



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...

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