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Sommario/riassunto	"Is adulthood defined by living independently, a stable career, marriage, or parenthood? In the digital age-particularly in Western societies-the traditional markers of adulthood have been increasingly postponed. Enter the concept of emerging adulthood, a period characterized by role exploration, instability, self-focus, and wide open possibilities. Although researchers have traditionally defined this stage

as the period between ages 18 and 29 years, this new volume posits that it is most useful to examine late adolescence (18-23) and emerging adulthood (24-29) separately, given the differences in tasks, achievements, and attitudes. With plentiful illustrative vignettes throughout, videos, and key points for each chapter that aid in quick reference, *Emerging Adulthood: A Psychodynamic Approach to the New Developmental Phase of the 21st Century* examines the process of identity formation; the role of youth culture in aiding individuation from family of origin; the distinction between normative behaviors and those that require mental health interventions; and a diverse range of treatment modalities. Whether still in training or actively practicing, mental health clinicians will come away with a deeper understanding of the interface of culture, development, and individual psychology during these particularly volatile life stages"--
