

Your Mindful Guide to Academic Success: Beat Burnout

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Kimball's ebook primer on academic success is an easily read and easily navigated epublication that should be helpful to students and student success centers alike. The breadth of the topics can be found in Chapter headings and show you immediately that the book covers salient topics for all students, especially, first generation and at risk students. While typically covered topics are seen here, think study skills and stress management, but physical vitality, resilience, and metacognition offer something a little out of the ordinary. While I am disappointed that learning styles is still a topic when it is not supported in research, overall, this colorful concise text is a solid manual with very specific pointers. Best, Kimball had students contribute to her book. Biographies are included and they make this manual more poignant to the students looking for help. It feels like a friend.