

Additional Resources

anxiousgeneration.com

Substacks:

After Babel, Jon Haidt
Designing Tomorrow, The Neely Center
Techno Sapiens, Jacqueline Nesi, PhD
Of Boys and Men, Richard V. Reeves
Generation Tech, Jean M. Twenge
GIRLS, Freya India
Play Makes Us Human, Peter Gray
The Eternally Radical Idea, Greg Lukianoff

Books:

The Coddling of the American Mind, Greg Lukianoff and Jonathan Haidt
Free-Range Kids, Lenore Skenazy
The Happiness Hypothesis, Jonathan Haidt
The Righteous Mind, Jonathan Haidt
The Canceling of the American Mind, Greg Lukianoff and Rikki Schlott
Awe, Dacher Keltner
Dopamine Nation, Anna Lembke, MD
Generations, Jean M. Twenge, PhD
iGen, Jean M. Twenge, PhD
How to Have a Good Day, Caroline Webb
Indistractable, Nir Eyal with Julie Li
A Nation of Wimps, Hara Estroff Marano
The Opposite of Spoiled, Ron Lieber
Urban Playground, Tim Gill
When Men Behave Badly, David M. Buss
The Age of Addiction, David T. Courtwright
Of Boys and Men, Richard V. Reeves
Unwired, Gaia Berstein
The Age of Surveillance Capitalism, Shoshana Zuboff
The End of Men, Hanna Rosin
Boys Adrift, Leonard Sax, MD, PhD
Free to Learn, Peter Gray
Outrage Machine, Tobias Rose-Stockwell
Untangled, Lisa Damour, PhD
Stolen Focus, Johann Hari
Deep Work, Cal Newport
Digital Minimalism, Cal Newport
The Gardener and the Carpenter, Alison Gopnik
The Disappearance of Childhood, Neil Postman
Understanding Media: The Extensions of Man, Marshall McLuhan
Paranoid Parenting, Frank Furedi

"The Future is Analog", David Sax
 Richard Louv - nature books

"Outdoor kids in an Inside World," Steven Rinella

Bowling Alone, Robert D. Putnam

Never Enough, Jennifer Breheny Wallace

The Emotional Lives of Teenagers, Lisa Damour, PhD

How to Raise a Healthy Gamer, Alok Kanojia, MD, MPH

The Screen Strong Solution, Melanie Hempe, BSN

Quiet, Susan Cain

The Family Firm, Emily Oster

Mortal Combat, Patrick M. Markey, PhD, and Christopher J. Ferguson, PhD

Unequal Childhoods, Annette Lareau

School resources:

letgrow.org (school programs)

everyschool.org

phonefreeschoolsmovement.org

Parent resources for tech:

screenstrong.org

fairplayforkids.org

gamequitters.com

screentimenetwork.org

waituntil8th.org

healthygamer.gg

protectyoungeyes.com

delaysmartphones.co.uk

lookupnonprofit.com

smart-families.org

oktodelay.org

getmediasavvy.org

smartphonefreechildhood.co.uk

screensanity.org

wearemama.squarespace.com

parentssos.org

Parent resources for play and independence:

letgrow.org

outsideplay.org

montanawildernessschool.org

nifplay.org

nols.edu

onbeing.org

afsusa.org/study-abroad

americanexchangeproject.org

outwardbound.org

wildernessadventures.com

ycamp.org/wilderness-trips

boystomen.org

Gen Z resources:

designitforus.org
gamequitters.com
healthygamer.gg
logoffmovement.org
nosonovember.org

Tech company resources:

humanetech.com
reset.tech

Researcher resources:

commonsense.org
aibm.org
psychofftech.org
alltechishuman.org
childrenandscreens.org
counterhate.com

Speakers:

Jon Haidt: Washington Speakers Bureau: wsb.com/speakers/jonathan-haidt
Zach Rausch: zach-rausch.com
Lenore Skenazy: bit.ly/LenoreSpeak

See more at anxiousgeneration.com

www.kidsmentalhealthfoundation.org/mental-health-resources