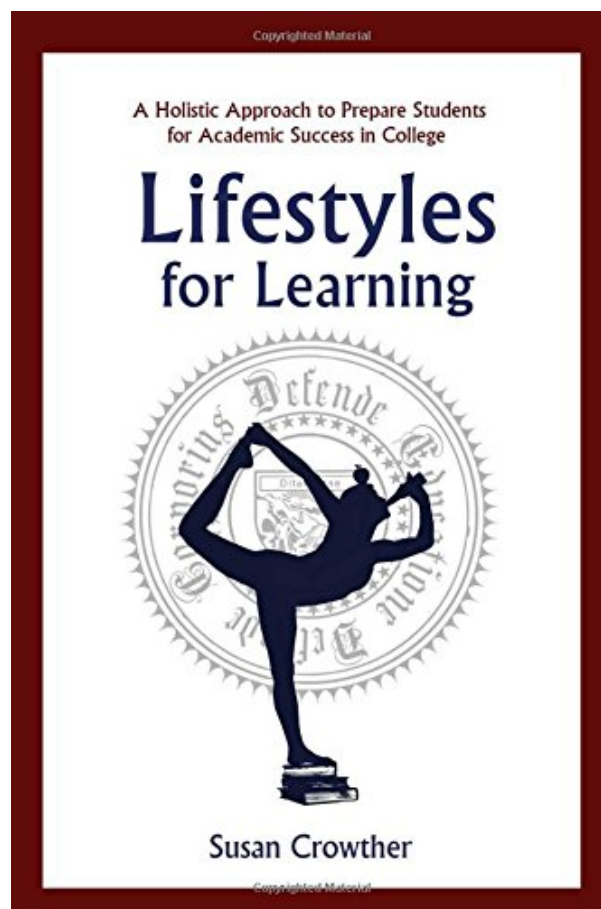


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About the Author

Susan Crowther s career path includes: professor, writer, chef, nutritionist, and mother. For many years she has been a professor and tutor for students with dyslexia and related learning disabilities at Landmark College in Putney, Vermont. She writes a monthly food column in the Brattleboro Commons and is found on the airwaves on What s Cookin with Susie and Tank to Table. Susan lives in Brattleboro, Vermont with her husband and editor, Mark.

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LIFESTYLES FOR LEARNING: THE ESSENTIAL GUIDE FOR COLLEGE STUDENTS AND THE PEOPLE WHO LOVE THEM

BY SUSAN CROWTHER PDF

College is risky business. Life is hurled into never-before imagined freedom, independence, and choice. For many students, college brings challenges and changes in nearly every area of life—physical, physiological, emotional, social, residential, financial, spiritual, and sexual. College may well be the most volatile time in a person's life.

Attending college is bad for your health. Statistically, young adults face more depression, anxiety, eating disorders, and drug addiction than in any other time in their lives. Schizophrenia emerges most often during this time. Suicide rate is highest between 16–21 years. A college student's lifestyle is a potential threat to their successful academic performance.

The good news is that, with the right tools, students can create a college experience that is healthy, successful, and fits their own unique selves. *Lifestyles for Learning* explores the direct relationship between academic performance and key lifestyle factors: food, sleep, stress, movement, creativity, connection, addiction, and giving. It further discusses how lifestyle factors are challenged by learning disabilities and other co-occurring diagnoses, such as ADHD and behavioral disorders. *Lifestyles for Learning* offers guidance to prepare every college student for success.

Peppered with humorous anecdotes and warm-hearted wisdom, this is important reading for students entering college, as well as for parents, educators, counselors, doctors, psychologists, and educational consultants. It is also designed for supplemental reading in college and high school courses.

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About the Author

Susan Crowther's career path includes: professor, writer, chef, nutritionist, and mother. For many years she has been a professor and tutor for students with dyslexia and related learning disabilities at Landmark College in Putney, Vermont. She writes a monthly food column in the Brattleboro Commons and is found on the airwaves on *What's Cookin with Susie and Tank to Table*. Susan lives in Brattleboro, Vermont with her husband and editor, Mark.

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LFL is a book written for college-students (and the people who love and work with them)

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If presidential candidates are encouraged to vote for themselves, let us encourage authors to review their own books!

LFL exposes the link between certain lifestyle factors and academic success: The Factors: Stress, Food, Move, Sleep, Connect, Create, Control, and Give. It's funny and interesting, filled with "digestible" research and narratives.

LFL explores the Soul-Body-Mind Connection and includes a section on LD: Learning-Disabled or Lifestyle-Disabled?

LFL is a book written for college-students (and the people who love and work with them), but it is a book for everyone who navigates the field of "higher living" ~ those motivated to take control of their success & performance.

I'm proud of this one. Enjoy!

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Lifestyles for Learning is THE owner's manual for college students. Susan Crowther inspires her readers as she masterfully explains the factors which influence quality of performance. With a boldly honest approach drawing on personal experience and vast knowledge, Crowther guides us to understand how the crucial lifestyle choices we make impact academic success. This is a page-turner, truly life-affecting and life-altering. I recommend it to everyone as a guide to living well and successfully.

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