

the coddling of the american mind

the coddling of the american mind has become a significant topic in discussions about education, culture, and mental health in the United States. This article explores the origins of the concept, its core arguments, and its impact on society. We will examine how the idea of "coddling" has influenced schools, universities, parenting, and even workplace dynamics. The article delves into the arguments made by Jonathan Haidt and Greg Lukianoff in their influential book, analyzes psychological effects on younger generations, and discusses the challenges and criticisms surrounding this cultural shift. Readers will gain a comprehensive understanding of the coddling of the american mind, its relevance in today's world, and how it shapes debates about resilience, free speech, and the future of education. Stay tuned as we unpack the main principles, controversies, and enduring implications of this widely discussed phenomenon.

- Understanding the Coddling of the American Mind
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Understanding the Coddling of the American Mind

The coddling of the american mind refers to a cultural trend where young people are shielded from ideas, discomfort, and adversity. This concept has become a central discussion point in debates about education, mental health, and resilience. Proponents argue that overprotecting children and young adults can inhibit their emotional and intellectual growth. The term gained popularity following the publication of the bestselling book by Jonathan Haidt and Greg Lukianoff, which explores how certain societal shifts are impacting the mental well-being of students and the broader American public. The coddling of the american mind is now used to describe a range of issues, from trigger warnings in classrooms to "safe spaces" on college campuses, and is frequently cited in conversations about free speech, critical thinking, and emotional resilience.

Origins and Core Arguments of the Concept

The origins of the coddling of the american mind are rooted in observations of growing fragility

among students in American schools and universities. Jonathan Haidt, a social psychologist, and Greg Lukianoff, an advocate for free speech, outlined their concerns in an influential article and later expanded them into a book. They argue that three "Great Untruths" have taken hold in educational and parenting practices:

- What doesn't kill you makes you weaker
- Always trust your feelings
- Life is a battle between good people and evil people

According to Haidt and Lukianoff, these untruths contribute to increased anxiety, depression, and an overall lack of resilience among young people. The coddling of the American mind posits that shielding individuals from uncomfortable ideas or challenges does not foster strength but instead encourages vulnerability and dependency.

Impact on Education and School Environments

One of the most visible effects of the coddling of the American mind is seen in educational institutions. Schools and universities have implemented policies such as trigger warnings, safe spaces, and speech codes, intended to protect students from potentially distressing content or ideas. While these measures are designed with good intentions, critics argue that they may undermine the development of critical thinking and emotional resilience. The debate over the coddling of the American mind often centers on whether these policies help or hinder the ability of students to engage with diverse perspectives and cope with adversity.

Changes in Campus Culture

Since the early 2010s, campus culture in many American universities has shifted toward greater sensitivity to student emotional needs. This can be seen in increased demand for mental health services, the proliferation of affinity groups, and administrative responses to controversial speakers. Supporters believe these changes create a more inclusive and supportive environment, while detractors argue that they promote avoidance rather than engagement with challenging ideas.

Effects on Learning and Free Speech

The coddling of the American mind has sparked ongoing debates about academic freedom and the purpose of higher education. Some educators believe that avoiding controversial topics limits intellectual growth and diminishes the value of open debate. Others maintain that creating respectful learning spaces is essential for student success. The balance between protecting students and preserving academic rigor remains a central issue in this discussion.

The Role of Parenting in the Coddling Phenomenon

Parenting styles have played a significant role in the development of the coddling of the american mind. Over the past few decades, American parents have increasingly adopted approaches characterized by overprotection, often referred to as "helicopter parenting" or "snowplow parenting." These methods, while well-intentioned, aim to shield children from failure, disappointment, or discomfort.

Helicopter and Snowplow Parenting

Helicopter parenting involves closely monitoring and intervening in children's lives, while snowplow parenting takes it a step further by removing obstacles before children encounter them. This approach can inadvertently send the message that children are not capable of handling challenges on their own. As a result, children may become more dependent, less resilient, and less prepared for the demands of adulthood.

Consequences for Child Development

Research suggests that overprotective parenting can increase anxiety and decrease coping skills. The coddling of the american mind highlights how these parenting trends correlate with rising rates of mental health issues among adolescents and young adults. Encouraging independence and the ability to confront and overcome adversity is increasingly recognized as essential for healthy psychological development.

Psychological Effects on Young People

The coddling of the american mind is closely linked to rising concerns about youth mental health. Rates of anxiety, depression, and self-harm among teenagers and college students have climbed significantly over the past decade. Researchers and mental health professionals suggest that a lack of exposure to manageable challenges may contribute to these trends.

Resilience and Emotional Growth

Exposure to setbacks and adversity is crucial for developing resilience, a key factor in emotional well-being. The coddling of the american mind argues that when young people are shielded from discomfort, they miss out on important opportunities to build coping skills and confidence. This can lead to higher vulnerability when faced with real-world stressors.

Social Media and Psychological Vulnerability

The phenomenon is also exacerbated by the rise of social media, which can amplify feelings of insecurity, exclusion, and stress. Constant connectivity creates new challenges for young people, who may be more prone to negative thinking and emotional distress. The coddling of the american mind underscores the importance of equipping young people with tools to navigate these modern pressures.

Criticisms and Counterarguments

While the coddling of the american mind has gained widespread attention, it is not without its critics. Some educators and psychologists argue that the concept oversimplifies complex societal changes and unfairly blames young people and educational institutions for broader cultural shifts. Others point out that calls for safe spaces and trigger warnings often arise from genuine concerns for student well-being, particularly for marginalized groups.

- Not all students report feeling overprotected; many still face significant adversity.
- Safe spaces and mental health resources can provide essential support for vulnerable populations.
- The concept may overlook systemic issues such as inequality, discrimination, and economic stressors.

These criticisms suggest that while the coddling of the american mind highlights important trends, solutions must be nuanced and responsive to the diverse needs of students and families.

Long-term Implications for Society

The long-term effects of the coddling of the american mind are still unfolding. Some experts warn that a generation unprepared to face adversity may struggle in the workforce and civic life. Others argue that increased awareness of mental health and emotional well-being can lead to positive changes in how society supports young people.

Future of Education and Workplace Culture

Educational institutions and employers are re-evaluating policies and practices in light of these debates. There is growing recognition of the need to foster resilience, critical thinking, and open dialogue. At the same time, efforts to address mental health and promote equity remain important

priorities.

Building a Balanced Approach

The challenge for educators, parents, and policymakers is to strike the right balance between protecting young people and encouraging independence. The coddling of the american mind offers valuable insights, but real progress will require a thoughtful, evidence-based approach that respects individual differences and societal needs.

Q: What does the phrase "the coddling of the american mind" mean?

A: The phrase refers to a cultural trend where young people are shielded from adversity, discomfort, or controversial ideas, often leading to reduced resilience and increased vulnerability to stress and anxiety.

Q: Who wrote "The Coddling of the American Mind" and what is its main argument?

A: Jonathan Haidt and Greg Lukianoff wrote "The Coddling of the American Mind." Their main argument is that overprotective practices in parenting and education promote emotional fragility among young people and undermine their ability to cope with challenges.

Q: How has the coddling of the american mind affected college campuses?

A: College campuses have seen increased implementation of trigger warnings, safe spaces, and speech codes, which some believe protect students but others argue limit free speech and intellectual growth.

Q: What are the "Three Great Untruths" discussed in the book?

A: The "Three Great Untruths" are: 1) What doesn't kill you makes you weaker, 2) Always trust your feelings, and 3) Life is a battle between good people and evil people.

Q: Is the coddling of the american mind responsible for rising

mental health issues among youth?

A: While it may contribute to increased anxiety and depression by reducing exposure to challenges, mental health trends are also influenced by other factors such as social media, societal pressures, and economic conditions.

Q: What role do parenting styles play in the coddling phenomenon?

A: Overprotective parenting styles, such as helicopter and snowplow parenting, can limit opportunities for children to develop independence and resilience, thereby contributing to the coddling of the american mind.

Q: Are there criticisms of the coddling of the american mind theory?

A: Yes, critics argue that it oversimplifies complex issues, may overlook systemic problems, and that supportive measures like safe spaces are essential for marginalized or vulnerable groups.

Q: How can educators address the challenges described in the coddling of the american mind?

A: Educators can focus on fostering resilience, encouraging critical thinking, and creating environments that balance support with opportunities for students to face and overcome adversity.

Q: What are the long-term societal implications of the coddling of the american mind?

A: Potential implications include challenges in workforce readiness, civic engagement, and mental health, but also opportunities for positive change through increased awareness and better support systems.

Q: How can parents foster resilience in their children?

A: Parents can encourage independence, allow children to experience manageable setbacks, and provide support that empowers children to develop coping skills and confidence.

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The Coddling of the American Mind: Are We Raising a Generation of Fragile Adults?

Introduction:

Are we inadvertently creating a generation ill-equipped for the challenges of adulthood? The increasingly discussed phenomenon of "The Coddling of the American Mind," a term coined by Greg Lukianoff and Jonathan Haidt, explores the concerning trend of shielding young people from discomfort, adversity, and differing viewpoints. This post delves into the core arguments of this controversial thesis, examining its implications for education, mental health, and the future of society. We'll explore the potential causes, consequences, and ultimately, what we can do to foster resilience and critical thinking in the next generation. This isn't about advocating for harshness, but rather about understanding the potential pitfalls of excessive protection and fostering a healthier approach to raising resilient individuals.

H2: The Core Argument: Safetyism and its Impact

Lukianoff and Haidt argue that a culture of "safetyism" - the prioritization of emotional safety above all else - is permeating our institutions, from schools and universities to workplaces and even homes. This manifests in several ways:

H3: The Rise of Emotional Reasoning:

This involves mistaking feelings for facts. If someone feels offended, their feelings are automatically deemed valid, regardless of the intent or context of the perceived offense. This can lead to an environment where open dialogue and constructive criticism become nearly impossible, hindering intellectual growth and critical thinking.

H3: The Emphasis on "Trigger Warnings" and "Safe Spaces":

While well-intentioned, the widespread use of trigger warnings and the creation of safe spaces can inadvertently reinforce the idea that individuals are inherently fragile and unable to cope with challenging ideas or experiences. This can hinder the development of coping mechanisms and resilience.

H3: The Culture of "Microaggressions":

While genuine instances of prejudice and discrimination certainly exist and must be addressed, the broadening definition of "microaggression" to include unintentional slights or perceived offenses can lead to an atmosphere of hypersensitivity and constant anxiety. This can stifle free speech and open communication.

H2: Consequences of the Coddling Approach

The consequences of prioritizing emotional safety over intellectual growth and resilience are far-

reaching:

H3: Increased Anxiety and Depression:

Paradoxically, shielding individuals from adversity can actually increase their vulnerability to anxiety and depression. Without exposure to challenges and the development of coping mechanisms, individuals may become ill-equipped to handle the inevitable stressors of adult life.

H3: Reduced Critical Thinking Skills:

A constant focus on avoiding discomfort can hinder the development of critical thinking skills. The ability to engage with opposing viewpoints, analyze information objectively, and tolerate intellectual disagreement is crucial for navigating a complex world.

H3: Political Polarization:

The avoidance of challenging conversations and the emphasis on emotional responses can contribute to political polarization. Instead of engaging in constructive dialogue, individuals may retreat into echo chambers, reinforcing existing biases and hindering the possibility of finding common ground.

H2: Finding a Healthy Balance: Fostering Resilience

The solution isn't to abandon empathy or sensitivity, but to find a more balanced approach that fosters resilience and critical thinking.

H3: Encouraging Open Dialogue and Debate:

Creating environments where open and respectful dialogue can occur, even when discussing controversial topics, is crucial. Learning to listen to and engage with opposing viewpoints is a vital life skill.

H3: Teaching Coping Mechanisms:

Educating young people on effective coping mechanisms for stress and adversity is essential. This includes developing skills such as emotional regulation, problem-solving, and resilience building.

H3: Promoting Intellectual Humility:

Encouraging intellectual humility—the ability to acknowledge one's own limitations and biases—is crucial for critical thinking. This involves being open to being wrong and willing to change one's mind based on new information or perspectives.

Conclusion:

The debate surrounding "The Coddling of the American Mind" is complex and multifaceted. It's not about advocating for cruelty or dismissing genuine concerns about safety and well-being. Instead, it's a call for a thoughtful reconsideration of how we prepare young people for the realities of adult life. By fostering resilience, promoting critical thinking, and encouraging open dialogue, we can help create a generation equipped to navigate the challenges and opportunities of the future. The goal is

not to make life easier, but to make individuals stronger.

FAQs:

1. Isn't it important to protect children from harm? Absolutely. The argument isn't about exposing children to unnecessary harm, but about finding a balance between protection and fostering resilience. Over-protection can be detrimental in the long run.
2. What about students with genuine trauma? Individuals with trauma require specialized support and care. The discussion of "The Coddling of the American Mind" is not about neglecting those with genuine needs, but about addressing a broader cultural trend.
3. How can parents contribute to fostering resilience in their children? Parents can model resilience, encourage problem-solving, and provide opportunities for their children to overcome challenges in a safe and supportive environment.
4. How can schools promote critical thinking and open dialogue? Schools can implement curricula that encourage critical thinking, facilitate respectful debates, and provide opportunities for students to engage with diverse perspectives.
5. Isn't this just a conservative critique of progressive education? While the book has drawn criticism from some progressive circles, the core arguments about fostering resilience and critical thinking are relevant regardless of political affiliation. The concern is about the unintended consequences of well-intentioned efforts.

the coddling of the american mind: *The Coddling of the American Mind* Jonathan Haidt, Greg Lukianoff, 2018-09-04 'Excellent, their advice is sound . . . liberal parents, in particular, should read it' Financial Times The New York Times bestseller What doesn't kill you makes you weaker Always trust your feelings Life is a battle between good people and evil people These three Great Untruths contradict basic psychological principles about well-being, as well as ancient wisdom from many cultures. And yet they have become increasingly woven into education, culminating in a stifling culture of safetyism that began on American college campuses and is spreading throughout academic institutions in the English-speaking world. In this book, free speech campaigner Greg Lukianoff and social psychologist Jonathan Haidt investigate six trends that caused the spread of these untruths, from the decline of unsupervised play to the corporatization of universities and the rise of new ideas about identity and justice. Lukianoff and Haidt argue that well-intended but misguided attempts to protect young people can hamper their development, with devastating consequences for them, for the educational system and for democracy itself.

the coddling of the american mind: Closing of the American Mind Allan Bloom, 2008-06-30 The brilliant, controversial, bestselling critique of American culture that "hits with the approximate force and effect of electroshock therapy" (The New York Times)—now featuring a new afterword by Andrew Ferguson in a twenty-fifth anniversary edition. In 1987, eminent political philosopher Allan Bloom published *The Closing of the American Mind*, an appraisal of contemporary America that "hits with the approximate force and effect of electroshock therapy" (The New York Times) and has not only been vindicated, but has also become more urgent today. In clear, spirited prose, Bloom argues that the social and political crises of contemporary America are part of a larger intellectual crisis: the result of a dangerous narrowing of curiosity and exploration by the university elites. Now, in this twenty-fifth anniversary edition, acclaimed author and journalist Andrew Ferguson contributes a new essay that describes why Bloom's argument caused such a furor at

publication and why our culture so deeply resists its truths today.

the coddling of the american mind: Unlearning Liberty Greg Lukianoff, 2014-03-11 For over a generation, shocking cases of censorship at America's colleges and universities have taught students the wrong lessons about living in a free society. Drawing on a decade of experience battling for freedom of speech on campus, First Amendment lawyer Greg Lukianoff reveals how higher education fails to teach students to become critical thinkers: by stifling open debate, our campuses are supercharging ideological divisions, promoting groupthink, and encouraging an unscholarly certainty about complex issues. Lukianoff walks readers through the life of a modern-day college student, from orientation to the end of freshman year. Through this lens, he describes startling violations of free speech rights: a student in Indiana punished for publicly reading a book, a student in Georgia expelled for a pro-environment collage he posted on Facebook, students at Yale banned from putting an F. Scott Fitzgerald quote on a T shirt, and students across the country corralled into tiny "free speech zones" when they wanted to express their views. But Lukianoff goes further, demonstrating how this culture of censorship is bleeding into the larger society. As he explores public controversies involving Juan Williams, Rush Limbaugh, Bill Maher, Richard Dawkins, Larry Summers—even Dave Barry and Jon Stewart—Lukianoff paints a stark picture of our ability as a nation to discuss important issues rationally. *Unlearning Liberty: Campus Censorship and the End of American Debate* illuminates how intolerance for dissent and debate on today's campus threatens the freedom of every citizen and makes us all just a little bit dumber.

the coddling of the american mind: The Rise of Victimhood Culture Bradley Campbell, Jason Manning, 2018-03-07 *The Rise of Victimhood Culture* offers a framework for understanding recent moral conflicts at U.S. universities, which have bled into society at large. These are not the familiar clashes between liberals and conservatives or the religious and the secular: instead, they are clashes between a new moral culture—victimhood culture—and a more traditional culture of dignity. Even as students increasingly demand trigger warnings and "safe spaces," many young people are quick to police the words and deeds of others, who in turn claim that political correctness has run amok. Interestingly, members of both camps often consider themselves victims of the other. In tracking the rise of victimhood culture, Bradley Campbell and Jason Manning help to decode an often dizzying cultural milieu, from campus riots over conservative speakers and debates around free speech to the election of Donald Trump.

the coddling of the american mind: The Righteous Mind Jonathan Haidt, 2012-03-29 In *The Righteous Mind*, psychologist Jonathan Haidt answers some of the most compelling questions about human relationships: Why can it sometimes feel as though half the population is living in a different moral universe? Why do ideas such as 'fairness' and 'freedom' mean such different things to different people? Why is it so hard to see things from another viewpoint? Why do we come to blows over politics and religion? Jonathan Haidt reveals that we often find it hard to get along because our minds are hardwired to be moralistic, judgemental and self-righteous. He explores how morality evolved to enable us to form communities, and how moral values are not just about justice and equality - for some people authority, sanctity or loyalty matter more. Morality binds and blinds, but, using his own research, Haidt proves it is possible to liberate ourselves from the disputes that divide good people. 'A landmark contribution to humanity's understanding of itself' *The New York Times* 'A truly seminal book' David Goodhart, *Prospect* 'A tour de force - brave, brilliant, and eloquent. It will challenge the way you think about liberals and conservatives, atheism and religion, good and evil' Paul Bloom, author of *How Pleasure Works* 'Compelling . . . a fluid combination of erudition and entertainment' Ian Birrell, *Observer* 'Lucid and thought-provoking ... deserves to be widely read' Jenni Russell, *Sunday Times*

the coddling of the american mind: The Splintering of the American Mind William Egginton, 2018-08-28 A timely, provocative, necessary look at how identity politics has come to dominate college campuses and higher education in America at the expense of a more essential commitment to equality. Thirty years after the culture wars, identity politics is now the norm on college campuses-and it hasn't been an unalloyed good for our education system or the country.

Though the civil rights movement, feminism, and gay pride led to profoundly positive social changes, William Egginton argues that our culture's increasingly narrow focus on individual rights puts us in a dangerous place. The goal of our education system, and particularly the liberal arts, was originally to strengthen community; but the exclusive focus on individualism has led to a new kind of intolerance, degrades our civic discourse, and fatally distracts progressive politics from its commitment to equality. Egginton argues that our colleges and universities have become exclusive, expensive clubs for the cultural and economic elite instead of a national, publicly funded project for the betterment of the country. Only a return to the goals of community, and the egalitarian values underlying a liberal arts education, can head off the further fracturing of the body politic and the splintering of the American mind. With lively, on-the-ground reporting and trenchant analysis, *The Splintering of the American Mind* is a powerful book that is guaranteed to be controversial within academia and beyond. At this critical juncture, the book challenges higher education and every American to reengage with our history and its contexts, and to imagine our nation in new and more inclusive ways.

the coddling of the american mind: *The Madness of Crowds* Douglas Murray, 2019-09-17 THE SUNDAY TIMES BESTSELLER A Times and Sunday Times Book of the Year Updated with a new afterword by the author 'Douglas Murray fights the good fight for freedom of speech ... A truthful look at today's most divisive issues' – Jordan B. Peterson '[Murray's] latest book is beyond brilliant and should be read, must be read, by everyone' – Richard Dawkins Are we living through the great derangement of our times? In *The Madness of Crowds* Douglas Murray investigates the dangers of 'woke' culture and the rise of identity politics. In lively, razor-sharp prose he examines the most controversial issues of our moment: sexuality, gender, technology and race, with interludes on the Marxist foundations of 'wokeness', the impact of tech and how, in an increasingly online culture, we must relearn the ability to forgive. One of the few writers who dares to counter the prevailing view and question the dramatic changes in our society – from gender reassignment for children to the impact of transgender rights on women – Murray's penetrating book, now published with a new afterword taking account of the book's reception and responding to the worldwide Black Lives Matter protests, clears a path of sanity through the fog of our modern predicament.

the coddling of the american mind: The Parasitic Mind Gad Saad, 2020-10-06 Read this book, strengthen your resolve, and help us all return to reason. —JORDAN PETERSON The West's commitment to freedom, reason, and true liberalism have become endangered by a series of viral forces in our society today. Renowned host of the popular YouTube show "The SAAD Truth", Dr. Gad Saad exposes how an epidemic of idea pathogens are spreading like a virus and killing common sense in the West. Serving as a powerful follow-up to Jordan Peterson's book *12 Rules for Life* Dr. Saad unpacks what is really happening in progressive safe zones, why we need to be paying more attention to these trends, and what we must do to stop the spread of dangerous thinking. A professor at Concordia University who has witnessed this troubling epidemic first-hand, Dr. Saad dissects a multitude of these concerning forces (corrupt thought patterns, belief systems, attitudes, etc.) that have given rise to a stifling political correctness in our society and how these have created serious consequences that must be remedied—before it's too late.

the coddling of the american mind: Not in God's Name Jonathan Sacks, 2015-06-11 Despite predictions of continuing secularisation, the twenty-first century has witnessed a surge of religious extremism and violence in the name of God. In this powerful and timely book, Jonathan Sacks explores the roots of violence and its relationship to religion, focusing on the historic tensions between the three Abrahamic faiths: Judaism, Christianity and Islam. Drawing on arguments from evolutionary psychology, game theory, history, philosophy, ethics and theology, Sacks shows how a tendency to violence can subvert even the most compassionate of religions. Through a close reading of key biblical texts at the heart of the Abrahamic faiths, Sacks then challenges those who claim that religion is intrinsically a cause of violence, and argues that theology must become part of the solution if it is not to remain at the heart of the problem. This book is a rebuke to all those who kill in the name of the God of life, wage war in the name of the God of peace, hate in the name of the God

of love, and practise cruelty in the name of the God of compassion. For the sake of humanity and the free world, the time has come for people of all faiths and none to stand together and declare: Not In God's Name.

the coddling of the american mind: Normal Sucks Jonathan Mooney, 2019-08-13

Confessional and often hilarious, in *Normal Sucks* a neuro-diverse writer, advocate, and father meditates on his life, offering the radical message that we should stop trying to fix people and start empowering them to succeed. Jonathan Mooney blends anecdote, expertise, and memoir to present a new mode of thinking about how we live and learn—individually, uniquely, and with advantages and upshots to every type of brain and body. As a neuro-diverse kid diagnosed with dyslexia and ADHD who didn't learn to read until he was twelve, the realization that that he wasn't the problem—the system and the concept of normal were—saved Mooney's life and fundamentally changed his outlook. Here he explores the toll that being not normal takes on kids and adults when they're trapped in environments that label them, shame them, and tell them, even in subtle ways, that they are the problem. But, he argues, if we can reorient the ways in which we think about diversity, abilities, and disabilities, we can start a revolution. A highly sought after public speaker, Mooney has been inspiring audiences with his story and his message for nearly two decades. Now he's ready to share what he's learned from parents, educators, researchers, and kids in a book that is as much a survival guide as it is a call to action. Whip-smart, insightful, and utterly inspiring—and movingly framed as a letter to his own young sons, as they work to find their ways in the world—this book will upend what we call normal and empower us all.

the coddling of the american mind: *The Hacking of the American Mind* Robert H. Lustig, 2017-09-12 Explores how industry has manipulated our most deep-seated survival instincts.—David Perlmutter, MD, Author, #1 New York Times bestseller, *Grain Brain* and *Brain Maker* The New York Times–bestselling author of *Fat Chance* reveals the corporate scheme to sell pleasure, driving the international epidemic of addiction, depression, and chronic disease. While researching the toxic and addictive properties of sugar for his New York Times bestseller *Fat Chance*, Robert Lustig made an alarming discovery—our pursuit of happiness is being subverted by a culture of addiction and depression from which we may never recover. Dopamine is the “reward” neurotransmitter that tells our brains we want more; yet every substance or behavior that releases dopamine in the extreme leads to addiction. Serotonin is the “contentment” neurotransmitter that tells our brains we don't need any more; yet its deficiency leads to depression. Ideally, both are in optimal supply. Yet dopamine evolved to overwhelm serotonin—because our ancestors were more likely to survive if they were constantly motivated—with the result that constant desire can chemically destroy our ability to feel happiness, while sending us down the slippery slope to addiction. In the last forty years, government legislation and subsidies have promoted ever-available temptation (sugar, drugs, social media, porn) combined with constant stress (work, home, money, Internet), with the end result of an unprecedented epidemic of addiction, anxiety, depression, and chronic disease. And with the advent of neuromarketing, corporate America has successfully imprisoned us in an endless loop of desire and consumption from which there is no obvious escape. With his customary wit and incisiveness, Lustig not only reveals the science that drives these states of mind, he points his finger directly at the corporations that helped create this mess, and the government actors who facilitated it, and he offers solutions we can all use in the pursuit of happiness, even in the face of overwhelming opposition. Always fearless and provocative, Lustig marshals a call to action, with seminal implications for our health, our well-being, and our culture.

the coddling of the american mind: *Invisible Frontier* L.B. Deyo, David Leibowitz, 2007-12-18 In the shadows of the city waits an invisible frontier—a wilderness thriving in the deep places, woven through dead storm drains and live subway tunnels, coursing over third rails. This frontier waits in the walls of abandoned tenements, hides on the rooftops, infiltrates the bridges' steel. It's a no-man's-land, fenced off with razor wire, marked by warning signs, persisting in shadow, hidden everywhere as a parallel dimension. Crowds hurry through the bright streets, insulated by pavement, never reflecting that beneath their feet or above their heads lurks a

universe. Led by its two founding agents, L. B. Deyo and David “Lefty” Leibowitz, Jinx is a stylish urban adventure out?t known for its daring—if sometimes ridiculous—forays into the hidden wonders that lurk above and beneath America’s greatest city, New York. In *Invisible Frontier* L. B. and Lefty chronicle Jinx’s dramatic—if sometimes absurd—exploration of a Dante-esque New York, from the depths of the city’s underground Hell (abandoned aqueducts and subway tunnels) to the pinnacles of its Paradise (rooftops and bridges) and everything in between, capturing the genius of the city’s engineering, the vibrancy of its found art, and the elegiac beauty of its ruins. Here is a true series of wittily narrated adventures into the hidden world beneath a great civilization.

the coddling of the american mind: Campaign of the Century Irwin F. Gellman, 2022-01-04 Based on massive new research, a compelling and surprising account of the twentieth century's closest election The 1960 presidential election between John F. Kennedy and Richard Nixon is one of the most frequently described political events of the twentieth century, yet the accounts to date have been remarkably unbalanced. Far more attention is given to Kennedy's side than to Nixon's. The imbalance began with the first book on that election, Theodore White’s *The Making of the President 1960*—in which (as he later admitted) White deliberately cast Kennedy as the hero and Nixon as the villain—and it has been perpetuated in almost every book since then. Few historians have attempted an unbiased account of the election, and none have done the archival research that Irwin F. Gellman has done. Based on previously unused sources such as the FBI's surveillance of JFK and the papers of Leon Jaworski, vice-presidential candidate Henry Cabot Lodge, and many others, this book presents the first even-handed history of both the primary campaigns and the general election. The result is a fresh, engaging chronicle that shatters long†held myths and reveals the strengths and weaknesses of both candidates.

the coddling of the american mind: A Hunter-Gatherer's Guide to the 21st Century Heather Heying, Bret Weinstein, 2021-09-14 A bold, provocative history of our species finds the roots of civilization’s success and failure in our evolutionary biology. We are living through the most prosperous age in all of human history, yet people are more listless, divided and miserable than ever. Wealth and comfort are unparalleled, and yet our political landscape grows ever more toxic, and rates of suicide, loneliness, and chronic illness continue to skyrocket. How do we explain the gap between these two truths? What's more, what can we do to close it? For evolutionary biologists Heather Heying and Bret Weinstein, the cause of our woes is clear: the modern world is out of sync with our ancient brains and bodies. We evolved to live in clans, but today most people don't even know their neighbors’ names. Traditional gender roles once served a necessary evolutionary purpose, but today we dismiss them as regressive. The cognitive dissonance spawned by trying to live in a society we're not built for is killing us. In this book, Heying and Weinstein cut through the politically fraught discourse surrounding issues like sex, gender, diet, parenting, sleep, education, and more to outline a provocative, science-based worldview that will empower you to live a better, wiser life. They distill more than 20 years of research and first-hand accounts from the most biodiverse ecosystems on Earth into straight forward principles and guidance for confronting our culture of hyper-novelty.

the coddling of the american mind: Resilience Linda Graham, 2018-08-27 Whether it’s a critical comment from the boss or a full-blown catastrophe, life continually dishes out challenges. Resilience is the learned capacity to cope with any level of adversity, from the small annoyances of daily life to the struggles and sorrows that break our hearts. Resilience is essential for surviving and thriving in a world full of troubles and tragedies, and it is completely trainable and recoverable — when we know how. In *Resilience*, Linda Graham offers clear guidance to help you develop somatic, emotional, relational, and reflective intelligence — the skills you need to confidently and effectively cope with life’s inevitable challenges and crises.

the coddling of the american mind: Undoctrinate Bonnie Kerrigan Snyder, 2021-09-14 Are your kids being indoctrinated in school? Unfortunately, it’s increasingly likely. From “social justice” to critical race theory, and from advocacy and activism campaigns to planned “action weeks,” teachers and schools nationwide are abandoning neutrality in the classroom, embracing political

agendas and partisan aims, and expecting students to get on board. Meanwhile, students with doubts or misgivings decline to voice objections due to fears of lowered grades, impacted college recommendation letters, social ostracism, “cancellation,” public shaming, ridicule, and other formal and informal means of “correcting” them and making them toe the ideological line. Is this what we want for our kids? Will this kind of “education” produce able citizens or independent thinkers capable of self-government? The range of opinion has been narrowing in higher education for some time; now, heavy-handed thought constriction and chilled speech are choking our secondary, middle, and even elementary schools. The situation is dire—and America urgently needs a response. This book provides the tools we need to confront and remove hidden agendas, to uproot and reject educational biases, and to restore balance and integrity to America’s classrooms. It’s time to undocctrinate our schools!

the coddling of the american mind: *All Minus One* John Stuart Mill, 2021-04-15

the coddling of the american mind: *Breaking the Social Media Prism* Chris Bail, 2022-09-27 A revealing look at how user behavior is powering deep social divisions online—and how we might yet defeat political tribalism on social media In an era of increasing social isolation, platforms like Facebook and Twitter are among the most important tools we have to understand each other. We use social media as a mirror to decipher our place in society but, as Chris Bail explains, it functions more like a prism that distorts our identities, empowers status-seeking extremists, and renders moderates all but invisible. *Breaking the Social Media Prism* challenges common myths about echo chambers, foreign misinformation campaigns, and radicalizing algorithms, revealing that the solution to political tribalism lies deep inside ourselves. Drawing on innovative online experiments and in-depth interviews with social media users from across the political spectrum, this book explains why stepping outside of our echo chambers can make us more polarized, not less. Bail takes you inside the minds of online extremists through vivid narratives that trace their lives on the platforms and off—detailing how they dominate public discourse at the expense of the moderate majority. Wherever you stand on the spectrum of user behavior and political opinion, he offers fresh solutions to counter political tribalism from the bottom up and the top down. He introduces new apps and bots to help readers avoid misperceptions and engage in better conversations with the other side. Finally, he explores what the virtual public square might look like if we could hit reset and redesign social media from scratch through a first-of-its-kind experiment on a new social media platform built for scientific research. Providing data-driven recommendations for strengthening our social media connections, *Breaking the Social Media Prism* shows how to combat online polarization without deleting our accounts.

the coddling of the american mind: *The Enchanted Hour* Meghan Cox Gurdon, 2019-01-15 A Wall Street Journal writer’s conversation-changing look at how reading aloud makes adults and children smarter, happier, healthier, more successful and more closely attached, even as technology pulls in the other direction. A miraculous alchemy occurs when one person reads to another, transforming the simple stuff of a book, a voice, and a bit of time into complex and powerful fuel for the heart, brain, and imagination. Grounded in the latest neuroscience and behavioral research, and drawing widely from literature, *The Enchanted Hour* explains the dazzling cognitive and social-emotional benefits that await children, whatever their class, nationality or family background. But it’s not just about bedtime stories for little kids: Reading aloud consoles, uplifts and invigorates at every age, deepening the intellectual lives and emotional well-being of teenagers and adults, too. Meghan Cox Gurdon argues that this ancient practice is a fast-working antidote to the fractured attention spans, atomized families and unfulfilling ephemera of the tech era, helping to replenish what our devices are leaching away. For everyone, reading aloud engages the mind in complex narratives; for children, it’s an irreplaceable gift that builds vocabulary, fosters imagination, and kindles a lifelong appreciation of language, stories and pictures. Bringing together the latest scientific research, practical tips, and reading recommendations, *The Enchanted Hour* will both charm and galvanize, inspiring readers to share this invaluable, life-altering tradition with the people they love most.

the coddling of the american mind: Conscience and Its Enemies Robert P. George, 2016-03-29 "Many in elite circles yield to the temptation to believe that anyone who disagrees with them is a bigot or a religious fundamentalist. Reason and science, they confidently believe, are on their side. With this book, I aim to expose the emptiness of that belief." From the introduction: Assaults on religious liberty and traditional morality are growing fiercer. Here, at last, is the counterattack. Showcasing the talents that have made him one of America's most acclaimed and influential thinkers, Robert P. George explodes the myth that the secular elite represents the voice of reason. In fact, George shows, it is on the elite side of the cultural divide where the prevailing views frequently are nothing but articles of faith. *Conscience and Its Enemies* reveals the bankruptcy of these too often smugly held orthodoxies while presenting powerfully reasoned arguments for classical virtues.

the coddling of the american mind: Democracy Matters Cornel West, 2005-08-30 "Uncompromising and unconventional . . . Cornel West is an eloquent prophet with attitude." — *Newsweek* "A timely analysis about the current state of democratic systems in America. — The Boston Globe In *Democracy Matters*, Cornel West argues that if America is to become a better steward of democratization around the world, we must first wake up to the long history of corruption that has plagued our own democracy: racism, free market fundamentalism, aggressive militarism, and escalating authoritarianism. This impassioned and empowering call for the revitalization of America's democracy, by one of our most distinctive and compelling social critics, will reshape the raging national debate about America's role in today's troubled world.

the coddling of the american mind: Superforecasting Philip Tetlock, Dan Gardner, 2015-09-24 The international bestseller 'A manual for thinking clearly in an uncertain world. Read it.' Daniel Kahneman, author of *Thinking, Fast and Slow* _____ What if we could improve our ability to predict the future? Everything we do involves forecasts about how the future will unfold. Whether buying a new house or changing job, designing a new product or getting married, our decisions are governed by implicit predictions of how things are likely to turn out. The problem is, we're not very good at it. In a landmark, twenty-year study, Wharton professor Philip Tetlock showed that the average expert was only slightly better at predicting the future than a layperson using random guesswork. Tetlock's latest project – an unprecedented, government-funded forecasting tournament involving over a million individual predictions – has since shown that there are, however, some people with real, demonstrable foresight. These are ordinary people, from former ballroom dancers to retired computer programmers, who have an extraordinary ability to predict the future with a degree of accuracy 60% greater than average. They are superforecasters. In *Superforecasting*, Tetlock and his co-author Dan Gardner offer a fascinating insight into what we can learn from this elite group. They show the methods used by these superforecasters which enable them to outperform even professional intelligence analysts with access to classified data. And they offer practical advice on how we can all use these methods for our own benefit – whether in business, in international affairs, or in everyday life. _____ 'The techniques and habits of mind set out in this book are a gift to anyone who has to think about what the future might bring. In other words, to everyone.' Economist 'A terrific piece of work that deserves to be widely read . . . Highly recommended.' Independent 'The best thing I have read on predictions . . . Superforecasting is an indispensable guide to this indispensable activity.' The Times

the coddling of the american mind: The Silencing Kirsten Powers, 2015-05-11 Lifelong liberal Kirsten Powers blasts the Left's forced march towards conformity in an exposé of the illiberal war on free speech. No longer champions of tolerance and free speech, the illiberal Left now viciously attacks and silences anyone with alternative points of view. Powers asks, What ever happened to free speech in America?

the coddling of the american mind: HATE Nadine Strossen, 2018-04-02 The updated paperback edition of *HATE* dispels misunderstandings plaguing our perennial debates about hate speech vs. free speech, showing that the First Amendment approach promotes free speech and democracy, equality, and societal harmony. As hate speech has no generally accepted definition, we

hear many incorrect assumptions that it is either absolutely unprotected or absolutely protected from censorship. Rather, U.S. law allows government to punish hateful or discriminatory speech in specific contexts when it directly causes imminent serious harm. Yet, government may not punish such speech solely because its message is disfavored, disturbing, or vaguely feared to possibly contribute to some future harm. Hate speech censorship proponents stress the potential harms such speech might further: discrimination, violence, and psychic injuries. However, there has been little analysis of whether censorship effectively counters the feared injuries. Citing evidence from many countries, this book shows that hate speech are at best ineffective and at worst counterproductive. Therefore, prominent social justice advocates worldwide maintain that the best way to resist hate and promote equality is not censorship, but rather, vigorous counterspeech and activism.

the coddling of the american mind: iGen Jean M. Twenge, 2017-08-22 As seen in Time, USA TODAY, The Atlantic, The Wall Street Journal, and on CBS This Morning, BBC, PBS, CNN, and NPR, iGen is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes iGen distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of iGen just graduating from college, we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of iGen also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where iGen goes, so goes our nation—and the world.

the coddling of the american mind: The Myth of the Spoiled Child Alfie Kohn, 2014-03-25 Parenting and education expert Alfie Kohn tackles the misconception that overparenting and overindulgence has produced a modern generation of entitled children incapable of making their way in the world.

the coddling of the american mind: B R Ambedkar: the Quest for Justice Aakash Singh Rathore, 2020-11-03 B R Ambedkar: The Quest for Justice is a five-volume set of papers exploring the major themes of research surrounding the capacious oeuvre of Dr. B.R. Ambedkar, primarily in terms of political, social, legal, economic, gender, racial, religious, and cultural justice.

the coddling of the american mind: The Importance of Being Little Erika Christakis, 2016-02-09 "Christakis . . . expertly weaves academic research, personal experience and anecdotal evidence into her book . . . a bracing and convincing case that early education has reached a point of crisis . . . her book is a rare thing: a serious work of research that also happens to be well-written and personal . . . engaging and important." --Washington Post What kids need from grown-ups (but aren't getting)...an impassioned plea for educators and parents to put down the worksheets and flash cards, ditch the tired craft projects (yes, you, Thanksgiving Handprint Turkey) and exotic vocabulary lessons, and double-down on one, simple word: play. --NPR The New York Times bestseller that provides a bold challenge to the conventional wisdom about early childhood, with a pragmatic program to encourage parents and teachers to rethink how and where young children learn best by taking the child's eye view of the learning environment To a four-year-old watching bulldozers at a construction site or chasing butterflies in flight, the world is awash with promise. Little children come into the world hardwired to learn in virtually any setting and about any matter. Yet in today's preschool and kindergarten classrooms, learning has been reduced to scripted lessons and suspect

metrics that too often undervalue a child's intelligence while overtaxing the child's growing brain. These mismatched expectations wreak havoc on the family: parents fear that if they choose the "wrong" program, their child won't get into the "right" college. But Yale early childhood expert Erika Christakis says our fears are wildly misplaced. Our anxiety about preparing and safeguarding our children's future seems to have reached a fever pitch at a time when, ironically, science gives us more certainty than ever before that young children are exceptionally strong thinkers. In her pathbreaking book, Christakis explains what it's like to be a young child in America today, in a world designed by and for adults, where we have confused schooling with learning. She offers real-life solutions to real-life issues, with nuance and direction that takes us far beyond the usual prescriptions for fewer tests, more play. She looks at children's use of language, their artistic expressions, the way their imaginations grow, and how they build deep emotional bonds to stretch the boundaries of their small worlds. Rather than clutter their worlds with more and more stuff, sometimes the wisest course for us is to learn how to get out of their way. Christakis's message is energizing and reassuring: young children are inherently powerful, and they (and their parents) will flourish when we learn new ways of restoring the vital early learning environment to one that is best suited to the littlest learners. This bold and pragmatic challenge to the conventional wisdom peels back the mystery of childhood, revealing a place that's rich with possibility.

the coddling of the american mind: The Fourth Turning William Strauss, Neil Howe, 1997 Predicts that the U.S. will face a crisis in the next millennium that will threaten the country's survival.

the coddling of the american mind: Mr. Boop Alec Robbins, 2022-05-24 The beloved webcomic collected in its entirety for the first time in a beautiful deluxe edition! Author Alec Robbins is deeply in love with his wife, 1930s cartoon superstar Betty Boop. And wouldn't you know it, she loves him back! It's the perfect marriage, and nothing will ever go wrong. They'll be happy together forever and nothing will ever come between them--not other famous cartoon characters, not intellectual property law, and certainly not Alec's own towering insecurities. Basically, they're just both really happy together and everything's good and nice and that's the end of it. No more questions. Don't even bother reading this comic. Absurdist humor, a middle finger to corporate IP, and a sweetly romantic heart blend together into one of the most inventive comics of the Twitter age.

the coddling of the american mind: Why They Can't Write John Warner, 2020-03-17 An important challenge to what currently masquerades as conventional wisdom regarding the teaching of writing. There seems to be widespread agreement that—when it comes to the writing skills of college students—we are in the midst of a crisis. In *Why They Can't Write*, John Warner, who taught writing at the college level for two decades, argues that the problem isn't caused by a lack of rigor, or smartphones, or some generational character defect. Instead, he asserts, we're teaching writing wrong. Warner blames this on decades of educational reform rooted in standardization, assessments, and accountability. We have done no more, Warner argues, than conditioned students to perform writing-related simulations, which pass temporary muster but do little to help students develop their writing abilities. This style of teaching has made students passive and disengaged. Worse yet, it hasn't prepared them for writing in the college classroom. Rather than making choices and thinking critically, as writers must, undergraduates simply follow the rules—such as the five-paragraph essay—designed to help them pass these high-stakes assessments. In *Why They Can't Write*, Warner has crafted both a diagnosis for what ails us and a blueprint for fixing a broken system. Combining current knowledge of what works in teaching and learning with the most enduring philosophies of classical education, this book challenges readers to develop the skills, attitudes, knowledge, and habits of mind of strong writers.

the coddling of the american mind: The Dumbest Generation Mark Bauerlein, 2008-05-15 This shocking, surprisingly entertaining romp into the intellectual nether regions of today's underthirty set reveals the disturbing and, ultimately, incontrovertible truth: cyberculture is turning us into a society of know-nothings. *The Dumbest Generation* is a dire report on the intellectual life of

young adults and a timely warning of its impact on American democracy and culture. For decades, concern has been brewing about the dumbed-down popular culture available to young people and the impact it has on their futures. But at the dawn of the digital age, many thought they saw an answer: the internet, email, blogs, and interactive and hyper-realistic video games promised to yield a generation of sharper, more aware, and intellectually sophisticated children. The terms “information superhighway” and “knowledge economy” entered the lexicon, and we assumed that teens would use their knowledge and understanding of technology to set themselves apart as the vanguards of this new digital era. That was the promise. But the enlightenment didn’t happen. The technology that was supposed to make young adults more aware, diversify their tastes, and improve their verbal skills has had the opposite effect. According to recent reports from the National Endowment for the Arts, most young people in the United States do not read literature, visit museums, or vote. They cannot explain basic scientific methods, recount basic American history, name their local political representatives, or locate Iraq or Israel on a map. *The Dumbest Generation: How the Digital Age Stupefies Young Americans and Jeopardizes Our Future* is a startling examination of the intellectual life of young adults and a timely warning of its impact on American culture and democracy. Over the last few decades, how we view adolescence itself has changed, growing from a pitstop on the road to adulthood to its own space in society, wholly separate from adult life. This change in adolescent culture has gone hand in hand with an insidious infantilization of our culture at large; as adolescents continue to disengage from the adult world, they have built their own, acquiring more spending money, steering classrooms and culture towards their own needs and interests, and now using the technology once promoted as the greatest hope for their futures to indulge in diversions, from MySpace to multiplayer video games, 24/7. Can a nation continue to enjoy political and economic predominance if its citizens refuse to grow up? Drawing upon exhaustive research, personal anecdotes, and historical and social analysis, *The Dumbest Generation* presents a portrait of the young American mind at this critical juncture, and lays out a compelling vision of how we might address its deficiencies. *The Dumbest Generation* pulls no punches as it reveals the true cost of the digital age—and our last chance to fix it.

the coddling of the american mind: *First Bible Basics* Danielle Hitchen, 2017-10-01 Teach Your Child Counting and Bible Basics Your family will love this totally unique board book! Each page features colorful, engaging artwork, reframing abstract, but vitally important biblical content into the manageable concept of basic numbers (1-10) for your young child. For your child... They will delight in the bright illustrations and counting along with you. Also, they will be exposed to the vocabulary of basic theology in a format that will help them categorize and retain the information. For you... You'll appreciate the artistic design, engaging content, and helping your child learn to count. And who knows? You might even learn something about the Bible you didn't know before! *** Baby Believer primers are designed to grow with children, from early infancy through elementary school. In addition to basic Bible theology, Baby Believer board books are filled with quotations from the Bible, creeds, hymns, church fathers, and other articles of faith to help reinforce the content and provide intellectual handholds for older children who possess a greater capacity for learning and memorization.

the coddling of the american mind: *Reclaiming Childhood* ,

the coddling of the american mind: *7 Rules for Positive, Productive Change* Esther Derby, 2019-08-06 Change is difficult but essential—Esther Derby offers seven guidelines for change by attraction, an approach that draws people into the process so that instead of resisting change, they embrace it. Even if you don't have change management in your job description, your job involves change. Change is a given as modern organizations respond to market and technology advances, make improvements, and evolve practices to meet new challenges. This is not a simple process on any level. Often, there is no indisputable right answer, and responding requires trial and error, learning and unlearning. Whatever you choose to do, it will interact with existing policies and structures in unpredictable ways. And there is, quite simply, a natural human resistance to being told to change. Rather than creating more rigorous preconceived plans or imposing change by

decree, agile software developer turned organizational change expert Esther Derby offers change by attraction, an approach that is adaptive and responsive and engages people in learning, evolving, and owning the new way. She presents a set of seven heuristics—guides to problem-solving—that empower people to achieve outcomes within broad constraints using their personal ingenuity and creativity. When you work by attraction, you give space and support for people to feel the loss that comes with change and help them see what is valuable about the future you propose. Resistance fades because people feel there is nothing to push against—only something they want to move toward. Derby's approach clears the fog to provide a new way forward that honors people and creates safety for change.

the coddling of the american mind: A Generation of Sociopaths Bruce Cannon Gibney, 2018-03-06 In his remarkable (*Men's Journal*) and controversial (*Fortune*) book--written in a wry, amusing style (*The Guardian*)--Bruce Cannon Gibney shows how America was hijacked by the Boomers, a generation whose reckless self-indulgence degraded the foundations of American prosperity. In *A Generation of Sociopaths*, Gibney examines the disastrous policies of the most powerful generation in modern history, showing how the Boomers ruthlessly enriched themselves at the expense of future generations. Acting without empathy, prudence, or respect for facts--acting, in other words, as sociopaths--the Boomers turned American dynamism into stagnation, inequality, and bipartisan fiasco. The Boomers have set a time bomb for the 2030s, when damage to Social Security, public finances, and the environment will become catastrophic and possibly irreversible--and when, not coincidentally, Boomers will be dying off. Gibney argues that younger generations have a fleeting window to hold the Boomers accountable and begin restoring America.

the coddling of the american mind: The Snapping of the American Mind David Kupelian, 2015 Turbocharged by the Obama presidency, long-coalescing forces of the political and cultural Left are bringing about their much-heralded fundamental transformation of America. Kupelian shows how the progressive Left is accomplishing much more than just enlarging government, redistributing wealth, and de-Christianizing the culture. The Left's wild celebration of sexual anarchy, and its incomprehension of the fundamental sacredness of human life, is also promoting widespread dependency, debauchery, family breakdown, crime, corruption, addiction, despair, and suicide.

the coddling of the american mind: Philosophy Between the Lines Arthur M. Melzer, 2014-09-09 "Shines a floodlight on a topic that has been cloaked in obscurity . . . a landmark work in both intellectual history and political theory" (*The Wall Street Journal*). Philosophical esotericism—the practice of communicating one's unorthodox thoughts "between the lines"—was a common practice until the end of the eighteenth century. Despite its long and well-documented history, however, esotericism is often dismissed today as a rare occurrence. But by ignoring esotericism, we risk cutting ourselves off from a full understanding of Western philosophical thought. Walking readers through both an ancient (Plato) and a modern (Machiavelli) esoteric work, Arthur M. Melzer explains what esotericism is—and is not. It relies not on secret codes, but simply on a more intensive use of familiar rhetorical techniques like metaphor, irony, and insinuation. Melzer explores the various motives that led thinkers in different times and places to engage in this strange practice, while also exploring the motives that lead more recent thinkers not only to dislike and avoid this practice but to deny its very existence. In the book's final section, "A Beginner's Guide to Esoteric Reading," Melzer turns to how we might once again cultivate the long-forgotten art of reading esoteric works. The first comprehensive, book-length study of the history and theoretical basis of philosophical esotericism, *Philosophy Between the Lines* is "a treasure-house of insight and learning. It is that rare thing: an eye-opening book . . . By making the world before Enlightenment appear as strange as it truly was, [Melzer] makes our world stranger than we think it is" (George Kateb, Professor of Politics, Emeritus, at Princeton University). "Brilliant, pellucid, and meticulously researched." —*City Journal*

the coddling of the american mind: The History Man Malcolm Bradbury, Margaret Drabble, 2012 'The funniest and best-written novel I have seen for a very long time' Auberon WaughHoward

Kirk, product of the Swinging Sixties, radical university lecturer, and one half of a very modern marriage, is throwing a party. The night will have all sorts of repercussions: for Henry Beamish, Howard's desperate and easily neglected friend, and for Howard's wife Barbara, promiscuous '70s liberal and exhausted victim of motherhood. The History Man is Malcolm Bradbury's masterpiece and the definitive campus novel of the 1970s. It brilliantly satirizes a world of academic power struggles and abuse at the highest level as the Machiavellian Howard effortlessly seduces his way around campus.

the coddling of the american mind: Organizing Creativity Daniel Wessel, 2010-01-30 This book was written as a help for individual persons who want to organize their creativity, be it for science (incl. engineering and commercial projects), art, or private projects. Its aim is to enlarge your options when having ideas and to improve the chance of realizing creative projects. It is written as a practical handbook and describes how organization can support generating, capturing, collecting (incl. enlarging, restructuring, etc.) and realizing ideas. While creativity techniques are dealt with, the focus is on the infrastructure to enable you to capture your fleeting ideas and cultivate them to finally realize them as creative projects.

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