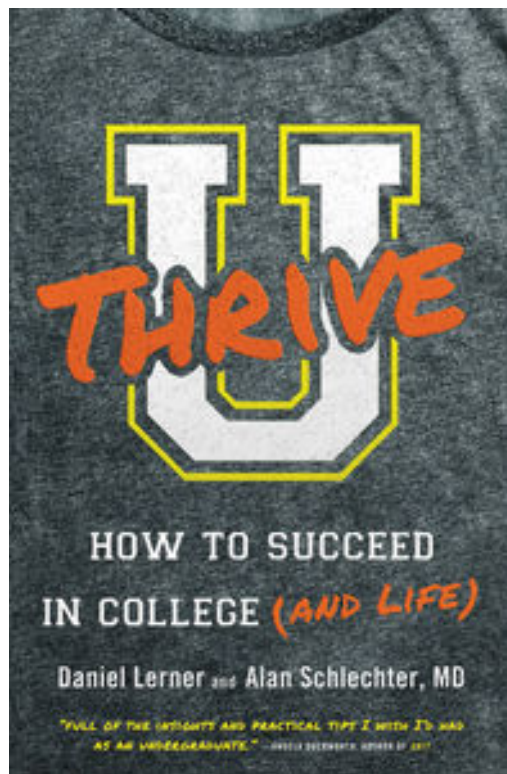


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U Thrive Download Online eBook Dan Lerner & Alan Schlechter Free eBook PDF/ePub/Mobi/Mp3/Txt, From the professors who teach NYU's most popular elective class, "Science of Happiness," a fun, comprehensive guide to surviving and thriving in college and 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.

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