



College Stress Solutions: Stress Management Techniques to *Beat Anxiety *Make the Grade *Enjoy the Full College Experience

Kelci Lynn Lucier

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The tools you need to overcome everyday stress!

Between trying to make the grade and finding a job in a market that continues to stagnate, there's more pressure than ever before to succeed. But the stress that comes from this pressure can also keep you from achieving your goals. *College Stress Solutions* teaches you how to use simple exercises to overcome your anxiety and find success while at school. From completing assignments on a tight deadline to dealing with classmates to thinking about your future, this book gives you the tools and advice you need to feel more calm, relaxed, and motivated each and every day. With these easy yet effective solutions, you'll conquer any social or academic demand that comes your way as you work toward your degree.

Whether you're cramming for an exam or fighting with your roommate, you'll be able to move past your worries--and score the grades to prove it!



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