaningful Work, and Build a Life That Matters

Adam Smiley Poswolsky

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Adam Smiley Poswolsky : The Quarter-Life Breakthrough: Invent Your Own Path, Find Meaningful Work, and Build a Life That Matters before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Quarter-Life Breakthrough: Invent Your Own Path, Find Meaningful Work, and Build a Life That Matters:

6 of 6 people found the following review helpful. Must Read For Anyone Going Through A Major Life Change By HanaAs someone going through her own quarter-life crisis, Adam Smiley Poswolsky's book was a great reminder that:A) I'm not aloneB) Others have gone through this and are successfulC) Even if I choose my passion over \$\$, I can still be okay.Smiley's book is relatable (painfully suffering through singles yoga anyone?!), funny, and approachable

(no shaming!). This is a great gift for anyone in their mid 20's, new college graduates, current college students, parents of those in their quarter-life crisis who may not understand what their kids are going through, and anyone going through any life change. 1 of 1 people found the following review helpful. I rank this book up there with the likes of Jenny Blake's *Life After College* Lindsey Pollak's *Getting from College to Career*. By Kevin King There aren't many books similar to Adam Poswolsky's *The Quarter-Life Breakthrough*. Why do I say this? Well, I know many self-help books that focus on how to find your true calling in life lack the brevity and style that this book clearly has. This must mean that most authors who write these self-help books to help those who lack a clear sense of direction in life never experienced what the target audience of their literary work is going through, but Adam Poswolsky has all you folks. He clearly mentions his own life struggle to finding and fulfilling his true purpose in life while giving you relevant exercises that will guide you on your path to individual fulfillment. What more could you ask for? Buy this book to read and act on now! 1 of 1 people found the following review helpful. No gimmicks; just realistic guidance By Jessica This is a book written by a millennial, for millennials. Smiley understands his readers intimately, and he advises you like both a mentor and an older, more experienced, sibling who traveled this hard road before you. That said, he doesn't demean your feelings or your journey, nor does he tell you what to do or not to do; instead, his writing helps the readers to breakthrough the fears that many of us hold when contemplating big life and career changes. By including countless anecdotes of others who have "broke through", readers are bound to identify with at least one who has gone before us. I completed all of the "Breakthrough Exercises" and will undoubtedly reread the entire book. Thank you, Smiley.

How do you actually find meaning in the workplace? How do you find work that makes your heart sing, creates impact, and pays your rent? After realizing that his well-paying, prestigious job was actually making him miserable, Adam "Smiley" Poswolsky started asking these big questions. *The Quarter-Life Breakthrough* provides fresh, honest, counterintuitive, and inspiring career advice for anyone stuck in a quarter-life crisis (or third-life crisis), trying to figure out what to do with your life. Smiley shares the stories of many twenty- and thirty-somethings who are discovering how to work with purpose (and still pay the bills). Brimming with practical exercises and advice, this book is essential reading for millennial career changers and anyone passionate about getting unstuck, pursuing work that matters, and changing the world. From the Trade Paperback edition.

"Fresh and engaging, this book will inspire the next generation to lead with purpose." —Tony Hsieh, CEO, Zappos.com; New York Times bestselling author of *Delivering Happiness* "I wish this book landed on my desk when I hit my quarter-life crisis! I could have saved years of frustration. Don't miss your own breakthrough; pick up this book!" —Jon Acuff, New York Times bestselling author of *Do Over* "With his triumphant *The Quarter-Life Breakthrough*, millennial Adam Smiley Poswolsky earns his place as a major voice of his generation. Pragmatic, philosophical, passionate, humble, delightfully funny, and infectiously inspiring, Poswolsky is a torchlight for those hungry to craft a more purposeful and rewarding adult life." —Julie Lythcott-Haims, New York Times bestselling author of *How to Raise an Adult* "Smart stuff. Smiley moves past simplistic slogans and offers instead practical and nuanced strategies for succeeding in the noble task of crafting a working life that matters." —Cal Newport, author of *Deep Work* and *So Good They Can't Ignore You* "Smiley's words speak to the dreamer and doer in each of us by tapping into that true voice that calls from within." —Elle Luna, artist; author of *The Crossroads of Should and Must* "With clear stepping stones, *The Quarter-Life Breakthrough* is an honest and actionable guide for young people who are eager to see and seize meaningful opportunities." —Tina Seelig, Professor of the Practice, Stanford University; author of *What I Wish I Knew When I Was 20* "Our generation never settles for careers they aren't passionate about. *The Quarter-Life Breakthrough* is the ultimate field guide to living life on your own terms and creating meaning in your work." —Dan Schawbel, New York Times bestselling author of *Promote Yourself* and *Me 2.0* "This awesome book is chock full of smart, practical, relatable, and timely tips for meaning-makers. If you want to make a bigger impact in others' lives, connect with a community you love, and find greater fulfillment even in an ever-changing career landscape, buy this book. And then re-read it whenever you need to turn a breakdown into a breakthrough." —Jenny Blake, author of *Pivot* and *Life After College* "The *What Color Is Your Parachute?* for the millennial generation." —Aaron Hurst, CEO, Imperative; author of *The Purpose Economy* "I wish I had Smiley's voice in my head during my twenties. *The Quarter-Life Breakthrough* pairs the unvarnished reality with confident, simple exercises that will move you to act at just the right time." —Dev Aujla, author of *Making Good About the Author* "Adam Smiley Poswolsky is a millennial career expert who has inspired thousands of young professionals and entrepreneurs to find fulfilling work. An internationally renowned motivational speaker, Smiley speaks at Fortune 500 companies, TEDx events, business conferences, leadership development programs, colleges, and graduate schools. His writing has been published in *The Washington Post*, *Fast Company*, and *GOOD*, among others. He can often be found dancing in San Francisco,

California. Learn more at thequarterlifebreakthrough.com and smileyposwolsky.com.