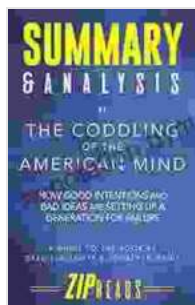


The Coddling of the American Mind: A Deep Dive into the Book

In their book, *The Coddling of the American Mind*, Greg Lukianoff and Jonathan Haidt argue that American universities have become too protective of students, creating a generation of young people who are unable to handle criticism or tolerate dissenting opinions. This, they argue, is having a negative impact on students' intellectual and emotional development, and is setting them up for failure in the real world.

The Three Great Untruths

Lukianoff and Haidt identify three "great untruths" that they believe are contributing to the coddling of American students:



Summary & Analysis of The Coddling of the American Mind: How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure | A Guide to the Book by Greg Lukianoff and Jonathan Haidt by ZIP Reads

★★★★☆ 4.6 out of 5

Language : English
File size : 1722 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 61 pages
Lending : Enabled



- **The Untruth of Fragility:** This is the belief that students are too fragile to handle criticism or exposure to ideas that they disagree with. This belief leads to the creation of safe spaces and trigger warnings, which shield students from potentially upsetting or offensive material.
- **The Untruth of Emotional Reasoning:** This is the belief that emotions are always valid and should be the basis for making decisions. This belief leads to the idea that students should be protected from any experiences that might make them feel uncomfortable or distressed.
- **The Untruth of Us vs. Them:** This is the belief that the world is divided into two opposing camps, with "us" being the good guys and "them" being the bad guys. This belief leads to the demonization of those who hold different views, and makes it difficult to have constructive dialogue or debate.

The Negative Impact of Coddling

Lukianoff and Haidt argue that the coddling of American students is having a number of negative consequences, including:

- **Reduced intellectual development:** Students who are not exposed to challenging ideas or dissenting opinions are less likely to develop critical thinking skills or the ability to tolerate ambiguity.
- **Increased emotional fragility:** Students who are protected from any experiences that might make them feel uncomfortable or distressed are more likely to be anxious and depressed.
- **Diminished civic engagement:** Students who are taught to believe that the world is divided into "us" and "them" are less likely to be

interested in participating in public life or engaging with people who hold different views.

What Can Be Done?

Lukianoff and Haidt offer a number of suggestions for how to address the problem of coddling in American universities. These include:

- **Exposing students to challenging ideas:** Students should be exposed to a variety of viewpoints, even if they disagree with them. This will help them to develop critical thinking skills and the ability to tolerate ambiguity.
- **Encouraging students to engage in civil discourse:** Students should be encouraged to have respectful conversations with people who hold different views. This will help them to develop the skills of empathy and persuasion.
- **Teaching students about the importance of resilience:** Students should be taught that failure is a part of life, and that it is important to learn from our mistakes. This will help them to develop the resilience they need to succeed in the real world.

The Coddling of the American Mind is a timely and important book. It offers a much-needed critique of the current state of higher education in America, and it provides a number of valuable suggestions for how to address the problem of coddling. If you are concerned about the future of American democracy, then I highly recommend reading this book.

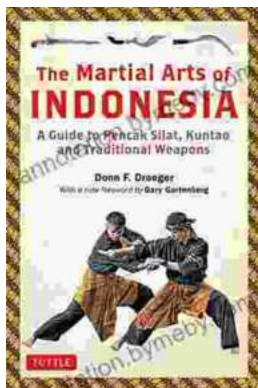
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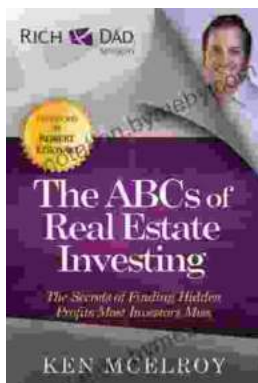
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