



# **Campus Calm University: The College Student's 10-Step Blueprint to Stop Stressing & Create a Happy, Purposeful Life**

*Maria Pascucci*

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"Calm college student stress with the 10 mindsets to authentic success and happiness ... in school and in the real world." The college student's step-by-step blueprint teaches you how to find 'campus calm' at any university and embrace the new paradigm of success characterized by joy, passion and purpose. You will discover how rewarding it is to:

- Manage college stress and still excel in demanding academic environments.
- Ditch your inner perfectionist and embrace lifelong learning.
- Tap your inner Picasso & be marketable to any employer no matter what your college major or degree.
- Eliminate confusion by looking inside for answers when the rest of the world is telling you that "you should" be headed down a different path.
- Use your unique strengths to transform your world on your own terms.
- Uncover the most important mindset shared by all happy, stress resistant people and learn why you can never be truly successful without it.

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Spent a free time for you to be fun activity to try and do! A lot of people spent their down time with their family, or their very own friends. Usually they accomplishing activity like watching television, going to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Can be reading a book could be option to fill your free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the e-book untitled Campus Calm University: The College Student's 10-Step Blueprint to Stop Stressing & Create a Happy, Purposeful Life can be great book to read. May be it may be best activity to you.

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