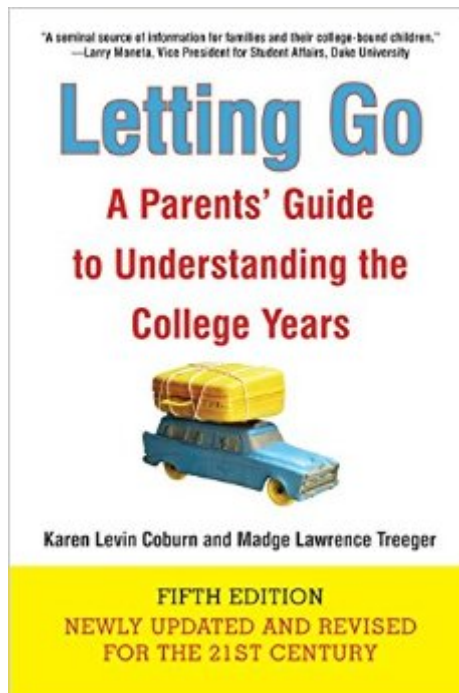


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# Letting Go (Fifth Edition): A Parents' Guide To Understanding The College Years



## 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'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'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

Paperback: 464 pages

Publisher: Harper Perennial; 5 edition (March 17, 2009)

Language: English

ISBN-10: 0061665738

ISBN-13: 978-0061665738

Product Dimensions: 5.3 x 1 x 8 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (49 customer reviews)

Best Sellers Rank: #191,791 in Books (See Top 100 in Books) #147 inÂ Books > Parenting & Relationships > Family Relationships > Parent & Adult Child #183 inÂ Books > Education & Teaching > Schools & Teaching > Parent Participation #260 inÂ Books > Parenting & Relationships > Reference

## Customer Reviews

My wife and I are so far survivors of 24 person-years of being college parents. When we went to our very first parent meeting in 2008, this book was highly recommended by the Residence Life people.

We read it, loved it, and recommended it to others. We lived it. Until a conversation with one of our kids ended in what could only be described as a desperate call for advice because there was no way out of something and the college was trying to keep a lid on the situation. So as our experience grew, we started to realize that "letting go" is exactly what your kid's college wants: and it is not at all what they need. To explain, this book does a great job of going through the emotions of allowing your child to become part of someone else's community (in this case, the college or university). Where we have found the trouble is, is that almost every one of these communities is dysfunctional, and almost destructive, and if you just plan on being a good parent and getting your head patted while your son or daughter is dealing with bizarre policies, student-run underground crime rings (you want it? you can get it all -- for a price -- and often with the help of some other kid's twisted parent), etc. We had one child whose roommate decided his life ambition was to become the Joker and make his own syndicate, which he did in his own dorm: the college told us that everything was fine, and to go back to our poppy field and be good parents and let them experience life. Each of our kids, when they come home, are different people than they left. Their value systems have been temporarily twisted, and they look at my wife and I as if we have changed.... but we haven't. They have.

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