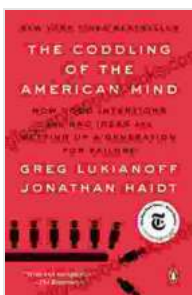


How Good Intentions and Bad Ideas Are Setting Up Generation Z for Failure

In his new book, *How Good Intentions and Bad Ideas Are Setting Up Generation Z for Failure*, author and researcher Greg Lukianoff argues that the well-intentioned but misguided policies and practices of parents, educators, and policymakers are actually ng more harm than good to young people. Lukianoff's research shows that Generation Z is more anxious, depressed, and narcissistic than previous generations, and he argues that this is due in large part to the way that they are being raised and educated.

Lukianoff offers a number of specific examples of how good intentions are leading to bad outcomes, such as the way that parents are over-protecting their children and the way that schools are focusing on self-esteem over academic achievement. He also argues that the social media bubble that Generation Z lives in is contributing to their anxiety and depression.

Lukianoff concludes by offering a number of practical suggestions for how parents, educators, and policymakers can help Generation Z reach their full potential. These suggestions include:



The Coddling of the American Mind: How Good Intentions and Bad Ideas Are Setting Up a Generation

for Failure by Greg Lukianoff

★★★★☆ 4.7 out of 5

Language : English

File size : 5166 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 352 pages



- **Encourage children to take risks and face challenges.** Lukianoff argues that over-protecting children actually makes them more anxious and less resilient. He encourages parents to allow their children to experience failure and learn from their mistakes.
- **Focus on academic achievement over self-esteem.** Lukianoff argues that schools should focus on teaching students the skills they need to succeed in life, rather than on making them feel good about themselves. He believes that self-esteem should be a byproduct of accomplishment, not the goal of education.
- **Limit children's exposure to social media.** Lukianoff argues that social media is contributing to Generation Z's anxiety and depression. He encourages parents to limit their children's exposure to social media and to talk to them about the dangers of comparing themselves to others online.

Lukianoff's book is a wake-up call for parents, educators, and policymakers. He argues that we need to change the way we are raising and educating Generation Z if we want them to reach their full potential.

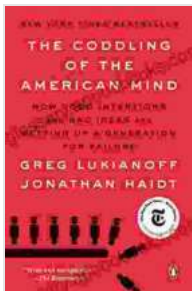
Greg Lukianoff is the president of the Foundation for Individual Rights in Education (FIRE) and the author of several books, including *The Coddling of the American Mind* and *Unlearning Liberty*. He is a frequent speaker on

college campuses and in the media on issues of free speech and academic freedom.

"A must-read for parents, educators, and policymakers. Lukianoff provides a compelling case that we are ng more harm than good to Generation Z." - *The Wall Street Journal*

"Lukianoff's research is eye-opening and his s are sobering. This book is a wake-up call for everyone who cares about the future of our children." - *The New York Times*

"A powerful and important book that should be read by everyone who wants to understand the challenges facing Generation Z." - *The Washington Post*



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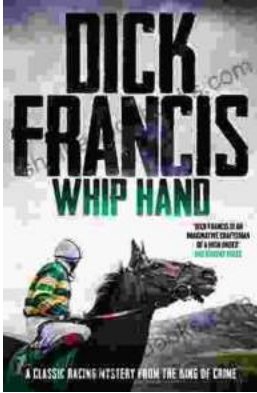
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