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5 Must Know Secrets For Today's College Girl



Synopsis

5 Must-Know Secrets for Today's College Girl is a popular read on today's college campuses. This award-winning book provides young women with the hands-on tools and encouragement to achieve extraordinary results in college...and life. Author Lauren Salamone is a sought-after Teen Life Coach who has personally helped hundreds of young women excel in every aspect of their college lives -- academic, extra-curricular, social, and personal. In this inspiring book, she reveals secrets that have proven the most valuable to collegiettes. Readers get the inside scoop on how to have a truly rewarding college experience: how to achieve a smooth transition to college, to make the most of their unique gifts and strengths, to overcome challenges inherent to the college woman, to build a meaningful support network for success, to excel in college and surpass their goals. Also included are practical tips and eye-opening reflections from recent college grads and an interactive Action Guide that enables girls to apply the 5 Secrets to their lives right away.

Book Information

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Customer Reviews

"Don't leave for college without 5 Must-Know Secrets! And if you're already there -- hurry! -- and pick up a copy. This book bridges the gap between a mediocre college experience and a home-run." -Ashley DePasquale, Lesley University
"I know from my years of experience as a college adviser that young women entering college are fortunate, indeed, to have Lauren Salamone unlocking five secrets to ease their entry and lead them toward achieving their goals."

They will benefit greatly from Lauren's warm and friendly voice, the situations she describes, and the strategies she proposes. Moreover, they will be encouraged by the many inspiring stories that previous students share. Readers who engage with 5 Must-Know Secrets will discover a clear sense of direction and gain a strong sense of confidence." --Dr. Marilyn Sobelman, Associate Professor of Teaching and Learning, New York University

Lauren Salamone is an award-winning Life Coach to teen girls and a frequent presenter at schools and educational conferences. She is a regular guest expert on teen-success topics for a range of venues including CBS and FOX-TV, Yale University, Campus Explorer, Tots to Teens Magazine, CollegeXclusive.com, and more. She has been honored with the Communications Concepts Excellence Award for her coaching services as well as the USA Best Books Award. She earned her B.A. with honors from St. Lawrence University and her M.Ed. from New York University where she was the Graduate Valedictorian.

I read the book and have purchased several copies to give as gifts. It was a great read and definitely has concise information that is helpful not only for College Girls, but for anyone. I loved the format with periodic post-it notes and testimonials and stories at the end of each chapter. This book has useful, practical, self-help advice and it was fun to read. As a school guidance counselor I have seen many of this type of book, but I give five stars to 5 Must Know Secrets for Today's College Girl above all of the others. Dorothy Artistic

This book will help make college life a success. It has great advice on every area of college life - study, dating, picking a major, changing majors, living with roommates, financing school, etc. I will definitely pass this book along to my younger sister heading off to college in two years.

Lauren pours her years of hard-earned, hands-on experience into this must-have manual for young women heading to college. This is the best compilation of practical life tools I have seen on this topic. Lauren's unique approach is simple and fun, while keeping the reader completely engaged in the rich content and supporting exercises. There's so much wisdom contained in these pages, one can feel it! What I love most, however, is how inspired I was to apply the principles to my own life. At 46 and NOT a college student, that says much. My niece--who's heading to college this fall--will receive this as her high school graduation gift. It is the very best I can give to her as she embarks on this exciting journey. For a woman of any age who's heading to college, this book is an essential

resource to equip them for ultimate success.

5 Must Know Secrets for Today's College Girl is an outstanding book of rich wisdom. It is warm, inspirational, empowering, and full of heart. The Author never talks down to her readers but connects with great information on practical matters such as getting along with others, leaving your comfort zone, and conquering the dreaded 'select your major' question. The book goes much deeper than practical matters and addresses core issues like fear, negative self talk, and coping with the expectations of others. I particularly enjoyed the self discovery questions that invite readers to apply the information and use it to design a college experience that is healthy, positive, fun, and successful. This book is one that every parent will want their daughters to read and every girl entering college will benefit from reading more than once. Highly recommended.

I found this book to be a wonderful blend between the logical explanations of what you need to know in preparation of college. What I did not expect to find and was pleasantly surprised, was the spiritual wisdom passed onto the reader. When you reflect back on your time going to college, what is really the true lesson(s) learned? A great mix between the logical academics but more so for some on the spiritual wisdom of who am I? This book helps young ladies become empowered by educating them about knowing who they are; being centered in approval for themselves. The book provides great tools to use and to learn so that you are prepared ahead of time in case anything would present as a challenge. For example, tips and strategies on how to offset the negative self-talk, how to envision success, etc. I highly recommend the book!

I bought this book to give as a gift to a recent high school graduate. I decided to read part of it before giving it to her and couldn't put it down! It is a fun, easy-to-read book full of insight, optimism, wisdom and great strategies to get the most out of college...and life in general. I found it helpful as an adult and wish I'd read a book like this before or even during college my college years. Lauren addresses so many of the issues young women face in college with hands-on techniques and helpful anecdotes from successful women. I highly recommend it!

With a focus on mental, emotional, and social maturation, this book benefits not only college girls but all readers. Since it is especially valuable for coming of age readers, I wish Lauren Salamone's book had been available with its supportive information when I went to college. When my daughter went to college, I wish I could have given this book to her. So glad others will get a chance to have

this delightful book. Sparkle on, Marifran Korb Relationship Coach

5 Secrets is a must read for all adolescent women! Lauren writes with a wonderful conversational writing style that works so well with the target audience of this book. The suggestions really hit the nail on the head and I know girls all over the world will benefit from this book's guidance and suggestions.

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