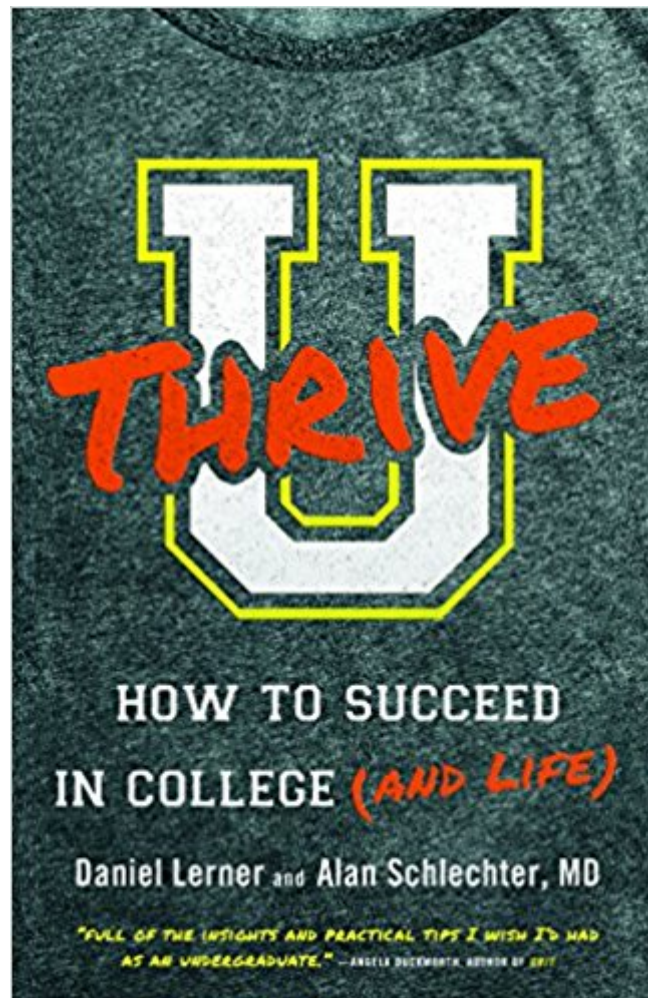




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U Thrive: How To Succeed In College (and Life)



Synopsis

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.

Book Information

Paperback: 304 pages

Publisher: Little, Brown and Company (April 18, 2017)

Language: English

ISBN-10: 0316311618

ISBN-13: 978-0316311618

Product Dimensions: 5.9 x 0.8 x 9.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 23 customer reviews

Best Sellers Rank: #21,979 in Books (See Top 100 in Books) #19 in [Books > Education & Teaching > Higher & Continuing Education > College Guides](#) #29 in [Books > Education & Teaching > Schools & Teaching > Student Life](#) #81 in [Books > Health, Fitness & Dieting > Mental Health > Emotions](#)

Customer Reviews

"U Thrive is full of the insights and practical tips I wish I'd had as an undergraduate. It's a user's guide to the mind and body, written for young adults on the cusp of mastering both!"
—Angela Duckworth, author of Grit
"This book is full of information that college students need -- not just for achieving excellence, but also for reducing stress, gaining happiness, and finding meaning."
—Adam Grant, author of Originals and Give and Take

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.

Full disclosure, one of the authors, Dan Lerner, has been a colleague and friend for many years. Still, this is one great resource! As a father and a teacher and someone who is on a constant quest to discover tools, ideas and strategies to thrive, especially in high-pressure situations. Even though the authors are professors, it's written for humans, not academics. It's not just valuable, it's also a fun and relatable read. It draws upon a deep well of proven, scholarly research to offer ideas that have been tested and validated. But, they don't stop there. They build on this foundation with stories and examples, many gleaned from years teaching and refining this material with more than 4,000 students. So, it's not just about what works in the lab, it's about what works on the ground, in their own "living lab" and in real life. This is a volume I'll be referring to often and giving to grads and new college students.

U thrive is perhaps the most complete guide to the known science of applied positive psychology. It is a beautifully crafted book—layered with research, a deep understanding of students' lives, and practical advice. It is highly readable and entertaining—with a beautiful blend of examples, science, and direct application of practices. The authors, professors teaching New York University's largest course on the Science of Happiness, have given a thoughtful foundation coupled with tools every student needs to recover, cope, and thrive. Each chapter begins with a discussion of the main principles and highlights these features with stories and excellent examples. At the closing of each are "takeaways," followed by concrete exercises to make these principles happen in your life. The careful research, top notch writing, chapter contents, and coaching for the use of applied techniques make this not only the perfect gift book for new or returning college students—it would be an excellent supplemental reading for introductory psychology courses.

While this book may be intended for college students, it has tremendous value for parents of college

students as well. As a positive psychology enthusiast, I was curious to see how the authors would present positive psychology concepts to these young adults. The small book packs a powerful punch covering a wide range of topics from optimism, resilience, and mindset to the importance of nutrition, sleep, and exercise. I particularly enjoyed the last chapter on passion. I marked up many sections throughout the book that I would like to re-read. I bought the book thinking I would read it and then pass it along to my sons who are in college, but I'm not willing to give up my copy so I now need to buy them each their own! - Sharon F. Danzger, author of Super-Productive: 120 Strategies to Do More and Stress Less.

Great book! Although I am past my college years, I received this book as a gift from someone who knows I am interested in positive psychology. There's a lot here that relates to everyone, not just college students. (Check out the sections on willpower and on making choices.) I ordered another copy to give as a gift.

I wish this book had been written when my older daughter was going to college - it is a must read for every high school senior, college freshman or anyone looking to find their way in the world. I am buying it for every graduate I know.

U Thrive is THE book all high school seniors need as a graduation gift. This book helps students address the opportunities and challenges every undergrad will face. U Thrive is filled fascinating science, real-life stories, and tips for building positive lifelong habits. I wish I had this book when I went to college!!

I was always commenting " how does an 18 year old" know anything about selecting the right college. Is he/ she mature enough to handle the competition, pressures, stress and the myriad of other things that can and will come up?U Thrive has a lot of questions, answers and possibilities that can open up a parent, student or advisors mind enough to maybe make some really good answers.

I love this book! My college bound teen won't read it so i'm reading it and passing on the important tidbits. More in depth than the usual college readiness book.

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