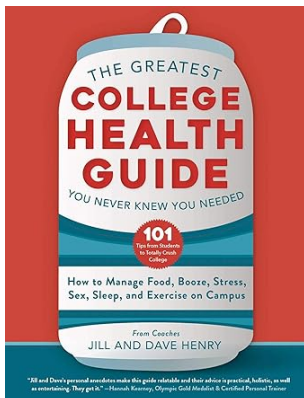


The Greatest College Health Guide You Never Knew You Needed

How to Manage Food, Booze, Stress, Sex, Sleep,
and Exercise on Campus

by Jill and Dave Henry



Non-Fiction - Health - Fitness

264 Pages

Reviewed on 05/19/2021

Book Review



Reviewed by Marie-Hélène Fasquel for Readers' Favorite

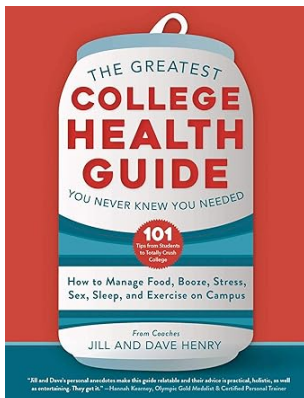
The Greatest College Health Guide You Never Knew You Needed: How to Manage Food, Booze, Stress, Sex, Sleep, and Exercise on Campus by Jill and Dave Henry instantly caught my attention as a mother and teacher. This guide kept its promises: it is comprehensive and engaging. Students need all the support they can get, particularly in these times of crisis when it is hard for them to study in a relaxed way and take care of themselves. This knowledgeable, fun companion explores a wide range of topics, including food, exercise, stress, sleep, and even “booze”! It contains inspirational stories from the authors but also, and maybe more importantly, numerous quotes from actual college students, which make this guide even more relatable and valuable.

The Greatest College Health Guide You Never Knew You Needed is wittily written and extremely entertaining as well as exhaustive, useful, and handy. It is written in a no-nonsense, delightful way. Advice is given but Jill and Dave Henry make sure students understand that they are not giving a “recipe”, a “diet” to be followed blindly, but are sharing sound advice to feel and learn better. First and foremost, the authors explore what students should do to be healthier. I particularly liked the food chapter but they are all important and well-designed. I highly recommend this comprehensive and engaging guide which is bound to help students get on the path of better health as they learn and graduate. Actually a must-read for teachers as well as students.

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Author Biography



Jill and Dave Henry met coaching high school sports in Los Angeles and have been working with teens for nearly fifteen years. With every graduating class, they've fielded their student-athletes' concerns about the transition to college. Determined to help, the Henrys decided to leverage their combined professional skills in research, study design, data analysis, and storytelling (Jill is a veteran statistics teacher, Dave is a Peabody-award winning TV and film editor) to create a fun yet informative resource with the goal of preparing all students to enjoy college without sacrificing their health.