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# The Best Four Years: How to Survive and Thrive in College (and Life)

*Adam Shepard*

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**The Best Four Years: How to Survive and Thrive in College (and Life)** Adam Shepard
Adam Shepard boldly and ingeniously proved the viability of the American Dream in his first book, *Scratch Beginnings*. Now he tells us that the years we spend in college are *The Best Four Years* of our lives—and he offers a lively, entertaining, and eminently insightful guide on how to make the most of the college experience from orientation to graduation.

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