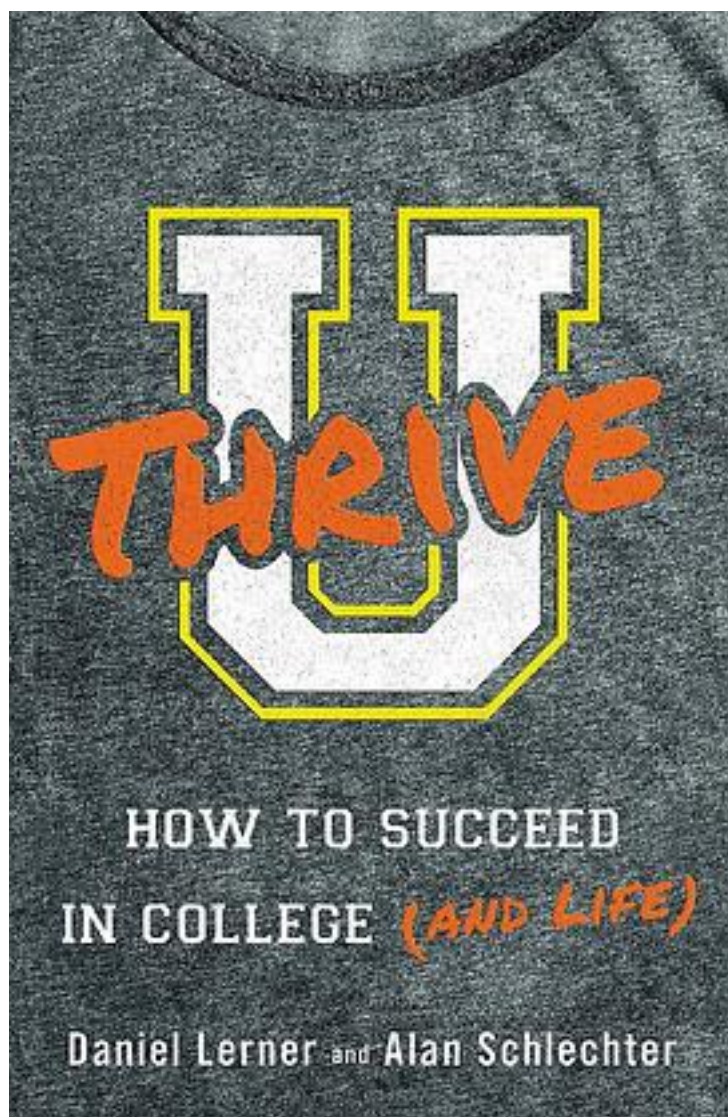


U Thrive



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著者:Dan Lerner

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From the professors who teach NYU's most popular elective class, "Science of Happiness," a fun, comprehensive guide to surviving and thriving in college and beyond.

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.

作者介绍:

Daniel Lerner, MAPP, is a clinical instructor at NYU, and he serves on the instructional staff at the University of Pennsylvania. As a performance coach he works with established and high-potential musicians, athletes, and executives to leverage the advantages that a healthy psychological state can bring to their performance at both work and home.

Alan Schlechter, MD, is a Clinical Assistant Professor at NYU Langone Medical Center and the Director of the Outpatient Child and Adolescent Psychiatry Services at Bellevue Hospital. In this role, he seeks to provide mental health care to New York's most vulnerable children and families.

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The Takeaway section是TL;DR的典范。

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