

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

Adam Smiley Poswolsky

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Have you ever known you needed to make a change, but were completely unable to do anything about it? Have you ever felt like you aren't where you are supposed to be, and wondered how the people around you managed to find their purpose in life?

After realizing that his well-paying, impressive job with the Peace Corps was actually making him miserable, Adam "Smiley" Poswolsky started asking those big questions: 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?

The Quarter-Life Breakthrough provides fresh, honest, counterintuitive, and inspiring career advice for anyone stuck in a quarter-life crisis (or third-life crisis) figuring out what to do with their lives. It shares the stories of many twenty- and thirty- somethings who are discovering how to work with purpose (and still pay their rent). With practical exercises and resources, this book is essential reading for career changers and anyone passionate about getting unstuck, pursuing work that matters, and changing the world.



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