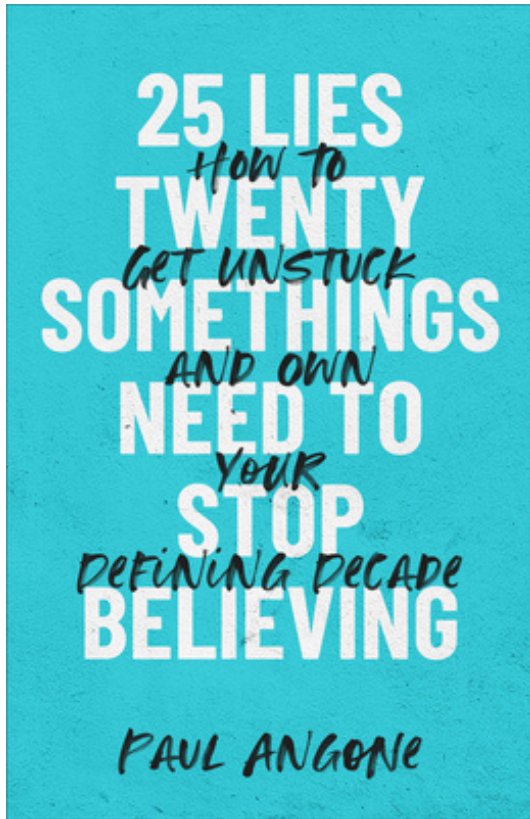


# *25 Lies Twenty Somethings Need to Stop Believing*



## *25 Lies Twenty Somethings Need to Stop Believing: How to Get Unstuck and Own Your Defining Decade*

*Paul Angone*

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Baker Books

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“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**

We are witnessing a record number of twentysomethings living back at home and struggling to "Adult". Plus a dramatic and tragic rise in teen and twentysomething anxiety, depression, and suicide rates. There are pressures coming from family, media, and peers telling them half-truths about unrealistic measures of success that can derail their current happiness and future impact.

How do we give twentysomethings truth and a hope in their future?

In his new book, *25 Lies Twentysomethings Need to Stop Believing: How to Get Unstuck and Own Your Defining Decade*, bestselling author, speaker, and influencer Paul Angone speaks to the heart of the trials and tribulations every twentysomething goes through by highlighting 25 lies and replacing them with the truth.

*25 Lies Twentysomethings Need to Stop Believing* will help readers learn:

- How to overcome what Paul Angone describes as this generations' "Obsessive Comparison Disorder"
- How to overcome big insecurities during your twenties
- How to replace common lies with actual truths
- How to navigate relationships and friendships
- How have a healthy relationship with social media
- How to become a better you!

“We need some truth to help light that dark, windy path we’re all staring at,” says Angone. “We can’t go at this alone. We need people walking next to us to pick us up when we face-plant. We need truth-tellers walking next to us. You can’t do this alone. You’re not supposed to.”

# About the Author

## PAUL ANGONE

is the best-selling author of *101 Questions You Need to Ask in Your Twenties: (and let's be honest, your thirties too)*, *101 Secrets For Your Twenties* and *All Groan Up: Searching For Self, Faith, and a Freaking Job!*, a sought-after national keynote speaker for corporations and keynote speaker for colleges and universities, and the creator of AllGroanUp.com, which has been read by millions of people in 190 countries.

Paul is also an organizational consultant, trainer, and Millennial influencer who specializes in helping companies attract, retain, develop, and harness the best strengths of the Millennial and Gen Z generations. Paul has been honored to work with amazing companies like Intel Security, Wells Fargo, and Aflac through speaking engagements and Millennial influencer branding and awareness campaigns.

Paul's books have sold nationwide at Target stores, Sams' Club, Hudson airport bookstores, with popular translations of his books in Russia, India, Thailand, and even in Iran. The questions and lies facing twentysomethings today is not just an American phenomenon, but a global one.

Paul is a media spokesperson on the unique challenges facing the Gen Z and Millennial generations, and has done hundreds of radio, TV, and podcast interviews. Paul frequently contributes, and has been featured, in publications such as *Bloomberg*, *Chicago Tribune*, *Business Insider*, *Huffington Post*, *EntreLeadership*, *Relevant Magazine*, etc.



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# *Suggested Interview Questions*

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- → You write about social media and our “Obsessive Comparison Disorder.” Can you tell us more?
- → What is something you wish you knew when you were in your twenties?
- → In the book, you say, “Nostalgia is the lie of wanting something back that never actually was.” Can you elaborate on this?
- → Many young adults have an idea of what their life is “supposed” to look like by a certain age, but many don’t achieve this. Why do so many young adults do this to themselves? What can be done to solve this?
- → A lot of young adults think they are failures because life hasn’t gone the way they planned. What can someone learn from their failures?
- → FOMO, or “fear of missing out” has taken over many twentysomethings. How is this behavior destructive? What can someone do to get over FOMO?
- → Why are so many 20-year-olds from this generation insecure? Is there a difference from past generations?
- → “Happiness is overrated.” What do you mean by this statement? Shouldn’t someone want to be happy in life?
- → What is one piece of advice you’d give to someone who is dating in their twenties?
- → At the end of each chapter, you provide a list of takeaways for the reader. How does this help someone reflect on their life? Do you think it will help them become a stronger person?
- → When it comes to today’s generation of twentysomething’s, what do you think is the most threatening lie mentioned in your book? Why is it so important for 20 year old’s to learn the truth?
- → I see your books have been translated in places like Russia, Thailand, and even Iran. Are twentysomethings around the world facing similar struggles as American ones?

## **Media Inquiries:**

**Contact Karen Campbell at [karen@karencampbellmedia.com](mailto:karen@karencampbellmedia.com) or Judy McDonough at [judy@karencampbellmedia.com](mailto:judy@karencampbellmedia.com) to schedule an interview!**

# Endorsements

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“You’re going to love this book! Paul provides truthful insight for ways to combat the biggest lies twentysomethings are believing. He gives practical action steps through winsome and engaging stories. You won’t be able to put it down. He inspires readers to ask the hard questions and see how integral their generation is to the world. If you pick up this book, get two and share it. It will be helpful to whoever reads it.”

- **Jonathan Pokluda, author of *Outdated* and bestseller *Welcome to Adulthood***

“This is the book I wish I had in my twenties. It’s hopeful. It’s inspiring. Plus, it’s packed with strategic insight into living a successful and meaningful life. If you’re going through a full-blown quarter-life crisis or you just need a bit of a boost, this is a book all twentysomethings should read.”

- **Jon Acuff, New York Times bestselling author of *Finish: Give Yourself the Gift of Done***

“‘Miracles favor forward movement,’ Paul Angone writes in *25 Lies*, and this book will help you ditch all the unhelpful baggage preventing momentum. Our twenties are a pivotal time for foundation setting, and yet for so many of us they are rife with insecurities and upheaval. Instead of finding the steady ground we so desperately seek, it’s as if we’re straddling the fault line of tectonic plates that are set on creating one identity-shaking quake after another. In another one of his masterpieces—or “happy little accidents”—Paul brings his signature wit, grit, heart, and grace to reveal twenty-five new secrets: that each of the biggest beliefs holding us back are just paper tigers waiting to be brought to light.”

- **Jenny Blake, author of *Pivot: The Only Move That Matters Is Your Next One* and *Life after College***

“Just when you think you’ve got life figured out, the whole world gets turned upside down and you realize just how young and clueless you really are (just me?). Paul cuts through the crappy advice you see posted next to photos of white sand beaches on Instagram and nails the lies, fears, and insecurities I didn’t even realize I was struggling with. Perfect read for anyone staring down their thirties like it’s the deadline for becoming a ‘real’ adult. And if I had to pick one, my ‘favorite lie’ that always gets me is #4!”

- **Heath and Alyssa Padgett, hosts of RV Entrepreneur podcast and bestselling author of *Living in an RV***

# *Endorsements cont.*

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“If you’re a twentysomething, or if you want to help a twentysomething, you need Paul Angone.”

– **Megan Alexander, TV correspondent, Inside Edition**

“Paul has the ability to express the heart and angst of the Gen Z and Millennial Generation with humor, insight, and a healthy bit of irreverence. He is a great guest and if you’re looking to speak to Millennials and their parents in an engaging, entertaining way, you need to have Paul on your show.”

– **Kathy Chiero, Host of The Sitting Room**

“As someone who struggled with believing a lot of lies during my twenties, I cannot recommend this book highly enough. Paul Angone delivers so much truth in this book to combat the lies that can wreck our lives and relationships and keep us stifled from stepping out and using our gifts and talents to make a difference in this world.”

– **Crystal Paine, New York Times bestselling author, podcaster, and entrepreneur**

“What I love about this book is how Paul focuses on the mind and the stories we tell ourselves in our twenties. The stories we tell ourselves are often based on unsubstantiated claims, and Paul does a wonderful job of unpacking how we can go from ‘what we feel like we are supposed to do in life’ to ‘who we are supposed to be in life.’ It truly is a great guide for anyone who feels stuck in life.”

– **Tayo Rockson, author of *Use Your Difference to Make a Difference***

“Life is confusing, especially in your twenties. This book will lead you out of the darkness and into the most thriving decade of your life. It’s a must-read for any twentysomething, as well as teachers, friends, and parents of those who want to do more than wander.”

– **Jeff Goins, bestselling author of *The Art of Work***