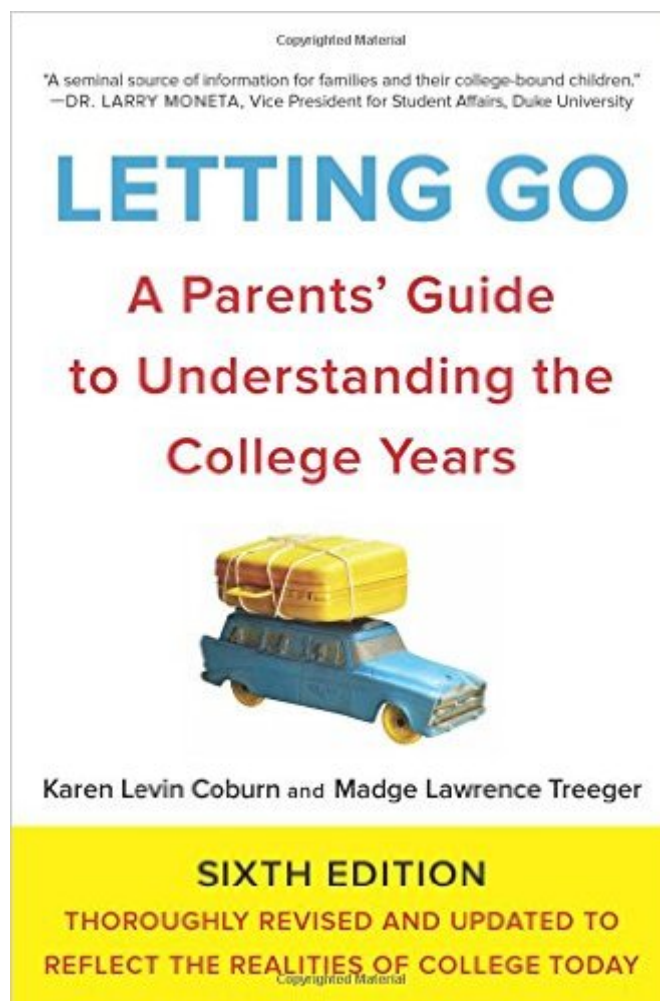


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# Letting Go, Sixth Edition: A Parents' Guide To Understanding The College Years



## Synopsis

The sixth edition of this classic parentsâ™ guide and college orientation staple has been thoroughly revised and updated to reflect the realities of college today.Â 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&#39;s college yearsâ 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 studentsâ and for parents? What is different about today&#39;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

As my daughter heads off for freshman year, I feel a bit more prepared for all that's to come having read this. This is not a quick or a light read, especially by 2016 standards. Prepare to settle in for a

meaty, thought provoking journey.

What a great comfort to have had this book to read on my flight home from dropping of my oldest son to college last year on an opposite coast! I felt quite alone with my feelings regarding this "life transition" from a parent who was in the other room, to a parent who is now on the other side of the country. "Letting Go" was a great guidebook, and assured me that many of my feelings were quite normal. My son is just starting his sophomore year in a few days, and this time I let me husband do the "drop off". Even though I said my goodbye from the front door this time as opposed to pulling away in the rental car from his campus, I still feel that same emptiness, and will refer once again, to this book for comfort and understanding.

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