
NIENKE WIJNANTS

Het dertigers dilemma

De belangrijkste loopbaan-
en levensvragen van twintigers en dertigers



UITGEVERIJ BERT BAKKER

Het dertigersdilemma by Nienke Wijnants

Nienke Wijnants

Rond de dertig lijkt het wel everlasting spitsuur in je hoofd. Grote beslissingen moeten worden genomen op het gebied van carrière, relaties, kinderen en huis. De meeste dertigers hebben het ogenschijnlijk prima voor elkaar. En toch knaagt er iets. Het dertigersdilemma, of de quarterlife crisis. Het zoveelste modeverschijnsel, of een serieus probleem? Nienke Wijnants deed onderzoek naar het fenomeen en ontdekte dat maar liefst drie kwart van de hoger opgeleiden tussen de 25 en 35 jaar in meerdere of mindere mate kampt met zogenaamde dertigersdilemma's. Dertigers van nu zien zich geconfronteerd met een schier oneindige hoeveelheid keuzemogelijkheden in vrijwel elk point van het leven. Samenwonen, trouwen, of toch maar niet? Wel of geen kinderen en wanneer? Carrière maken, voor jezelf beginnen, vrijwilligerswerk in Afrika, of toch eerst die wereldreis? Daarnaast heerst het Het dertigersdilemma beeld dat het ideale leven maakbaar is en ervaren dertigers op steeds jongere leeftijd al de druk van de grote, existentiële vragen. Zit ik wel op het juiste spoor? Wat is het nut van mijn leven eigenlijk? Is dit het nu? Het dertigersdilemma is een boek voor en over dertigers. Het gaat in op alle aspecten van de twijfels en vragen van jonge hoger opgeleiden van nu. Het boek staat vol met informatie en adviezen voor dertigers en voor rooster die met dertigers werken of leven.

Hoe je dit boek waardeert, hangt natuurlijk sterk samen met de levensfase waarin je je bevindt. Voor mij used to be het boek van grote waarde door de herkenbaarheid en statistieken over de mate waarin leeftijdsgenoten hun doelen bereikt hebben. Beide werkten geruststellend en relativerend. Het is geen zwaar boek. De schrijfster geeft zelf aan dat t geen zelfhulpboek is. En hoewel er een wetenschappelijk fundament onder t boek ligt, is t niet droog en neemt het zichzelf niet te serieus. Het boek gaat uitgebreid in op levensvragen van dertigers, verklaart deze en geeft tips en filosofische kaders, zonder met echt pasklare oplossingen en antwoorden te komen (omdat die er niet zijn). Het lezen van het boek is echter al van waarde voor wie in enige mate gehinderd wordt door keuzestress, sociale druk en vergelijking en andere aspecten van t dertigersdilemma. Ik kan t iedereen aanraden die nog op weg is naar die ultieme baan of die fijne relatie.

Het Dertigersdilemma

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