

A NO-BS GUIDE FOR MANAGING PHYSICAL AND MENTAL HEALTH ON CAMPUS FEATURING HILARIOUSLY POWERFUL STORIES OF PERSONAL TRIUMPH AND INEVITABLE STRUGGLE.

Eight million freshman crash into college every fall, gaining ten pounds on average in their first semester alone, with little or no preparation for how to operate as an independent adult with sugar cravings, happy hours, constant stress, and sleepless nights. All mental health metrics on depression, anxiety, and suicidal ideation have steadily risen since 2012, with the largest boost ever seen coming off the heels of the 2020 global pandemic. Simply put - it's never been more challenging to be a college student.

WHAT PEOPLE ARE SAYING

"A book that feels genuinely authentic about what students face, brought to life with the college experiences of the authors and quotes from students across the country."

MARTHA HART-JOHNS, PSYCHOLOGY PROFESSOR, HEALTH EDUCATOR, AND RESEARCHER

"A no-nonsense 'how-to' guide built upon extensive research, yet delivered in a voice that feels more like a conversation with wise older cousins."

CRYSTAL CYR, STUDENT SERVICES, UNIVERSITY OF COLORADO BOULDER

"Jill and Dave's personal anecdotes make this guide relatable and their advice is practical, holistic, as well as entertaining. They get it."

HANNAH KEARNEY, OLYMPIC GOLD MEDALIST, CERTIFIED PERSONAL TRAINER

"A book that goes so far beyond a rote plan for losing the freshman fifteen."

HELAINE KNAPP, CITYROW CEO & FOUNDER

ABOUT THE AUTHORS

JILL HENRY

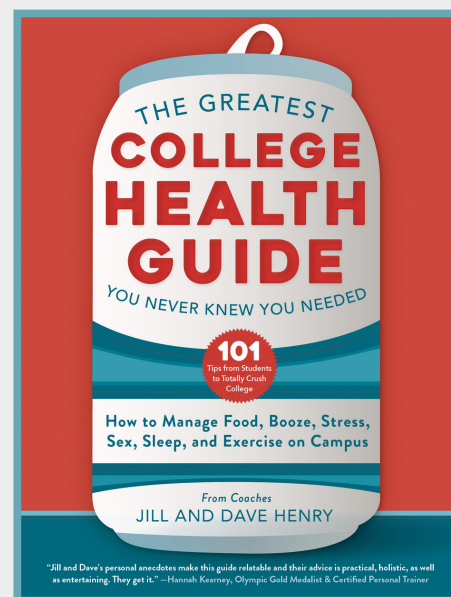
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Jill and Dave Henry have been coaching, entertaining, and educating teens in Los Angeles for more than twenty years combined. With every graduating class, they've fielded their student-athletes' concerns about the transition to college, particularly the dreaded freshman fifteen. Determined to help, the Henrys decided to leverage their combined professional skills in research, study design, data analysis, and storytelling to create an entertaining yet informative resource with the goal of preparing all students to enjoy college without sacrificing their health.



DETAILS

TITLE

The Greatest College Health Guide
You Never Knew You Needed

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PUBLICATION DATE

April 20, 2021

FORMAT

Hardcover, eBook

ISBN

978-1-5107-5909-1

978-1-5107-5910-7 (eBook)

RETAIL PRICE

\$16.99

SPECS

6" x 8"

264 Pages

SHELVING CATEGORY

College Guide, Health & Wellness

PUBLISHER

Skyhorse Publishing

DISTRIBUTOR

Simon & Schuster

greatestcollegehealthguide.com