

# THE CODDLING OF THE AMERICAN MIND

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

GREG LUKIANOFF  
JONATHAN HAIDT



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Coddling of the American  
Mind: How Good Intentions  
and Bad Ideas Are Setting  
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(pdf) Greg Lukianoff**

## **Book details**

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## **Synopsis book**

A timely investigation into the campus assault on free speech and what it means for students, education, and our democracy. The generation now coming of age has been taught three Great Untruths: their feelings are always right; they should avoid pain and discomfort; and they should look for faults in others and not themselves. These three Great Untruths are part of a larger philosophy that sees young people as fragile creatures who must be protected and supervised by adults. But despite the good intentions of the adults who impart them, the Great Untruths are harming kids by teaching them the opposite of ancient wisdom and the opposite of modern psychological findings on grit, growth, and antifragility. The result is rising rates of depression and anxiety, along with endless stories of college campuses torn apart by moralistic divisions and mutual recriminations. This is a book about how we got here. First Amendment expert Greg Lukianoff and social psychologist Jonathan Haidt take us

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# THE CODDLING OF THE AMERICAN MIND

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

GREG LUKIANOFF  
JONATHAN HAIDT



A timely investigation into the campus assault on free speech and what it means for students, education, and our democracy. The generation now coming of age has been taught three Great Untruths: their feelings are always right; they should avoid pain and discomfort; and they should look for faults in others and not themselves. These three Great Untruths are part of a larger philosophy that sees young people as fragile creatures who must be protected and supervised by adults. But despite the good intentions of the adults who impart them, the Great Untruths are harming kids by teaching them the opposite of ancient wisdom and the opposite of modern psychological findings on grit, growth, and antifragility. The result is rising rates of depression and anxiety, along with endless stories of college campuses torn apart by moralistic divisions and mutual recriminations. This is a book about how we got here. First Amendment expert Greg Lukianoff and social psychologist Jonathan Haidt take us

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