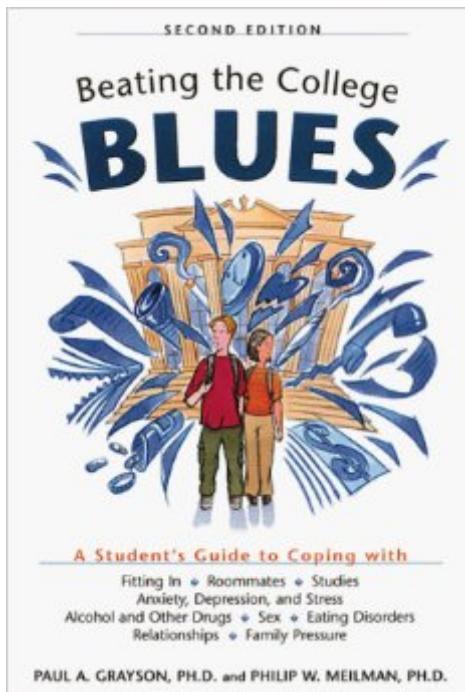


The book was found

Beating The College Blues, Second Edition



Synopsis

Beating the College Blues deals with many potential collegiate pitfalls with insightful, timely, and compassionate support. Topics covered include changing family relationships; sex, date rape, and sexual harassment; coping with anxiety, depression, and stress; pressures to use alcohol and other drugs; eating disorders, such as anorexia and bulimia; Internet addiction; and gambling, money, and credit cards.

Book Information

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Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (5 customer reviews)

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Customer Reviews

I first purchased Beating the College Blues, about five years ago, while I was an undecided and depressed college student dealing with many of the issues discussed in this book. Dr. Grayson and Dr. Meilman present frequently asked counseling session questions, culled from their experiences with over 4000 college students, and provide short, concise and USEFUL answers. Topics range from beginning college to life after graduation....and everything in between! There are chapters dealing with academic issues, personal issues, family issues, love and sex, common disorders, and even a chapter on deciding if professional counseling is something a particular reader may want to pursue. Their advice was extremely useful for me and as a future student services professional it provided an invaluable and insightful look into the unique problems encountered by the college population.. I would highly recommend this book to college students, their families, and to anyone who is interested in working with this unique and exciting group.

The book was intended for my great niece who is off to college this fall! She has already indicated that she thinks it will prove very helpful. One of the authors, Paul Grayson is NYU's counselor and has done a terrific job with the student's at NYU!

As a third year college student, this book was only mildly helpful. I would recommend it as light reading ONLY. If you are about to enter college and want to do some reading before arriving, this book might be helpful. But if you're a student with anxiety and/or depression looking for real help, real answers, and real relief, this book will let you down. The authors address too many issues. The result is that they sacrifice really expanding on any of them. For example, while you may be most interested in depression -- this book covers everything from sexual education to being upset about graduation or some other irrelevant circumstance. There are much better books on this subject -- with much more depth. .

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This is a great book for college students and graduating high school seniors. Written with humor, it touches on serious and useful topics having to do with college adjustment.

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