



Praise for *101 Secrets for Your Twenties*

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 twentysomethings 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-caff 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 twentysomethings a sneak peek 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**


101 Secrets is the perfect mix of humor and wisdom. I read it in a single sitting, but the insights will stick with me for a long time. My favorites are #2, #5, #33, #71, #81, and #97 (plus several more but I was only allowed to pick a few). Where was this book when I graduated from college?

—**ALLISON VESTERFELT, author of *Packing Light***

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**

I always tell people that I’m enjoying my 30s way more than my 20s and now I know why: I didn’t have this book! Secrets #21 and #36 alone would have helped me through so many situations. I can’t tell you how



happy I am that this book exists for the next generation!

—**BRYAN ALLAIN, author of *This is NOT a Treasure Map and Actually, Clams Are Miserable***

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 twentysomething. Keep a special lookout for secrets #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 twentysomething 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**

Paul knows twentysomethings. He shares secrets that are really gold, even to non-twentysomethings. Gold to understanding twentysomethings. 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**

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**

Introducing Paul Angone. A raw human being. A fellow human struggler. A creative, gifted writer who is good at making fun of himself. Paul sort of splats out his frustrations in delineated fashion and then tidies them up into a comedy act and finalizes the show with some serious good advice that applies to people well beyond their twenties. If you're looking for your destiny and can't find it, then steal away somewhere and read this book. It's a punchy, non-preachy pep talk that will help you persevere and not settle for something less like mediocrity.

—**SARAH SUMNER, author of *Men and Women in the Church***

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 life-long 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 book. 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**





101
Secrets
For Your
Twenties

PAUL ANGONE

MOODY PUBLISHERS
CHICAGO





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PAUL ANNONE

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**Sometimes
surviving your 20s
is nothing more
glamorous than
just holding on for
dear life on the back
of an inner tube
like a kid being
whipped around
by a speedboat.**

You can't see a thing.

Repeated waves knock the wind out of you.

Your hands are gripped so tight your fingers begin to cramp.

And your only choice of survival is to **just let go.**

6

Life will never feel like it's supposed to.

When am I going to experience the success I am supposed to? I've asked that question exactly 4,399 times and only now am I catching a whiff of the answer.

Never.

Because what the heck is “supposed to”? Who holds the blueprint for my life—down to the number of kids, salary, and size of my house? Who decides “supposed to”?

“Supposed to” is a lie. A fairy tale. It is the stealer of peace and productivity. It is the leading cause of Obsessive Comparison Disorder with everyone who “has it better.”

No one has it all figured out. No one holds their first child with all the answers. Not many walk right into their passion from the graduation stage. Not everyone gets married like they're “supposed to” or climbs the corporate ladder full of broken rungs.

If we keep trying to live other people's lives, who is going to live ours?



PAUL ANGONE

Being twentysomething can feel like **Death by Unmet Expectations**. However, you are right now, at this moment, exactly where you need to be. You'll just only be able to see that five years and thirty-three days from today.

Let go of "supposed to." Tie an anvil around its neck and throw it out to sea.

If we're always trying to live like we're "supposed to," we're never going to truly live.

25

Your 20s will produce more failure than you'll choose to remember. The key is, when you fail don't begin calling yourself a failure.

Failing means you're simply finding a more profound way to be successful, if you're willing to learn from it, and then have the courage to possibly fail again. And possibly more profoundly than before.

We can't let failure be our death sentence instead of just one more sentence on the page before we turn it to the next. If we go for it, we will fail. We have to. That's part of lifting a weight heavier than you. You tear your muscles so that they can become stronger.

The only real *failure* of our 20s would be if we never had any.

56

**Watch out.
“Official Adults”
might stereotype
you for being
twentysomething.**

Generational stereotyping is all the rage these days. For some reason we think a generation can be summed up with a two-paragraph label like a box of Wheat Thins.

If you feel like you're being stereotyped because of your age, your best ally is **quiet confidence**—a humble consistency that shows up and gets the job done. You don't argue with them about your skill set, you just show them every single day how awesome your skills are.

It's a tough, thankless gig, but soon, very soon, you'll prove to them that **you're a person, not an age range.**

76

No one knows what they're doing.

Are you freaked out that you have no idea what you're doing? Perfect! So is everyone else.

Even the so-called experts sometimes don't have a clue. Sometimes they have simply mastered the art of **Perceived Credibility**.

Sometimes making your way through adulthood will feel like going through a gigantic corn maze, in the dark, after being spun around like a kid in front of a piñata. Don't be surprised if it takes more flashlights, falls, and wrong turns than you ever planned. And the only way you end up finding your way out is to burn the whole maze down.

Don't wait to feel like you have what it takes before you try.

Don't wait for confidence before you move.

Don't wait to be cast into the lead role before you start playing the part.

Don't wait, act.

Raise your hand. Say, "sure I can do that." Then figure it out from there.

You'll be surprised how quickly the act becomes a reality.

96

Watch out that social media doesn't become death by validation.

Why was I so anxious?

It was Sunday night. I'd just spent an amazing weekend with my 15-month-old girl. And yet, as I lay down to sleep, my heart felt tangled like five strands of Christmas lights.

Then it hit me. I'd posted a picture on Facebook, Instagram, and Twitter hours earlier and before I went to bed I'd checked my phone to see the stats.

One Like. On my award-winning photo with a caption worthy of Conan O'Brien.

I was so anxious because I hadn't received enough thumbs-up to send me to bed. And at that moment I realized something: I have a serious problem.

VALIDATION ADDICT

I'm addicted: to Likes, retweets, hearts, visits to my website. Validation from the masses is my opium. Google Analytics—my high.

Tell me I'm cool. Tell me I'm funny. Please, someone "Like" me.

Sure, in the beginning a couple RTs and Likes were enough. But quickly I needed a bigger hit. My highs and lows throughout the day based on how many people have affirmed me.

And in turn when no one sees me, or when someone comments that my article (and I quote) was "The most uninspiring thing [they've] ever read," I crash. I'm strung out on the couch, my insecurities grabbing a blunt, heavy object to begin their mutiny against me.

I'm sick of running in the *Refresh 1000*—hitting the refresh button over and over just hoping for those 1,000 Likes.

Social media has become my drug. Where are all the clinics?

GROOMED FOR VALIDATION

The thing is: I've been groomed my whole life to need validation. Good grades. Gold medals. Honorable mentions even when I fell flat on my face. I've survived on morsels from parents, coaches, teachers and friends telling me "You're good enough" my whole life. Social media didn't start this validation trend. It's just reaffirmed it.

Social media is high school all over again. I'm standing in the corner at the party hoping someone cooler than me laughs at my joke. My obsessive-comparison-disorder is now at the touch of my phone.

THE SOCIAL MEDIA CURE

Curing my addiction is simple, right? Quit cold turkey. Delete Facebook. Instagram. Twitter. Toss the iPhone in the trash. Maybe



PAUL ANNONE

move to a monastery. Pick up a broom. Take a vow of silence.

Done and done.

But is disengaging the answer? As someone who is striving to create something worth creating, inspire others with a story, and *gasp*, make a living within this online space, I'm torn.

Content is no longer king, platform is. For anyone trying to start a business, produce movies, garner a publishing contract, book speaking gigs, sell a product, make a living—how can we not focus on receiving looks from the crowd? But is it worth it?

Am I beginning to lose my sense of self outside of the online branded self I present online?

If I only create what I feel will appeal to the masses, will I be right there with the purveyors of low-budget horror films?

How dangerous is it that validation, or the lack thereof, seeps into my creativity, identity, and motivation like a radiation leak?

So yes, I can put myself out there but I can't live for the high of validation. My self-worth can't be based on how many people give me their clicks of approval.

I should feel the same after fifty thousand Likes and after one.

Easier said than done.

Will I be able to escape the clutches of validation?

I pray so.

99

**Success in your
20s is more about
setting
the table
than
enjoying
the feast.**