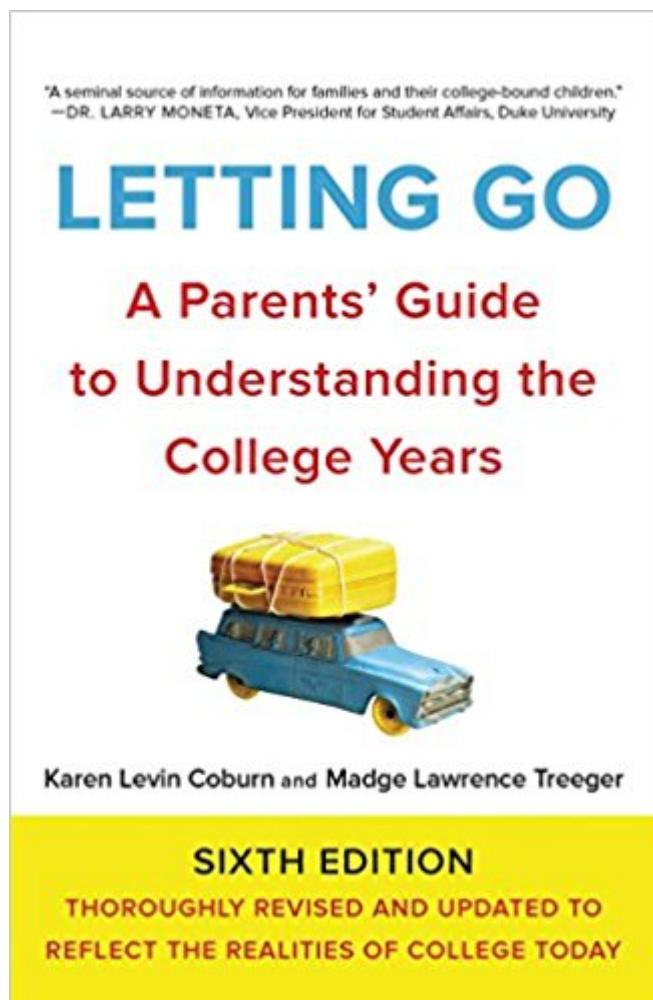


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# Letting Go, Sixth Edition: A Parents' Guide To Understanding The College Years



## **Synopsis**

The sixth edition of this classic parents' guide and college orientation staple has been thoroughly revised and updated to reflect the realities of college today. For more than a decade, Letting Go has provided hundreds of thousands of parents with valuable insights, information, comfort, and guidance throughout the emotional and social changes of their children's college years—from the senior year in high school through college graduation. Based on research and real life experience, and recommended by colleges and universities around the country, Letting Go, Sixth Edition, has been updated and revised, offering even more insightful, practical, and up-to-date information. In this era of constant communication, this edition tackles the challenge facing parents: finding the balance between staying connected and letting go. When should parents encourage independence? When should they intervene? What issues of identity and intimacy await students? What are normal feelings of disorientation and loneliness for students—and for parents? What is different about today's college environment? What new concerns about safety, health and wellness, and stress will affect incoming classes? A timeless resource, Letting Go, Sixth Edition, is an indispensable book that parents can depend on and turn to for all of their questions and concerns regarding sending their children to college.

## **Book Information**

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## **Customer Reviews**

“Letting Go should be a required text for any college parent. It reflects today's college student's reality and helps prepare parents for the exciting journey that awaits both

them and their sons and daughters. (Marc Wais, Ph.D., Senior Vice President for Student Affairs, New York University) "A seminal source of information for families and their college-bound children. (Larry Moneta, Vice President for Student Affairs, Duke University) "Filled with practical and up-to-date information, *Letting Go* is must-reading for parents embarking on this next stage of life with their soon-to-be college students. Undoubtedly, the best guide available today. (Dr. Patricia A. Whately, Vice President for Student Affairs, University of Miami) "A sensitive, informative and well-written guide to help parents know what their children are getting into when they leave for college. Full of practical advice and psychological insight, it's a better antidote than Valium for the anxieties parents feel as they prepare to let their children go. (Ben Lieber, Dean of Students, Amherst College) "As a high school principal, I find *Letting Go* to be an invaluable resource. Written in a humorous and accessible style, it answers the questions "What happens next and how can you deal with it?" (Louise Losos, Principal, Clayton High School, Clayton, Missouri)

Karen Levin Coburn is the Senior Consultant in Residence and former Assistant Vice Chancellor for Students at Washington University in St. Louis. Madge Lawrence Treeger is a psychotherapist and a longtime member of the Washington University Counseling Service.

I wish I could give this book to every mom (and many dads) who are sending their first child off to college. The stories and explanations of kids at each stage are so helpful to understanding your own child's often strange behavior and what to expect next. In this ever changing world of social media and parents sending kids off to college far from home, it is so calming to know we are not alone and the experience makes sense. I highly recommend getting this book before your child gets to college or even after they are there. For me, as a mom of a child who graduated and now having twins who are juniors in college, I forgot what the first child was like and then I am experiencing it all again. It's really more of "What to Expect When your Child is preparing for and in college". Be prepared to laugh and cry and be enlightened about your student in college!

This book was well written and well worth the money. I sat down and read it in an afternoon and a lot of the information was extremely helpful.

Great Book. Read it in the summer before your kids go to college. its really helpful then. It helps you

understand what your kids are going through and how they will react to being in school. As my husband says, it helps you not be offended by what they do as you see by reading the book that most of our kids are very typical Freshmen. Its really helped us adjust. We also loved For Parents Only. Reading them together is great!

still reading

We have bought this book many times over the years to give to friends whose children are about to enter college. Glad to see it updated for the current generation.

great thanks

Excellent preparation for parents sending children to college.

Purchased as a gift.

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