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### 'About Dr Meg Jay

October 13th, 2018 - In *The Defining Decade Why Your Twenties Matter and How to Make the Most of Them Now* Dr Jay elevates what it means to be a twentysomething. She argues that rather than a developmental downtime the twenties are a developmental sweet spot a time when the things we do and the things we don't do will have an enormous impact across years and even generations to come.' **The Defining Decade Quotes by Meg Jay**

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Pick and her 2013 TED talk 'Why 30 Is Not the New 20?' has been viewed more than  
2 million times Her work has appeared in the New York Times Los Angeles Times  
USA Today Forbes Psychology Today and NPR She is an clinical assistant professor  
at the University of Virginia and maintains a private practice in  
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