

Meg Jay is a clinical psychologist, narrative nonfiction writer, and Associate Professor of Education at the University of Virginia. She earned a doctorate in Clinical Psychology, and in Gender Studies, from the University of California, Berkeley, and a B.A. with High Distinction in Psychology from the University of Virginia. Her work has appeared in numerous media outlets including the *New York Times*, *Wall Street Journal*, *Los Angeles Times*, *Psychology Today*, and on BBC and NPR. Her TED talk — [“Why 30 Is Not the New 20”](#) — is one of the most-watched to date, with more than 10 million views. Dr. Jay maintains a private practice in Charlottesville.