



U Thrive: How to Succeed in College (and Life) (Paperback)

By Daniel Lerner, Alan Daniel Schlechter

Little, Brown & Company, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. Every year, almost 4,000,000 students begin their freshman year at colleges and universities nationwide. Most of them will sleep less and stress out a whole lot more. By the end of the year, 30% of those freshmen will have dropped out. For many, the unforeseen demands of college life are so overwhelming that "the best four years of your life" can start to feel like the worst. Enter Daniel Lerner and Dr. Alan Schlechter, ready to teach students how to not only survive college, but flourish in it. Filled with fascinating science, real-life stories, and tips for building positive lifelong habits, U Thrive addresses the opportunities and challenges every undergrad will face—from finding a passion to dealing with nightmarish roommates and surviving finals week. Engaging and hilarious, U Thrive will help students grow into the happy, successful alums they all deserve to be.

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