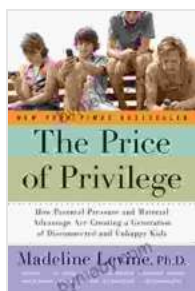


The Pressured Generation: How Parental Pressure and Material Advantage Are Creating a Generation of Overburdened Teens

In her new book, *The Pressured Generation: How Parental Pressure and Material Advantage Are Creating a Generation of Overburdened Teens*, journalist Jessica Lahey explores the alarming trend of parental pressure and material advantage leading to a generation of stressed and overwhelmed teens.



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 argues that today's teens are facing unprecedented levels of pressure from their parents, who are pushing them to succeed academically, athletically, and socially. This pressure is often accompanied by material advantages, such as private tutors, SAT prep courses, and designer clothes. While these advantages can provide teens with

opportunities that their parents never had, they can also lead to feelings of guilt and inadequacy.

Lahey's book is based on interviews with teens, parents, and educators. She finds that the pressure to succeed is taking a toll on teens' mental health. Many teens are feeling anxious, depressed, and overwhelmed. They are also struggling with sleep problems, eating disorders, and self-harm.

Lahey argues that parents need to rethink their approach to raising teens. Instead of pushing them to succeed at all costs, they need to focus on helping them develop their own interests and passions. They also need to be more supportive and understanding of the challenges that teens face.

The Pressured Generation is a must-read for parents, educators, and anyone who is concerned about the well-being of today's teens.

About the Author

Jessica Lahey is a journalist and the author of the bestselling book *The Gift of Failure*. She has written for *The New York Times*, *The Washington Post*, and *The Atlantic*. She is a frequent speaker on the topics of parenting and education.

Reviews

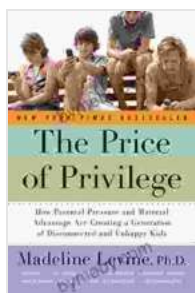
"*The Pressured Generation* is a powerful and important book that shines a light on the alarming trend of parental pressure and material advantage leading to a generation of stressed and overwhelmed teens. Lahey's insights are invaluable for parents, educators, and anyone who is

concerned about the well-being of today's teens." - **Susan Cain**, author of *Quiet: The Power of Introverts in a World That Can't Stop Talking*

"Lahey's book is a must-read for parents who are struggling to raise teens in today's competitive world. She provides practical advice on how to help teens develop their own interests and passions, and how to be more supportive and understanding of the challenges that they face." - **Michael Thompson**, author of *Raising Cain: Protecting the Emotional Life of Boys*

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