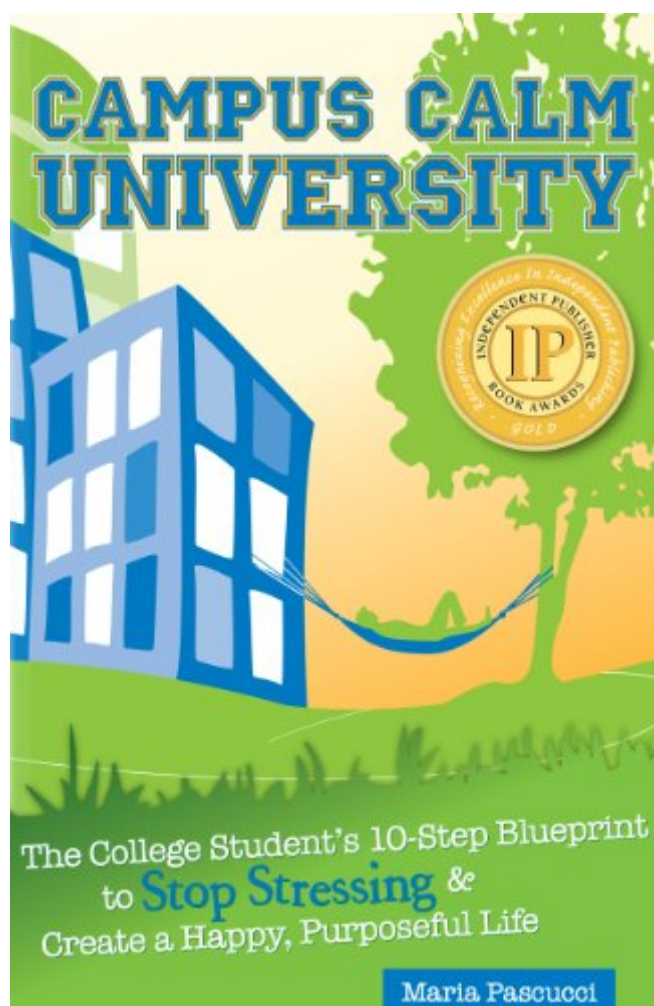


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# Campus Calm University: The College Student's 10-Step Blueprint To Stop Stressing & Create A Happy, Purposeful Life



## Synopsis

"Calm college student stress with the 10 mindsets to authentic success and happiness ... in school and in the real world." The college student's step-by-step blueprint teaches you how to find 'campus calm' at any university and embrace the new paradigm of success characterized by joy, passion and purpose. You will discover how rewarding it is to:

- Manage college stress and still excel in demanding academic environments.
- Ditch your inner perfectionist and embrace lifelong learning.
- Tap your inner Picasso & be marketable to any employer no matter what your college major or degree.
- Eliminate confusion by looking inside for answers when the rest of the world is telling you that you should be headed down a different path.
- Use your unique strengths to transform your world on your own terms.
- Uncover the most important mindset shared by all happy, stress resistant people and learn why you can never be truly successful without it.

## Book Information

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## Customer Reviews

Much to consider here. It's written in a sensible, lively tone that will bring you down of the ledge if you've got three papers, a presentation and two midterms due, it's your Mom's birthday tomorrow, and you just discovered you have no gift and no clean underwear. Any college student has been

there, Campus Calm University helps you navigate out and develop good habits you'll use forever. Lots of real world situations from someone who obviously has been there herself. Worth reading over the summer to make next year easier.

Great book! At times it can be quite self help-y, but they have lots of great information about ditching stress, loving yourself and taking care of your body and mental health in college. And it can be used for when you are out of college too. However, unlike other self helps books she doesn't claim this book will change your life, she just provides information to help you and states that this is what helped her. The author has a great personality and the book really shows it. Very helpful :)

If you have had a normal childhood and college is stressing you out, this book has nothing to offer. Thanks for asking.

Campus Calm University is part of a nationwide effort by innovative new organization Campus Calm to empower high school and college students to become stress resistant and confident leaders. This generation of teens and twenty-somethings, known as the Millennials, is the most ambitious group of young people ever to walk the planet. However, Millennials also feel a great deal of pressure to follow the prescribed path to success and happiness and map out every second of their lives in painstaking detail. Those in high school and college are exhausted from stressing over every individual grade, test score, internship and résumé builder. They imagine a life where they can focus on learning and prioritize fun and spontaneity while they're still young. Maria and her panel of experts (in the interest of full disclosure, I'm the twenty-something career one) have developed a guidebook that we hope will help them do just that. One of the best things about the book is that it teaches teens and twenty-somethings lessons about how to achieve life satisfaction that most people don't learn until they're at least 40 (I'm still working on some of them myself), including ditching your inner perfectionist, taking calculated risks, embracing your creativity, and surrounding yourself with positive influences.

Campus Calm University is a harbinger of change for students across America. Through Maria's words, students can learn how to see their notebooks, textbooks, and class syllabuses as tools to cultivate their academic passions. Lets see a break down of Campus Calm University:- Soothing, caring style of writing - 5 out of 5 Stars- Supremely intelligent, practical advice applicable to any student, young or old - 5 out of 5 Stars- Influential chapters, each dealing with a student's mental,

physical, and social health - 5 out of 5 Stars- Teaches students to love learning, and value their own health as an accomplishment - 5 out of 5 Stars- A groundbreaking author who serves as a mentor to any student who just needs to release themselves from a miserable mindset, opening the door to thousands of possibilities - 5 out of 5 StarsSo, as you can see, this decision is truly a no-brainer.

Maria gives you her credible common-sense advice as a result of her own college experiences. With her help, you'll realize that you're not alone and that you can handle your challenges calmly and with grace. You'll also benefit from the wisdom of Maria's Campus Calm experts featured in "Campus Calm University," to begin living a happy and fulfilling life right now. Keep this book handy, you'll refer to it often!

I just finished Maria's book, and it is excellent! Between her years of wisdom and interviews with experts, she shares great advice I wish I had heard when I first started Stanford University. Every student should read this book so they can balance striving for success with living a healthy lifestyle!Monte Malhotra,Â The Young Investor's Guide to Retiring Young

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