

Early Praise for *101 Secrets for Your Twenties* by Paul Angone

Like advice from a wiser, funnier, older brother . . . Paul's been there, done that, and wants to save you some pain and some trouble.

Seth Godin, *New York Times* bestseller and author of *The Icarus Deception*

You can be frustrated, fearful, and stressed out about your twenties or you can read this book, get a wake-up call and put yourself on the right path. Paul's advice on how to be successful in your twenties is timely, important, and will help you feel more confident in your own skin.

Dan Schawbel, bestselling author of *Me 2.0* and *Promote Yourself*

Life will never feel like it's supposed to. That's just one of the many motivating gems in Paul Angone's *101 Secrets for Your Twenties*, which is the mid-to-late Millennials' answer to the Quarterlife Crisis. As a companion to Paul's successful website, AllGroanUp.com, the book gets to the heart of the worries on every twentysomething's mind and addresses them with straight-talk and humor.

Alexandra Levit, author of *Blind Spots: The 10 Business Myths You Can't Afford to Believe On Your New Path to Success*

This book is funny, heartfelt, and important. Your twenties are a time of life that most people tend to glamorize or dismiss. Paul does neither. I especially liked #6.

Jeff Goins, author of *Wrecked: When a Broken World Slams into Your Comfortable Life*

I love this book. *101 Secrets for Your Twenties* is like a concentrated blender-shot of fluorescent green, ice crystalline advice, insight, and wisdom. Toss your head back and enjoy the cold jolt.

Neil Pasricha, author of the *New York Times* bestseller *The Book of Awesome*

101 Secrets is a masterpiece. Full of brilliant advice wrapped in belly-laughing hilarity, Paul Angone has a true gift for troubleshooting the trials and tribulations of post-grad adulthood. This book is a must-read for twenty-somethings and beyond who are struggling with how to navigate in today's hyper-connected, chaotic world-and the book itself is formatted as a fun, engaging page-turner. Paul promises "wheelbarrows full of wisdom-stuffed pearls, laced with humor and vulnerability," and that's exactly what you're going to get. Just don't ask him to whip you up a Venti half-caf 2.5-shot sugar-free-vanilla no-foam upside-down latte.

Jenny Blake, author of *Life after College: The Complete Guide to Getting What You Want*

Paul gives humorously wise insights that will give twenty-somethings a sneak peak of what's to come, perspective that will help them breathe and the reality that they aren't alone. My top three . . . er . . . sixteen were: #2, #3, #7, #9, #18, #21, #24, #38, #47, #77, #80, #84, #87, #95, #100 and #10's nineteenth sign made me say, "TRUTH!" out-loud. Being the ripe 30-year-old that I am, you can trust me.

Joy Eggerichs, director of Love and Respect Now

Paul is an emerging voice for this generation. He understands the unique struggle of those going through the rocky, ambiguous, thrilling decade of their twenties and has a gift for delivering rock-solid truth packaged in laugh-out-loud humor.

Christine Hassler, author of *20 Something Manifesto*, speaker, life coach

Paul knows twenty-somethings. He shares secrets that are really gold, even to non-twenty-somethings. Gold to understanding twenty-somethings. Gold to understanding today. Understanding this generation. Understanding your kids. The book helps me be a better father . . . a better pastor. I feel more prepared. Don't tell my boys-or the young people at my church. It's supposed to be a secret.

Ron Edmondson, pastor, organizational leadership consultant

What Paul Angone has done in *101 Secrets for Your Twenties* may well be the definitive field manual for post-graduates. He's a gifted writer, blending humor, stories, truth, and advice in a way that makes anyone the wiser for picking this up. Best of all, he helps young people lay a foundation for success later in life. If you don't believe me, then read #7, #19, or #61.

Sam Davidson, author, college speaker, social entrepreneur

As a recent escapee of my twenties, I wish I had been given a book like this when I graduated from college. In an age when we are led to believe that a college diploma is a winning lottery ticket for a dream job, and uber-success is as easy as writing the perfect status update on Facebook, Paul's book is a fantastic, fun, and above all *true* guide for the often frustrated, fearful, or just flat broke twenty-something. Keep a special lookout for secret #8, #21, and #76. Secret #76 has been pretty much the last ten years for me.

Matt Appling, teacher, pastor, and author of *Life After Art: What You Forgot About Life and Faith Since You Left the Art Room*

101 Secrets for Your Twenties is a refreshingly honest compilation of life truths. Paul Angone has cleverly put into words our twenty-something experience, yet with a passionate and purposeful goal of helping young adults navigate this unique stage in life without regret. If you're like me, you'll laugh (especially at secrets #5, #17, and #44), ponder (secrets #29 and #43), and say a lot of "Amen!" along the way (secrets #1, #21, and #53).

Adam York, editor, *Collegiate* magazine

A subtitle for this book might well be "How do you face the realities of life in your twenties?" Paul treats the issues one faces whether they are career-related, personal relationships, or individual hang-ups in addition to a host of other issues with amazing honesty, creativity, and wisdom beyond his years. I wish his *101 Secrets* had been in print when I was entering my late and post-teen years. Whether it be secret #7, #27 or #77, or any of his 101 secrets, Paul provides incredible insight in helping a young person cope with a wide variety of life issues. This is a great read at any age, but especially valuable for young adults and I highly recommend it!

David C. Bicker, PhD, professor emeritus and Founding Chair of the Department of Communication Studies at Azusa Pacific University

This is the kind of book that I wish I had read when I was in my twenties. It would have saved me from some unnecessary trial and error experiences including the anxiety that came with some of my ill-informed choices. Paul's humorous approach to some of life's early challenges will help the reader maintain a healthy perspective as some common assumptions are challenged. My favorite secret is #62, which I believe to be the key to lifelong healthy living.

Ray Rood, founder of The Genysys Group

When I read Paul Angone's second secret, I was hooked: "The possibility for greatness and embarrassment both exist in the same space. If you're not willing to be embarrassed, you're probably not willing to be great." Paul's capacity for embarrassment makes his book a very, very funny one. It's worth reading if for no other reason that it will make you laugh out loud as it did me. But it is much more: it is wise. I've worked with so-called twentysomethings for twenty years, and I have stopped reading the boring dissertations social scientists write to explain these folks. Paul's collection of zany epigrams beats them all, hands down.

Ben Patterson, campus pastor, Westmont College

A wry, witty confection of insights about life in the twenties, for emerging adults from one who knows them well and is still one of them at heart.

Jeffrey Jensen Arnett, author (with Elizabeth Fishel) of *When Will My Grown Up Kid Grow Up?* and *Emerging Adulthood*