

THE CODDLING OF THE AMERICAN MIND

HOW GOOD INTENTIONS
AND BAD IDEAS ARE
SETTING UP A GENERATION
FOR FAILURE

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



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A FRESH York Times Notable Reserve constantly trust your feelings; Loudspeakers are shouted down.bestseller!Something has been heading wrong on many university campuses within the last couple of years.New York Times Students and professors say they are strolling on eggshells and so are scared to speak honestly. Rates of anxiety, unhappiness, and suicide are increasing—interferes with small people’ How did this happen? First Amendment expert Greg Lukianoff and sociable psychologist Jonathan Haidt display how the new problems on campus have their origins in three awful ideas which have become more and more woven into American childhood and education: What doesn’ These three Great Untruths contradict basic emotional principles about well-getting and ancient wisdom from many cultures.The They situate the conflicts on campus within the context of America’t kill you makes you weaker; It creates it harder for them to become autonomous adults who can navigate the bumpy street of lifestyle. Lukianoff and Haidt investigate the countless social trends which have intersected to promote the spread of the untruths.on campus as well as nationally.s social, emotional, and intellectual development. Embracing these untruths—and the resulting culture of safetyism— They explore adjustments in childhood such as the rise of fearful parenting, the decline of unsupervised, child-directed play, and the brand new world of interpersonal media which has engulfed teenagers in the last decade. They examine adjustments on campus, like the corporatization of universities and the emergence of brand-new ideas about identification and justice. and existence is a fight between good people and evil people.s rapidly growing political polarization and dysfunction. This is a book if you are baffled by what is going on on university campuses today, or provides children, or can be involved about the developing inability of People in america to live, function, and cooperate across party lines.



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Outstanding Synthesis of Systemic Problems - Required Reading for Parents & Educators

Lukianoff and Haidt have greatly expanded their popular Sept 2015 Atlantic article into a more descriptive and nuanced publication of the same name. Haidt is a social psychologist and Lukianoff is normally a First Amendment Lawyer - an ideal pairing for this project. Haidt can be author of the extremely relevant and absolutely brilliant 2012 reserve, "The Righteous Mind: Why Good People are Divided by Politics and Religious beliefs. As these events illustrate, college and university campuses, which are supposed to be beacons of free speech, have instead oftentimes become their contrary. // The line dividing great and evil cuts through the center of every human being. Lukianoff is certainly president and CEO of the Foundation for Individual Rights in Education (FIRE), a respected advocate for free speech on university and university campuses. The Untruth of Us Versus Them: Life Is a Battled Between Good People and Evil People Taken together, these untruths result in "a culture of safetyism" on campus, whereby students must be shielded from opposing opinions that may "harm" their "protection," no longer thought as physical safety but now as emotional protection too. Kids aren't receiving the proper stress-testing to the problems they will undoubtedly encounter in real life and "the growing tendency to cultivate vulnerabilities in learners bears unacknowledged costs" (Erika Christakis)." For me, it is also a book every American worried about the continuing future of our country's general public discourse and democratic tradition should go through. And yes, I am serious about that. The Coddling of the American Brain grew from the increased support among university students for censorship of controversial opinions, a trend that Lukianoff began to notice in nov 2013." Parents need to let kids fall, fail and epidermis their knees more, while colleges must make sure students face diverse ideologies and ideas that produce them uncomfortable. That conversation led to a feature tale in the September 2015 problem of The Atlantic. For all those of us "more sensitive" than others, and perhaps more delicate than these authors, there is a need to isolate from the bombardment of negativity on Facebook and in the globe. it covers the top of culture with a network of little, complicated, minute and uniform guidelines. Advanced schooling is toast Cultural Marxism has poisoned the university's. I had very long thought that, at least at the four-year universities, students have already been coddled for far too long in K-12. Lukianoff and Haidt unfold their argument in three parts: Part I, "3 Bad Ideas," talks about "three Great Untruths": 1. Do your brain a favor - choose the Righteous Mind, Antifragile and Coddling and steal apart for a weekend to read them all." Lastly, Haidt and Lukianoff's chapter "The Search for Justice" demonstrates their ability to parse polarizing problems, like "sociable justice," and disaggregate them into the component parts. On its annual Day of Absence, minority faculty college students had because the 1970s gone off campus to make their absence, and hence contributions, palpable." Protection, conformity and resume wars breed "Excellent Sheep., the fundamentals), I became the poor one for not really doing these things for them. The authors outline the reasons for learners' fragility and every one of the issues that stem from dealing with not as fully functioning adults (most college students are legally adults). A significant and highly unsettling second derivative of the cited trends are the "consequences for future years of liberal democracies." The publication references "the coarsening of public interaction," and desire to "invoke coercion by other parties to solve problems" among the "vulnerabilities of democracies." A wonderful speech excerpt from Chief Justice John Roberts highlights his grasp of the need for antifragility and capability to "see the message in your misfortunes. That is from perceived physical risks as well as from ideas that may prove uncomfortable. I am a white lesbian who has spent 30 years actively working to overcome the occasions of my first 20. What was driving the rapid rise of support for censorship

among students? For a lot of his life, Lukianoff had suffered clinical depression, even contemplating suicide in past due 2007. In 2008, he underwent cognitive behavioral therapy (CBT), a form of psychotherapy that identifies distorted patterns of thinking that often underlie depression and anxiety, which helped him tremendously. As Lukianoff interacted with college students, he noticed that the way they reasoned about controversial issues frequently mirrored the same cognitive distortions CBT teaches people to control. This insight led to a conversation with Haidt, a social psychologist, Thomas Cooley Professor of Ethical Leadership at NY University's Stern School of Business, and author of *The Righteous Brain: Why Good People are Divided by Politics and Religion*. Ultimately, "safe spaces" are anything but. The publication builds out the content's core thesis: it does not tyrannize, it hinders, it represses, it enervates, it extinguishes, it stupefies, and lastly it reduces each nation to being nothing more than a flock of timid and industrious pets, which the government may be the shepherd. *The Untruth of Fragility: What Doesn't Kill You ENABLES YOU TO Weaker*². *The Untruth of Emotional Reasoning: Constantly Trust Your Feelings*³. The net is certainly that "helicopter" parenting and significantly ideologically uniform university campuses aren't allowing kids to build up natural resilience (similar in concept to children being susceptible to diseases if not properly immunized). // Your most severe enemy cannot harm you just as much as your own thoughts, unguarded. They cite the February 1, 2017, anti-Milo Yiannopoulos riot at the University of California at Berkeley as an example of the former, though there are many such examples scattered throughout the book. However the threats of violence aren't merely via leftwing Antifa activists on campus. Highly recommend to anyone age 12 and older. The confrontation between protesters and counterprotesters the very next day led to the vehicular murder of Heather Heyer by an alt-right driver. Lukianoff and Haidt cite many types of academic witch hunts conducted against professors who all utter heterodox suggestions, even if they're liberal or leftwing. Prof., (Lukianoff) and centrists (e. The institution is fairly liberal, as is Weinstein. In this instance, the important distinction between "distributive justice" (the perception that people are getting what is deserved) and "procedural justice" (the perception that the procedure by which things are distributed and guidelines are enforced is fair and trustworthy). Component IV, "Wising Up," builds on the analysis of the prior chapters and suggests a means forward for making "Wiser Children," "Wiser Universities," and "Wiser Societies," seeing that the titles of the 3 chapters indicate. Weinstein thought this went too far and was subjected to vicious protests for stating so." A significant reference and parallel running throughout the book is definitely Nassim Taleb's seminal publication, *Antifragile: Things that Gain from Disorder*. There is no one-size-fits-all explanation for why this has happened, but in Part III, "How Did We Get Here?," Lukianoff and Haidt identify "six interacting explanatory threads": increasing political polarization and cross-part animosity; rising levels of teen anxiety and depression; the growth of campus bureaucracy; the decline of free of charge play; changes in parenting methods; and a rising passion for justice in response to major national events, coupled with changing ideas in what justice requires. This may be the most interesting part of the book, abundant with social scientific detail and fair-minded in its analysis. I believed they tilted a little too much toward "anti-safety". However in 2017, organizers of the event asked white faculty and college students not to arrive. A table on web page 263 summarizes the argument of the entire book, so I'll reproduce it here: PSYCHOLOGICAL Theory // WISDOM // GREAT UNTRUTH I. Teenagers are antifragile. // Prepare the child for the road, not the street for the child. Go through it. I got to wait months, nonetheless it was well worth the wait. We are all prone to emotional reasoning and the confirmation bias. The results of this culture of safetyism, ironically enough, are intimidation and

violence on the main one hands and witch hunts on the additional, as the Lukianoff and Haidt argue partly II, "Bad Ideas doing his thing. But once mastered, no one can help you as much, not your dad or your mother. // Always trust your emotions. I understand the necessity to for safe emotional spaces. We are all prone to dichotomous thinking and tribalism."Key Coddling conclusion: Parents and educators are unwittingly, and paradoxically, harming today's students by trying so difficult to protect them. // Life is fight between good people and evil people. As a (non-millennial) parent of a kid, I sincerely hope various other parents are acquiring heed and fostering a more powerful and wiser future generation. It stimulated my considering as a parent and helped form an improved opinion of contemporary events as a concerned citizen. As a person, it provided an available launch to cognitive behavioral therapy, determining the cognitive distortions that misshape our views and hence misguide our actions. I had seen a talk given by the authors of the book on C-Span's Reserve TV, was intrigued, and immediately requested this reserve from my library.g. Bret Weinstein's protest of the "Time of Absence" at Evergreen State University in Washington can be a leading exemplary case of this. The Germans allowed Hitler to slip through, not because they are poor people, but because they basically weren't attending to., Haidt) who are intelligent and public-minded and also have items to say I need to hear.So, buy this publication. // What doesn't destroy you makes you weaker. Then talk about it. Ought to be required reading for educators, administrators, and parents I function in education, and had noticed that over the previous few years students were treated as though they would break if we didn't do everything for them. I wondered why so many students were not only unprepared but totally helpless, and yet when I attempted to show how to do things (get on a computer, check their schedules, accounts, find books in a library, program their schedules, etc. A book every every civic-minded American should read "This is a book about wisdom and its own opposite," write Greg Lukianoff and Jonathan Haidt in The Coddling of the American Brain. And simply because a politically conservative Christian, it reminded me that there are non-religious liberals (e.2. The book is easy to read (I finished it over an individual weekend, which included time to return and re-read segments, to check on the notes and resources) and easy to understand. "It is a reserve about three psychological concepts and about what happens to young people when parents and educators—acting with the best of intentions—implement guidelines that are inconsistent with those principles.. An excellent American comedy This book written by two white men about the sensitivity of the masses is probably the funniest thing I have read this year. Listen in for brilliantly helpful demonstrations of well-known logical fallacies such as for example "correlation does not imply causation" and "we are so delicate about other folks being sensitive that we will write a reserve about any of it." Possible alternate name: "ADULTS These Days May Be Upset that our Government is normally Persecuting Minorities and Putting Children in Cages, but We will Assume the Rise in Mental Disease and Suicide is basically because Nobody Can Stand the Strain to be Conscientious of the Needs of their Peers. I am from Generation X, and I really do believe that younger generations are over-shielded, simply as generations before mine thought that we had been spoiled. As the mother or father of three elementary-age children, the chapters on "Paranoid Parenting" and "The Decline of Totally free Play" were thought-provoking and helpful." A Lot of Good Points I thought I'd like this publication better because this author's TED chat was one that We watched twice. Not merely does it explain some of the severe behavior and thinking we see in teenagers in colleges, but it explaines how exactly to correct it and will help readers personally.There is a great chapter in "The Bureaucracy of Safetyism" that opens with a prescient Alexis de Tocqueville quote from Democracy in America: "The Sovereign power [or very soft despot] extends its arms more than

the entire society; Perhaps students don't yet understand why they feel uncomfortable by these opposing views when they ask for "safety". In his knowledge, until that time, the leading advocates for censorship have been university administrators.³ The essential question is, where is the collection in the sand between somebody with a contradictory opinion and someone who is intent on suppressing others and spreading hate?g. Required reading for parents of small children I borrowed this book from the library instead of buying on Amazon. Unfortunately, the well-indicating parents of Gen-Z possess shielded their children astray.As I mentioned first of this review, I am serious when I express that each American concerned with the future of our country's public discourse and democratic culture should read *The Coddling of the American Brain*. I'm on my second reading of it.. Everyone should read this book. Everyone should read this book. But what I sympathize with about the IGens is that they bombarded by therefore much that we didn't have developing up in the 70's. I highly recommend it. Some good analysis. This is a very important topic. It seems that many college students are being informed it really is fine to hesitate of critical thinking. The academy is normally precisely the place where there needs to be a idea free of charge fire zone. Just like the authors, I am worried about the spillover into existence beyond universities. Highly recommend I ordered a duplicate through my library, but had to buy my own copy so I could write and underline in it. So much useful and insightful information. Truly sad extreme situation on both sides of the spectrum. Have got ordered a copy for each of my adult kids for Xmas. The authors point to alt-right off-campus provocation aswell, specifically the neo-Nazi march through the University of Virginia's campus on August 11, 2017.



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