



Family Takeover

Redeeming the Time

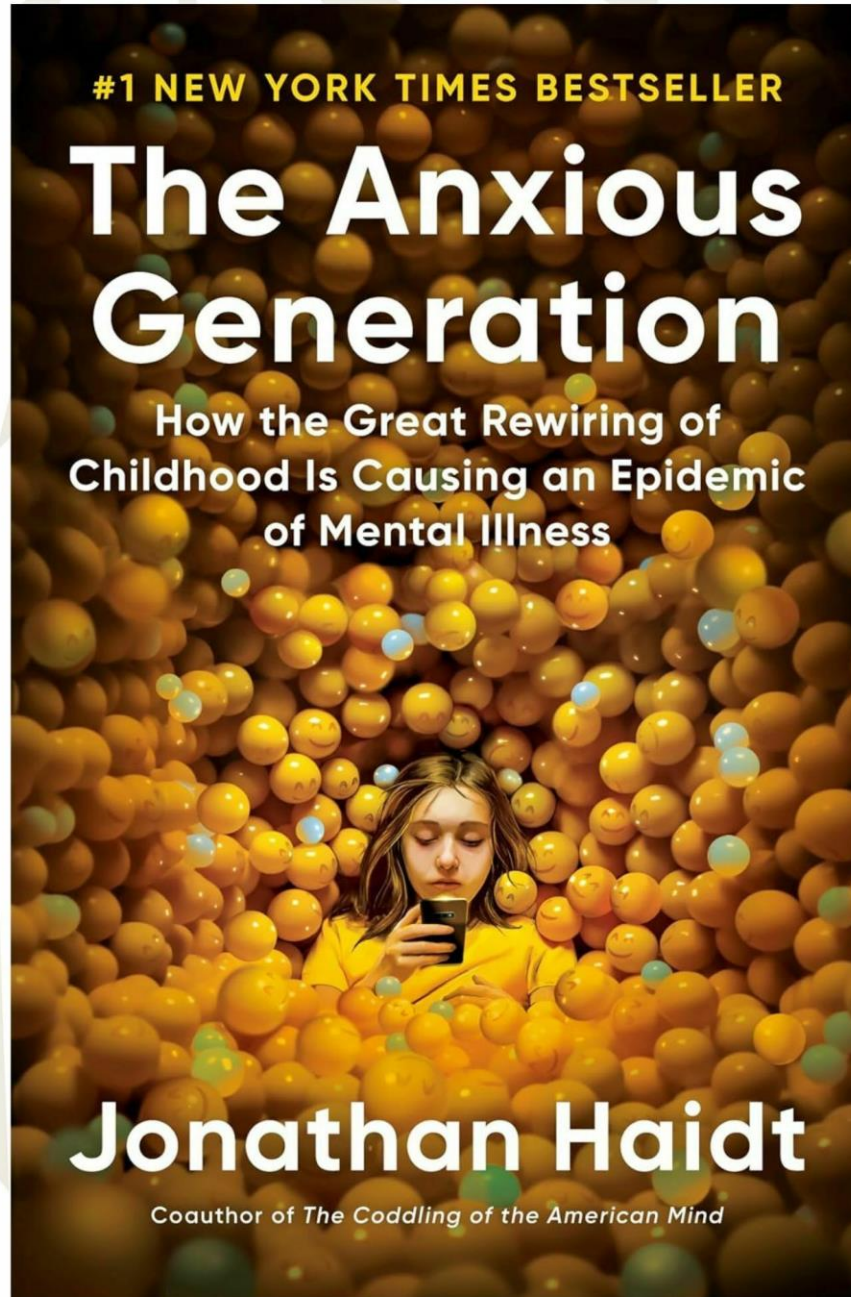
#1 NEW YORK TIMES BESTSELLER

The Anxious Generation

How the Great Rewiring of
Childhood Is Causing an Epidemic
of Mental Illness

Jonathan Haidt

Coauthor of *The Coddling of the American Mind*



Mental Illness Among College Students

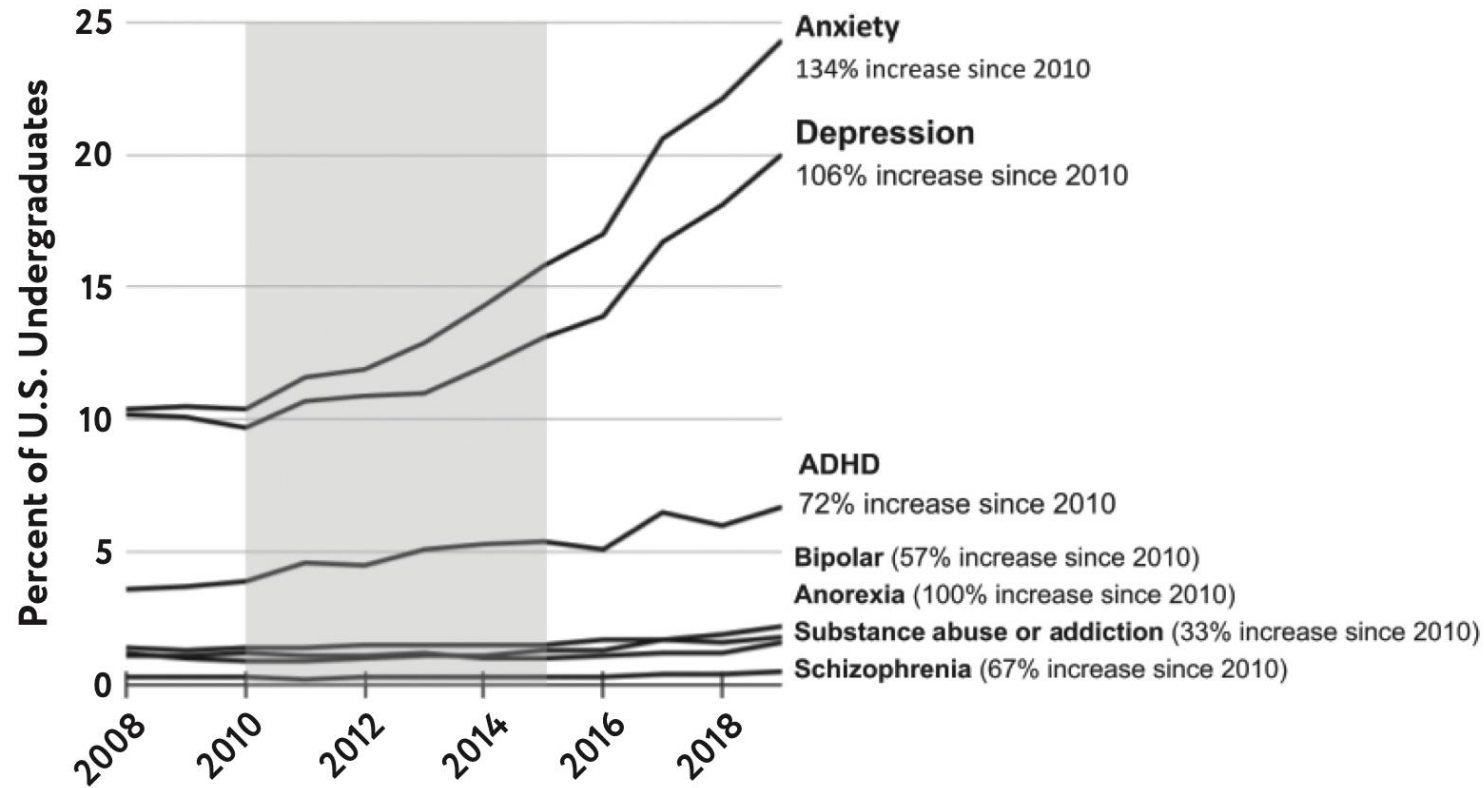


Figure 1.2. Percent of U.S. undergraduates with each of several mental illnesses. Rates of diagnosis of various mental illnesses increased in the 2010s among college students, especially for anxiety and depression. (Source: American College Health Association.)⁹

Major Depression Among Teens

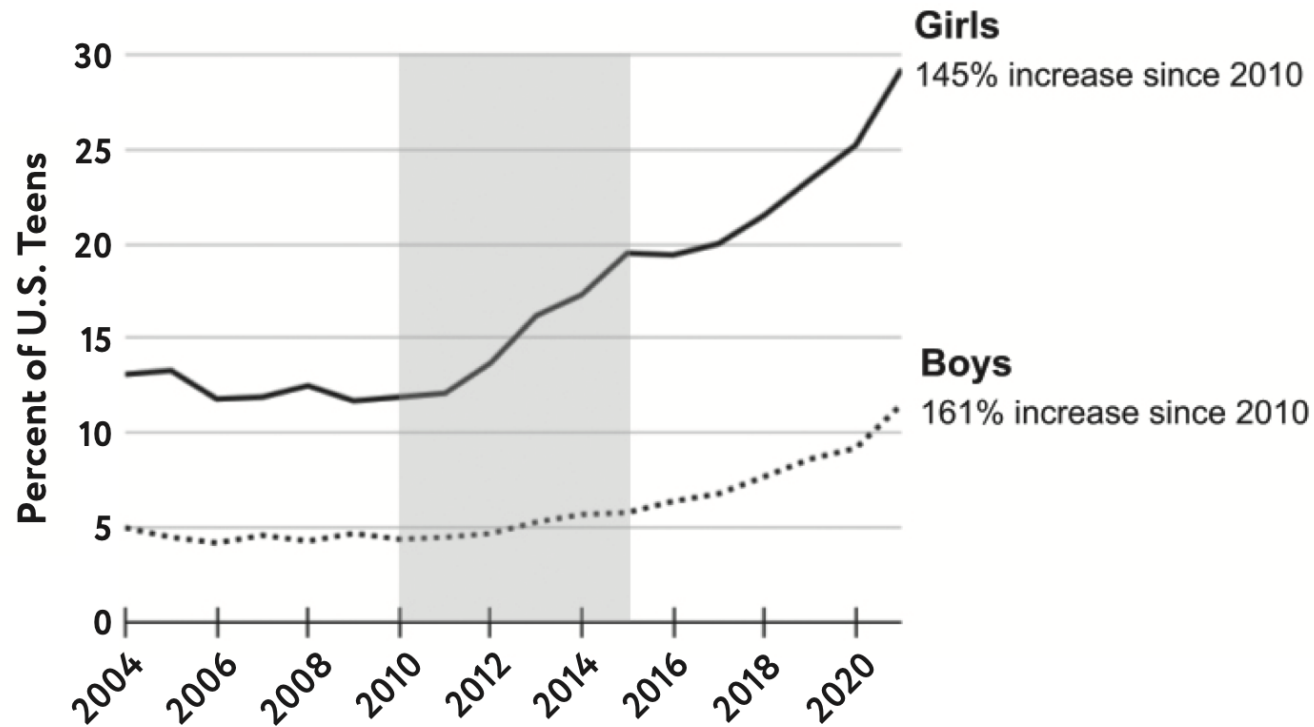


Figure 1.1. Percent of U.S. teens (ages 12–17) who had at least one major depressive episode in the past year, by self-report based on a symptom checklist. This was figure 7.1 in *The Coddling of the American Mind*, now updated with data beyond 2016. (Source: U.S. National Survey on Drug Use and Health.)³

Emergency Room Visits for Self-Harm

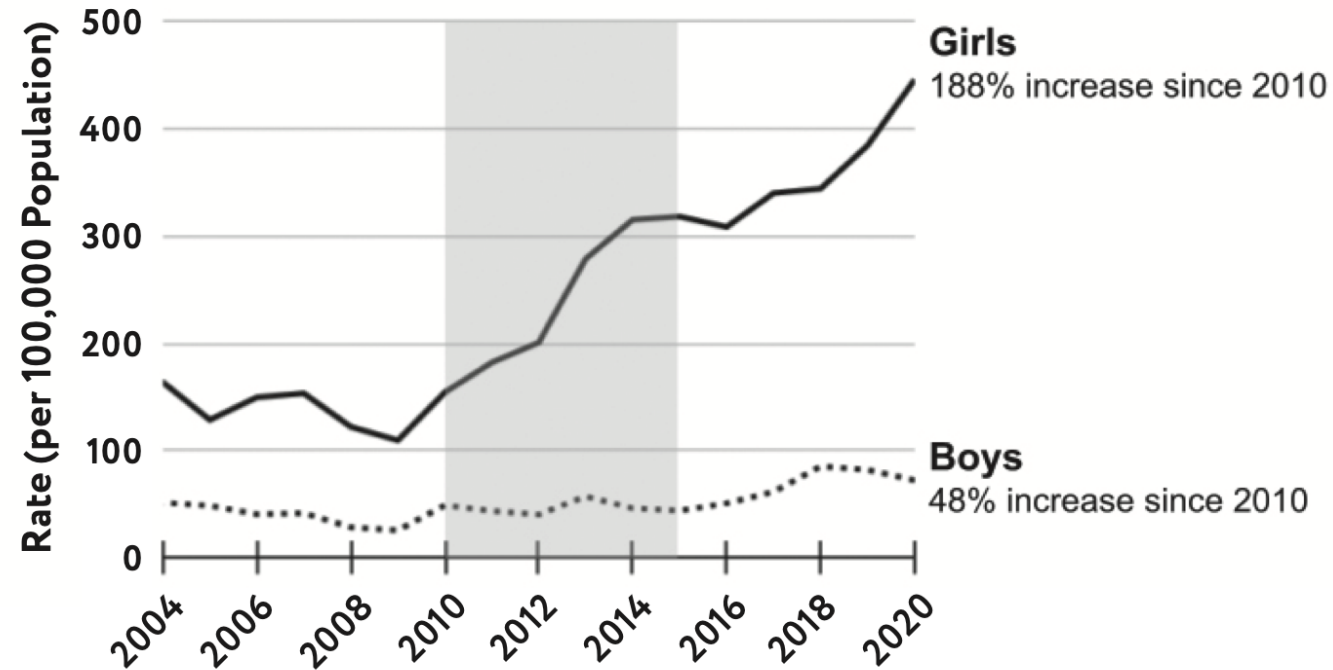


Figure 1.4. The rate per 100,000 in the U.S. population at which adolescents (ages 10–14) are treated in hospital emergency rooms for nonfatal self-injury. (Source: U.S. Centers for Disease Control, National Center for Injury Prevention and Control.)²⁰

Suicide Rates for Younger Adolescents

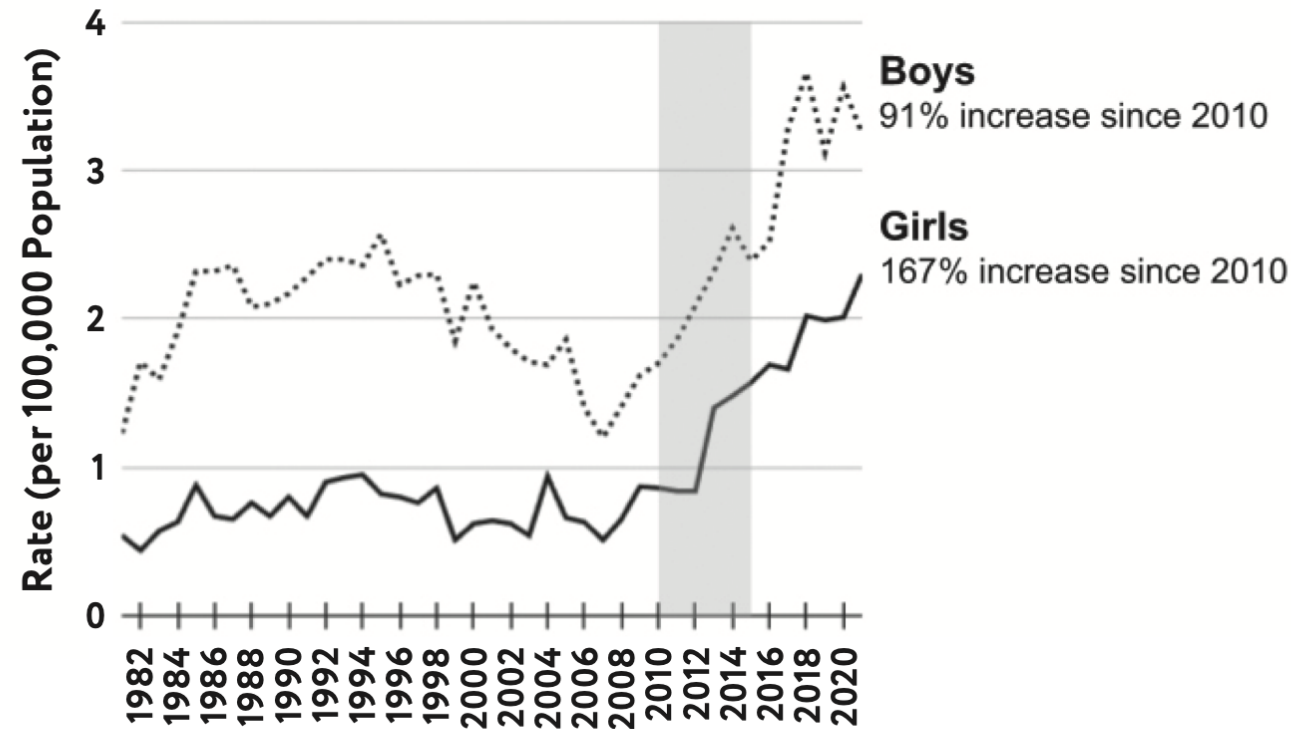


Figure 1.5. Suicide rates for U.S. adolescents, ages 10–14. (Source: U.S. Centers for Disease Control, National Center for Injury Prevention and Control.)²²

Life Often Feels Meaningless

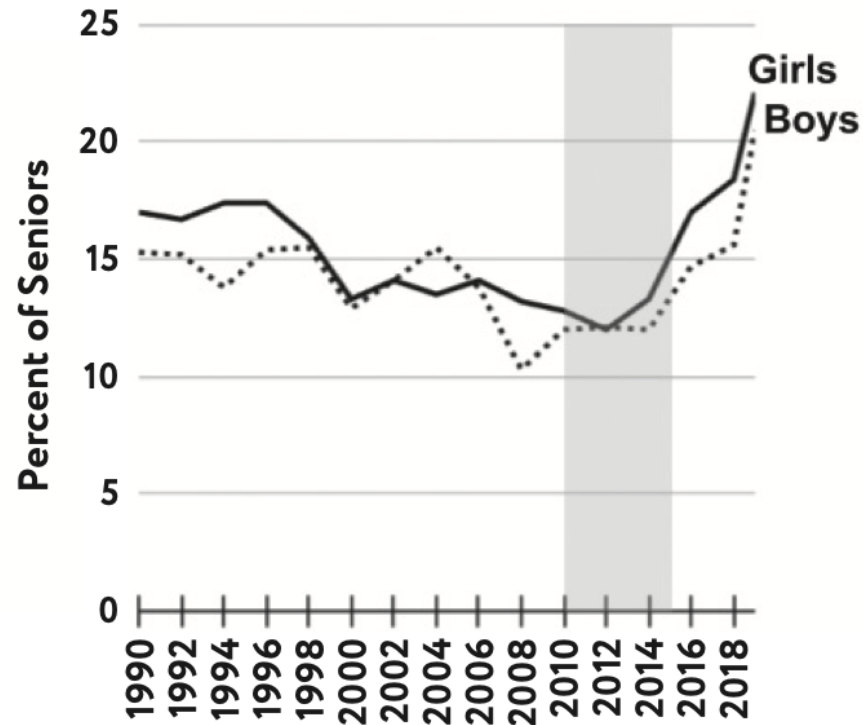


Figure 7.6. Percent of U.S. high school seniors who agreed or mostly agreed with the statement “Life often feels meaningless.” (Source: Monitoring the Future.)

Teenage Depression vs. Adult Unemployment

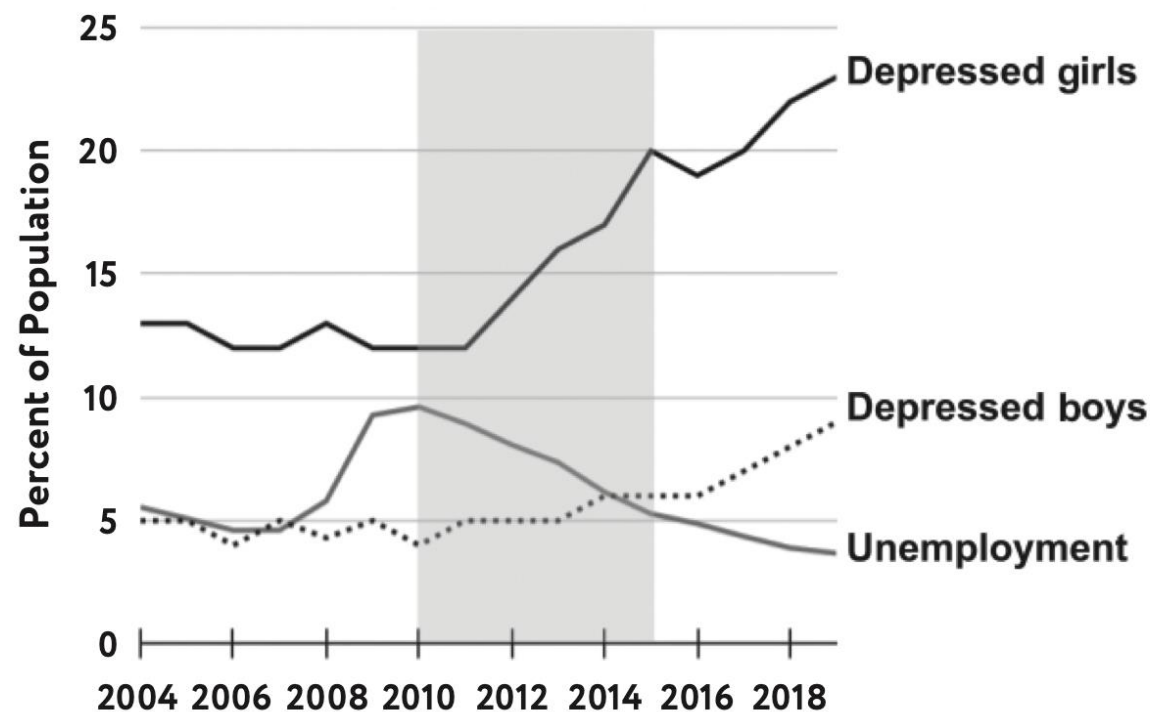


Figure 1.7. The U.S. unemployment rate (percent of adults in the labor market who are unemployed) fell continuously as the adolescent mental health crisis got worse. (Sources: U.S. Bureau of Labor Statistics and the U.S. National Survey Drug Use and Health.)⁴⁰

Anxiety Prevalence by Age

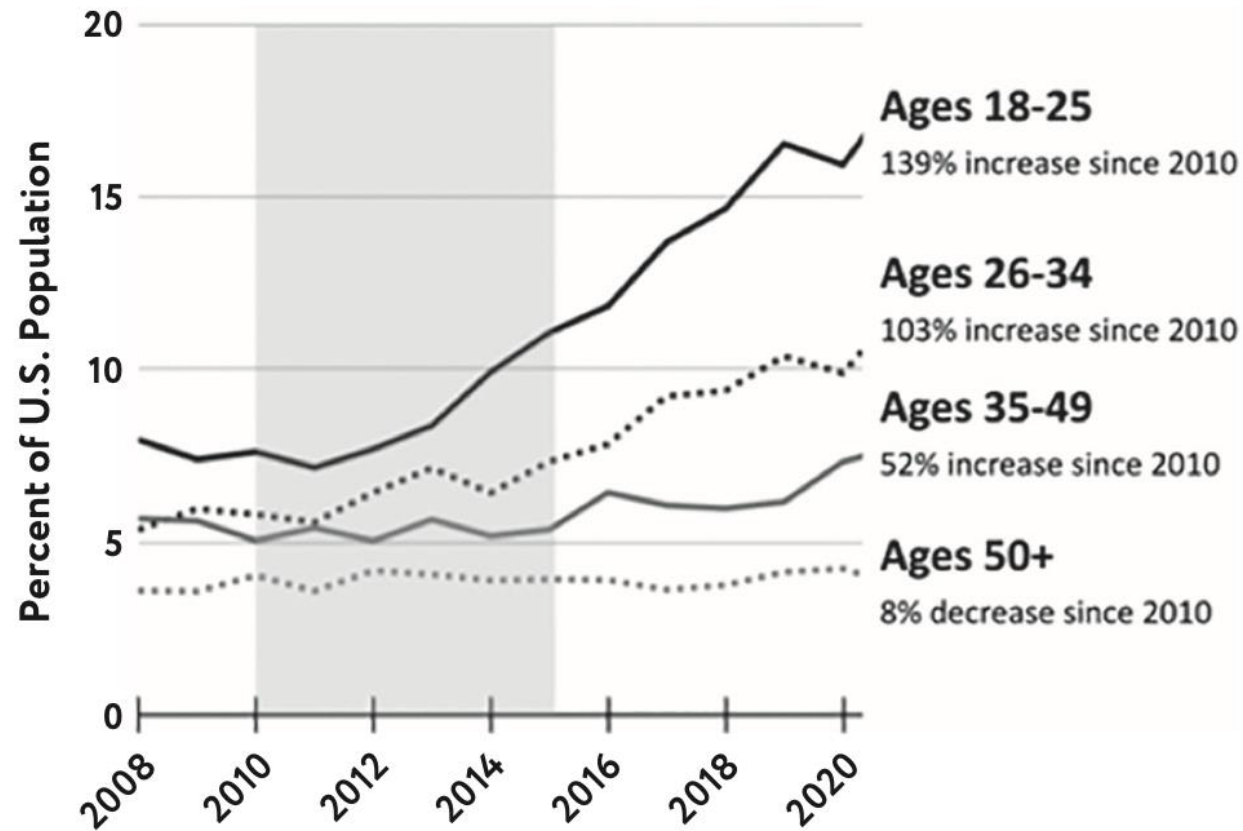


Figure 1.3. Percent of U.S. adults reporting high levels of anxiety by age group.
(Source: U.S. National Survey on Drug Use and Health.)¹¹



Figure 6.1. Drawing made by Alexis Spence in April 2015, age 12. The words on her laptop are “worthless, die, ugly, stupid, kill yourself.” The words on her phone are “stupid, ugly, fat.” Copied from the court filing in *Spence v. Meta*.¹

jealousy, jealousy (by Olivia Rodrigo)

I kinda wanna throw my phone across the room

'Cause all I see are girls too good to be true

With paper-white teeth and perfect bodies

Wish I didn't care

jealousy, jealousy (by Olivia Rodrigo)

All your friends are so cool, you go out every night

In your daddy's nice car, yeah, you're living the life

Got a pretty face, a pretty boyfriend too

I wanna be you so bad, and I don't even know you

All I see is what I should be

Happier, prettier, jealousy, jealousy

All I see is what I should be

I'm losing it, all I get's jealousy, jealousy



THE HIDDEN PERSON

1 Peter 3:3-4

Do not let your adorning be external – the braiding of hair and the putting on of **gold** jewelry, or the clothing you wear – but let your adorning be the hidden person of the heart with the **imperishable** beauty of a gentle and quiet spirit, which in God's sight is very **precious**.



THE HIDDEN PERSON

1 Peter 1:7

...so that the tested genuineness of your faith – more **precious** than **gold** that **perishes** though it is tested by fire – may be found to result in praise and glory and honor at the revelation of Jesus Christ.



THE HIDDEN PERSON

1 Peter 1:18-19

...knowing that you were ransomed from the futile ways inherited from your forefathers, not with **perishable** things such as silver or **gold**, but with the **precious** blood of Christ, like that of a lamb without blemish or spot.

CHOSEN & PRECIOUS

A photograph of a man in a dark shirt and jeans holding the hand of a young child in a plaid shirt. They are standing in a field of tall, golden grass at sunset. The child is looking up at the man. The background shows a bright sun setting over hills.

1 Peter 1:1-2

To those who are elect
exiles of the
Dispersion...
according to the
foreknowledge of God
the Father...

A photograph of a man and a young child in a field of tall grass at sunset. The man, wearing a dark shirt and jeans, holds the child's hand. The child, wearing a plaid shirt, looks up at the man. The sun is low on the horizon, creating a warm, golden glow.

CHOSEN & PRECIOUS

1 Peter 1:17

And if you call on him
as **Father** who judges
impartially according
to each one's deeds...

A photograph of a man in a dark shirt and jeans holding the hand of a young child in a plaid shirt. They are standing in a field of tall, golden grass at sunset. The child is looking up at the man. The sun is low on the horizon, creating a warm, golden glow.

CHOSEN & PRECIOUS

1 Peter 2:4

As you come to him, a living stone rejected by men but in the sight of God chosen and precious...

A photograph of a man in a dark shirt and jeans holding the hand of a young child in a plaid shirt. They are standing in a field of tall, golden grass at sunset. The child is looking up at the man. The sun is low on the horizon, creating a warm, golden glow.

CHOSEN & PRECIOUS

1 Peter 2:20

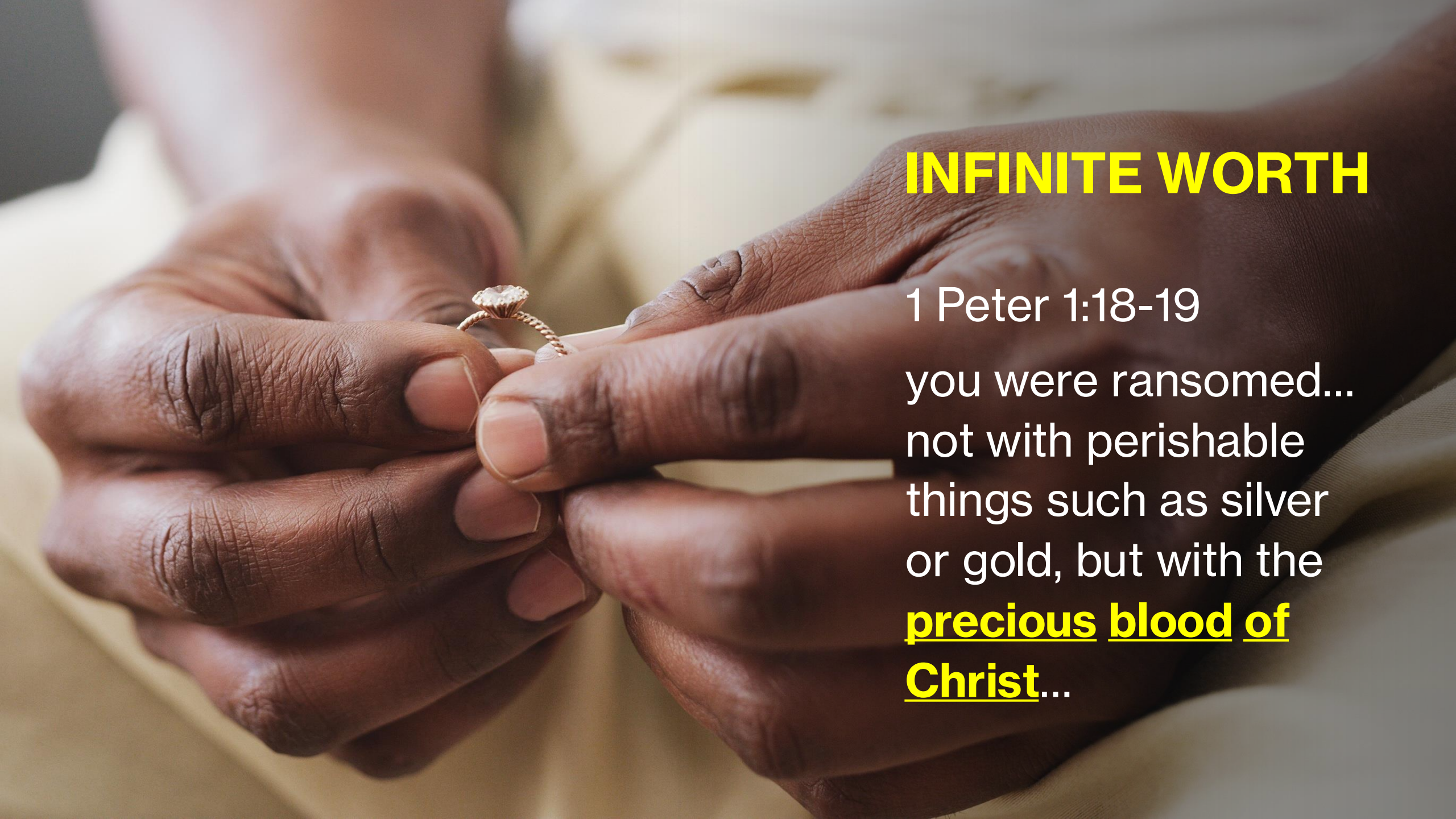
But if when you do good and suffer for it you endure, this is a gracious thing in the sight of God.

CHOSEN & PRECIOUS

A man in a dark shirt and jeans is holding the hand of a young child in a plaid shirt. They are standing in a field of tall, golden grass at sunset. The child is looking up at the man. The sun is low on the horizon, creating a warm, golden glow.

1 Peter 4:14

If you are insulted for
the name of Christ,
you are blessed,
because the Spirit of
glory and of God rests
upon you.



INFINITE WORTH

1 Peter 1:18-19

you were ransomed...
not with perishable
things such as silver
or gold, but with the
precious blood of
Christ...



A 21-DAY FAST

Give up social media for 3 weeks