



How to Be a High School Superstar: A Revolutionary Plan to Get into College by Standing Out (Without Burning Out)

Cal Newport

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Do Less, Live More, Get Accepted

What if getting into your reach schools didn't require four years of excessive A.P.-taking, overwhelming activity schedules, and constant stress?

In *How to Be a High School Superstar*, Cal Newport explores the world of relaxed superstars—students who scored spots at the nation's top colleges by leading uncluttered, low stress, and authentic lives. Drawing from extensive interviews and cutting-edge science, Newport explains the surprising truths behind these superstars' mixture of happiness and admissions success, including:

- Why doing *less* is the foundation for becoming *more* impressive.
- Why *demonstrating passion* is meaningless, but *being interesting* is crucial.
- Why accomplishments that are *hard to explain* are better than accomplishments that are *hard to do*.

These insights are accompanied by step-by-step instructions to help any student adopt the relaxed superstar lifestyle—proving that getting into college doesn't have to be a chore to survive, but instead can be the reward for living a genuinely interesting life.

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