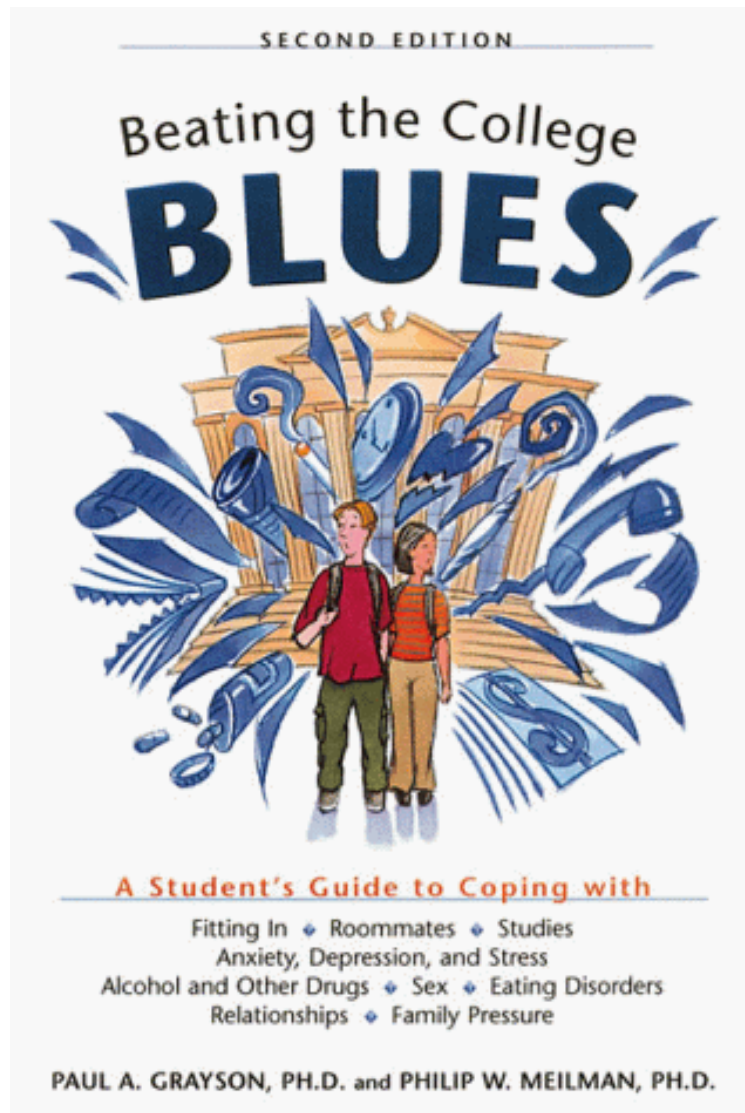


[Ebook free] Beating the College Blues, Second Edition

Beating the College Blues, Second Edition

Paul A. Grayson, Philip W. Meilman
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Paul A. Grayson, Philip W. Meilman : Beating the College Blues, Second Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised Beating the College Blues, Second Edition:

0 of 0 people found the following review helpful. Great College AdviceBy SmudgeeeThe 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!0 of 0 people found the following review helpful. Great bookBy Philip W MeilmanThis 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. 6 of 6 people found the following review helpful. An excellent overview of problems facing college students...By A CustomerI 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.

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.

"...solid advice and information...makes an excellent primer on adjusting to college life..." -- National On-Campus Report
Drs. Paul Grayson and Philip Meilman have provided a guide to college life and its psychological vicissitudes that meets the challenge of taking on the most difficult questions college students would like to ask if they could be guaranteed confidentiality, respect and a good measure of wise advice. -- Leighton C. Whitaker, Ph.D., ABPP, Director of Psychological Services, Swarthmore College, Editor, *Journal of College Student Psychotherapy*
This book is a must for all incoming freshmen and for the faculty and staff who hope to work with them. Parents might also find this a useful tool for understanding the challenges their sons and daughters face. -- Cheryl Presley, Ph.D. Student Health Program Wellness Center Southern Illinois University
[*Beating the College Blues*] enables students to take responsibility for their own lives and educations, and it conveys a message of patience, empowerment and hope. -- Daniel M. Nelson, Ph.D. Dean of Upperclass Students Dartmouth College
From the Back Cover
Leaving the familiarity of high school and the comfort of family and friends in order to enter college can often be a chaotic and frightening prospect. Students face a number of experiences, situations and responsibilities that are new to them. From test anxiety to depression, sex to eating disorders, and drugs and alcohol to fraternities and sororities, *Beating the College Blues*, Second Edition answers many of the questions on the minds of modern-day college students. In an easy-to-understand question-and-answer format, students can explore and begin to cope with the feelings and emotions that accompany college life. This indispensable book will help counsel and guide students from freshman year to graduation and beyond.
About the Author
Dr. Paul A. Grayson is the director of counseling services at New York University. Previously he counseled students at SUNY Purchase, Wesleyan University and the College of William and Mary. Dr. Grayson was the editor of *College Psychotherapy* (Guilford Press, 1989). Dr. Philip Meilman is the director of counseling and psychological services at Cornell University. Previously he was director of the counseling center at the College of William and Mary and assistant director of counseling and human development at Dartmouth College. He holds academic appointments as courtesy professor of human development at Cornell and as associate professor of psychology at Cornell University Medical College. He has authored or coauthored more than 70 professional publications and acts as consulting editor for the *Journal of American College Health* and periodically as a reviewer for the *Journal of Studies on Alcohol*.