

'Embrace Your Freedom' Empowers Students to Succeed in an Era of Uncertainty

Former Skidmore College president Philip A. Glotzbach's
Timely Book Offers a Roadmap for College and Beyond

SARATOGA SPRINGS, NY, UNITED STATES, February 4, 2025 /EINPresswire.com/ -- In an era marked by unprecedented challenges and change, Philip A. Glotzbach's new book "Embrace Your Freedom" offers a practical, actionable guide to help students navigate their educational journeys and prepare for success in the wider world.



Students today are navigating challenges we could hardly imagine just a decade ago."

Dr. Philip Glotzbach

"Embrace Your Freedom: Winning Strategies to Succeed in College and in Life" (Post Hill Press) addresses the unique pressures today's students face and equips them with tools to thrive academically, personally, and professionally.

For parents and mentors, it provides a framework to guide young adults toward independence and self-confidence.

"Students today are navigating challenges we could hardly imagine just a decade ago," says Glotzbach. "This book is about empowering them to take responsibility for their education, find balance in their lives, and embrace the freedom that comes with adulthood in ways that prepare them for a meaningful future."

Relevance to Today's Educational Challenges

"Embrace Your Freedom" directly addresses some of the most pressing issues facing students today:

- **Adaptability in a Changing World:** With an ever-evolving societal, technological, and economic landscape, the book's focus on adaptability, critical thinking, and intentional decision-making is more relevant than ever—skills in high demand but often overlooked.
- **Mental Health and Well-being:** Amid a rising mental health crisis, the book emphasizes self-awareness and self-care, encouraging students to find balance and prioritize emotional health.
- **Civic Responsibility in a Polarized Society:** The book underscores the role of education in fostering responsible citizenship, offering students a roadmap to navigate societal issues with confidence and responsibility.

Praise for Embrace Your Freedom

"Former Skidmore College president Glotzbach mines his five-plus-decade career in higher education for this sturdy guide to undergrad life. Glotzbach's seasoned perspective lends weight to his insights about the changing cultural and educational landscape... a solid resource for ambitious incoming freshmen looking to make the most of their college years." — Publishers Weekly

"This thought-provoking book helps students and parents navigate the [college] process while asking bigger questions and generating excitement. What is the purpose of a college education? How do I build a meaningful life in college and beyond? What contributions might I make in the world? If you're a student or parent on the journey to college, use this book as both a roadmap and a spark for conversations." — Angel B. Pérez, CEO, National Association for College Admission Counseling (NACAC)

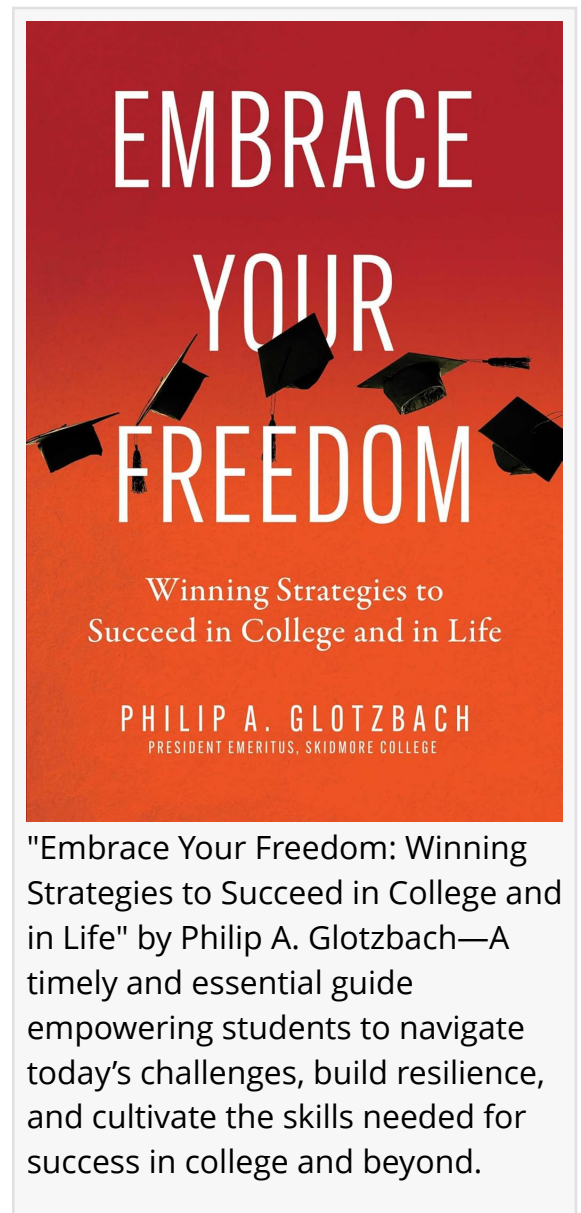
"A superb book, full of wise advice, well researched and well written, and brimming with authentic stories. This book should be of interest to all of us, not only college students and parents, but everyone who wants to be thoughtful about how to live their life and make use of opportunities." — Alan Lightman, Professor of the Practice of Humanities, MIT, and bestselling author

About the Author

Dr. Philip A. Glotzbach served as president of Skidmore College for 17 years and is a lifelong advocate for liberal arts education, renowned for his leadership in fostering intellectual curiosity and student empowerment. His dedication to student success and commitment to lifelong learning make him a respected voice on modern educational challenges.

"Embrace Your Freedom: Winning Strategies to Succeed in College and in Life" is available now at major retailers and online. Visit PhilipGlotzbach.com for more information.

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