

导读:很多30多岁的人总是感到这样或那样的焦虑,具体都有些什么呢?

[illegible]

“???????30????????????????????????????30????????????????????????”???

[illegible]

Her life mirrors that of many young Chinese in their 30s, especially if they live in first-tier cities. Still young, yet

already on the way to middle age, China's 30-somethings are facing a series of life decisions, such as marriage, starting a family, a long-term career path and so on, which makes them more likely to experience anxiety and stress than other age groups.

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The pressures of real life, the fast development and change of modern society, and the general immaturity and lack of preparedness among many of China's 30-somethings is a recipe for life-stress anxiety.

??30????????????????????

