



Whose Life Is It Anyway?: Living Life on Your Own Terms

Linda Papadopoulos

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Life is full of opportunity for 20-somethings, but it's also far more pressured than ever before. Whether it's the proliferation or the homogeneity of images of beauty and success that wallpaper our world, we know what a beautiful woman looks like - and we know what a perfect life looks like too. We live in a world that floods us with expectations about everything - from what we should weigh to what we should wear to how often we should be having sex and how much money we should be making. As a consequence, we begin to feel that we need to tick all these boxes in order to have 'the Perfect Life'. When we inevitably fall short, we feel anxious - we feel that we are failing and have the sense we are losing control. As a result, increasing numbers of young women are battling with issues such as anxiety, low self-esteem, bullying, perfectionism, toxic friendships and relationships, pressure to succeed or conform, and poor body image. At an age when life should be exciting, fun and relatively care-free, more and more young women are adrift and struggling.

Dr Linda Papadopoulos understands the issues and has the experience to guide and support young women to help get their lives back on track so they can feel happier, more confident, more in control. *Whose Life Is It Anyway?* offers valuable insight and practical self-help to empower women to throw off the burden of expectation and start leading the lives they want to lead.

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