

Read Full Bad Therapy: Why the Kids Aren't Growing Up by Abigail Shrier

Bad Therapy: Why the Kids Aren't Growing Up

By: Abigail Shrier

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NEW YORK TIMES BESTSELLER. From the author of Irreversible Damage, an investigation into a mental health industry that is harming, not healing, American childrenIn virtually every way that can be measured, Gen Zs mental health is worse than that of previous generations. Youth suicide rates are climbing, antidepressant prescriptions for children are common, and the proliferation of mental health diagnoses has not helped the staggering number of kids who are lonely, lost, sad and fearful of growing up. Whats gone wrong with Americas youth?In Bad Therapy, bestselling investigative journalist Abigail Shrier argues that the problem isnt the kidsits the mental health experts. Drawing on hundreds of interviews with child psychologists, parents, teachers, and young people, Shrier explores the ways the mental health industry has transformed the way we teach, treat, discipline, and even talk to our kids. She reveals that most of the therapeutic approaches have serious side effects and few proven benefits. Among her unsettling findingsTalk therapy can induce rumination, trapping children in cycles of anxiety and depressionSocial Emotional Learning handicaps our most vulnerable children, in both public schools and privateGentle parenting can encourage emotional turbulence even violence in children as they lash out, desperate for an adult in chargeMental health care can be lifesaving when properly applied to children with severe needs, but for the typical child, the cure can be worse than the disease. Bad Therapy is a must-read for anyone questioning why our efforts to bolster Americas kids have backfiredand what it will take for parents to lead a turnaround.


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