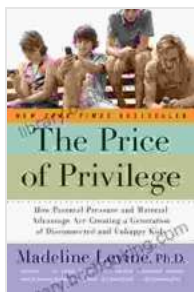


How Parental Pressure and Material Advantage Are Creating a Generation of Burned-Out Kids

In her new book, *Burned Out: The Epidemic of Childhood Stress and How to Help Kids Thrive*, Dr. Jessica Lahey argues that parental pressure and material advantage are creating a generation of burned-out kids.



The Price of Privilege: How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Unhappy Kids by William Martin

★★★★☆ 4.5 out of 5

Language : English
File size : 842 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 258 pages



Lahey, a clinical psychologist and former middle school teacher, draws on her own research and experience to show how the relentless pursuit of academic success and material possessions is taking a toll on children's mental health and well-being.

Lahey argues that parental pressure is a major source of stress for children. Parents who push their children to achieve high grades, get into

the best schools, and excel in extracurricular activities are putting their children at risk for anxiety, depression, and other mental health problems.

Material advantage can also be a source of stress for children. Children who grow up in wealthy families may feel pressure to live up to their parents' expectations and maintain a certain lifestyle. They may also be exposed to more materialism and consumerism, which can lead to feelings of inadequacy and anxiety.

Lahey's book offers a number of strategies for parents to help their children cope with the pressures of modern life. She encourages parents to focus on their children's emotional well-being, rather than their academic or material achievements. She also recommends setting limits on screen time, encouraging physical activity, and providing opportunities for relaxation and play.

Burned Out is a must-read for parents who are concerned about the impact of parental pressure and material advantage on their children's mental health and well-being.

About the Author

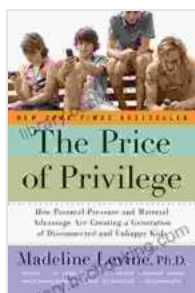
Dr. Jessica Lahey is a clinical psychologist and former middle school teacher. She is the author of the bestselling book *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed*.

Reviews

"*Burned Out* is a groundbreaking book that sheds light on the growing problem of parental pressure and material advantage in the lives of children. Dr. Lahey's research and insights are invaluable for parents who

want to help their children thrive in today's world." — **Michael Thompson, Ph.D., author of *Raising Cain***

"*Burned Out* is a must-read for parents who are concerned about the impact of parental pressure and material advantage on their children's mental health and well-being. Dr. Lahey offers a number of strategies for parents to help their children cope with the pressures of modern life." — **Julie Lythcott-Haims, author of *How to Raise an Adult***



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