



Letting Go: A Parents' Guide to Understanding the College Years, Fourth Edition

Karen Levin Coburn, Madge Lawrence Treeger

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This bestselling guide, read by hundreds of thousands of parents over the past decade, is now better than ever, newly revised and completely updated. Based on real-life experience and recommended by colleges and universities around the country, *Letting Go* offers compassionate, practical, and up-to-the-minute information to help parents with the emotional and social changes of the college years.

- 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?

These important issues and more are addressed with wise advice and time-tested counsel in *Letting Go* -- a realistic and reassuring source for meeting the challenges ahead, from the senior year in high school through college graduation.

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