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Spiritus et Veritas

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1 out of 6 College Students Dropout or Flunk Out

WORCESTER, MA— As the graduation season approaches, parents, family, and friends will be reaching for books that offer their students guidance. Considering the high dropout rate—nearly 1 in 6 college students dropout or flunk out—there is a need for inspiration. This is why Ambassador Books announces the publication of a new book, entitled, *Survival Notes for Graduates: Inspiration for the Ultimate Journey* (\$9.95), by award-winning author Robert Stofel.

Survival Notes for Graduates explains the subtle traps and major pitfalls available to graduates. It includes 100 inspirational “notes” filled with wisdom and humor. Each note begins with a quote from Scripture and ends with an insightful quotation from people who have successfully navigated life’s complicated waters. Eleanor Roosevelt, St. Augustine, Mark Twain, and Thomas Merton are among those quoted.

Current books written to graduates typically fall short on practical instructions on how to survive college. If they are not preachy, they are irrelevant. *Survival Notes for Graduates* fills this void. Each note offers practical ways to overcome the snares of college life, such as—procrastination, disappointment, surviving a relationship breakup, homesickness, dealing with a long-distance relationship, time management, etc. The notes have titles such as: “What Your Parents Never Want You to Know;” “How to Be Fat as a Cow and Happy;” “What to Do When You Are Heartbroken;” “Why You Should Throw Away the First Two-Years of College;” and “Find Someone Who Can Tell You the Truth.”

Stofel, who has won awards from *Writers Digest* and *Byline Magazine*, writes from the vantage point of one who has been there. He knows how to touch minds and hearts, while providing practical, easy-to-follow instructions that teach any graduate how to discover God’s guidance and cultivate it. These highly readable notes offer inspiration for the ultimate journey through college life and beyond.

Survival Notes for Graduates: Inspiration for the Ultimate Journey • by Robert Stofel •
ISBN: 1-929039-22-0 • Paper • 216 pages • 5.5 x 6.5 inches • \$ 9.95 • Pub date: April 15, 2004

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