

Joanne McHugh

Wit and wisdom for navigating young adulthood

Joanne McHugh is on a mission to share all the things your mom (or somebody) should have told you about young adulthood. She feels bad that today's young adults face more pressure than ever to have it all, even though nobody has ever explained how to pull that off.

Joanne created the weekly online newsletter "**Things Your Mom Should Have Told You**" to help 20-somethings navigate the wild and wonderful world of young adulthood. It provides guidance on handling the dilemmas that tend to arise in your 20s, offers food for thought about the big picture of building a life, and gives the deets on things young adults need to know to fend for themselves.

By speaking candidly about the ordinary struggles of adulthood, offering common-sense wisdom, and throwing in a few laughs, she hopes to help reduce anxiety about becoming a grown-up.

A throwback photo connoisseur, Joanne spends way more time than she ought to composing captions and curating her collection on Instagram. She lives in the Philly suburbs with her husband of 35 years, a Lab, two cats, and three grown daughters who are occasionally in residence.

Expert Topics

Things your mother should have told you about having it all How do you craft a life with a career, love and marriage, and eventually children when these #goals don't always play nicely together?

What I Wish Somebody Told Me about What to Expect When I Became a Grown-up All the experiences that didn't unfold like I expected them to

Why your parents are like that Everything Gen Z should know about what it was like to grow up Gen X

Surviving the Inquisition How to respond to nosy relatives when your personal and professional life is still a work in progress

In the Bank of Mom and Dad we trust? Why, when, and how to declare your financial independence

Why planning a wedding isn't as much fun as you expect it to be Secrets to making wedding planning the best it can be



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A weekly online newsletter
offering wit and wisdom for
navigating young adulthood



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WHERE PARENTS TALK



MIDLIFE MOMMA



GROWN & FLOWN



EMPTY NEST
When Your "Grown and Flown"
Moves Out of Town



FAMILY HOLIDAYS/SPECIAL OCCASIONS
Photo Christmas Card: When You
Know It's Time to Give Up The
Tradition