

New Quarter Life Crisis Book Helps Millennials Escape a Life They Hate

Celebrated life hacker Kay Walker releases Quarter Life Crisis Escape Plan, a new book written to help frustrated, fearful or uncertain millennials get their lives back on track

May 21, 2017 (FPRC) -- Kay Walker knows what it is like to experience a quarter life crisis. The celebrated life hacker and entrepreneur almost lost her life thanks to her own experience of the new phenomenon that plagues people in their 20s and 30s.

Walker bombed out of her successful event planning career in her mid 20s, suffering major depression, which resulted in her being hospitalized. After she recovered, and realized what had happened, she wrote her new book to help other millennials escape the despair and frustration of feeling stuck, frustrated and fearful of the future.

A quarter life crisis is similar to a midlife crisis, but it afflicts people in their 20s and 30s today (also known as the millennial generation). Up to 86% of people in this age group are impacted, according a study by Dr Oliver Robinson, Senior Lecturer in Psychology at the University of Greenwich's School of Health & Social Care in the United Kingdom.

A quarter-life crisis manifests in a variety of ways and can look different from person to person in terms of its severity. However, the commonality is a sense that the person has lost their way in career or relationships and that they are unfulfilled. Sometimes it can feel like time or money has been wasted or that the sufferer has made the wrong choices in life. Typically they feel stuck and unsure what to do next. It can result in fear, depression, anxiety and anger.

In Walker's book, she outlines 4 types of quarter life crises to help people understand what they are dealing with. Then she details 5 simple steps to escape the frustration so they can get back on track.

"The best way to confront it is to see it as an opportunity," said Walker, who runs the personal development site AwesomeLifeClub.com. "You identify what is not working about your life and you can create a plan to redesign it. People who take this approach often end up with the life they want, and not not a life they have settled for."

Besides the book, Walker has also developed a Quarter Life Crisis Quiz for people who want to discover if they are suffering from the phenomenon on her site.

There are several quarter life crisis books out there, but Walker's book is the only one that features a guided solution with proven action steps to resolve it.

Quarter Life Crisis Escape Plan book is available on Amazon as an ebook and in paperback form. Walker also has made it available as an audiobook on her website. It is also available as a free ebook download (PDF) for a limited time on AwesomeLifeClub.com.

For more information or to book an interview, contact the author through her publisher Cyberwalker

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