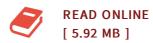


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Whose Life is it Anyway?: Living Through Your 20s on Your Own Terms

By Linda Papadopoulos

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Whose Life is it Anyway?: Living Through Your 20s on Your Own Terms, Linda Papadopoulos, Life is full of opportunity for 20-somethings, but it's also far more pressured than ever before. Whether it's the proliferation or the homogeneity of images of beauty and success that wallpaper our world, we know what a beautiful woman looks like - and we know what a perfect life looks like too. We live in a world that floods us with expectations about everything - from what we should weigh to what we should wear to how often we should be having sex and how much money we should be making. As a consequence, we begin to feel that we need to tick all these boxes in order to have 'the Perfect Life'. When we inevitably fall short, we feel anxious - we feel that we are failing and have the sense we are losing control. As a result, increasing numbers of young women are battling with issues such as anxiety, low self-esteem, bullying, perfectionism, toxic friendships and relationships, pressure to succeed or conform, and poor body image. At an age when life should be...



Reviews

Good electronic book and useful one. It usually does not expense a lot of. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Complete information for publication fans. Better then never, though i am quite late in start reading this one. Its been written in an extremely straightforward way in fact it is just soon after i finished reading this ebook in which basically altered me, change the way i believe.

-- Ellie Stark