



This Book Is Not Required: An Emotional and Intellectual Survival Manual for Students

Inge Bell, Bernard D. McGrane, John A. Gunderson, Terri L. Anderson

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This **Fifth Edition** of the underground classic **This Book Is Not Required: An Emotional and Intellectual Survival Manual for Students**, by Inge Bell, Bernard McGrane, John Gunderson, and Teri Anderson, breaks new ground in participatory education, offering insight and inspiration to help undergraduates make the most of their college years. This edition continues to teach about the college experience as a whole—looking at the personal, social, intellectual, technological, and spiritual demands and opportunities—while incorporating new material highly relevant to today’s students. The material is presented in a personable and straightforward manner, maintaining Dr. Inge Bell’s illuminating writing style throughout, and inviting students to take responsibility for, and make the most of, their educational experiences.

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