

Jessica Lahey

The Gift of Failure and The Addiction Inoculation
Speaking Event Bibliography

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Twitter: [@jesslahey](#)

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Author, [The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed](#) (Harper Books)

[The Addiction Inoculation: Raising Healthy Kids in a Culture of Dependence](#) (April 2021, Harper Books)

The Washington Post (2018-present)

The New York Times, "The Parent-Teacher Conference" column (2014-2017)

The Atlantic (2013-2018)

[The Stinky & Dirty Show](#) curriculum designer

[Your Teen Magazine](#)

[Air Mail](#)

[Vermont Public Radio, commentator](#)

Gift of Failure topics

Daniel Pink, [Drive: The Surprising Truth About What Motivates Us](#)

Edward Deci, [Why We Do What We Do: Understanding Self-Motivation](#)

Carol Dweck, [Mindset: The New Psychology of Success](#)

Phyllis Fagell, [Middle School Matters: The 10 Key Skills Needs Need to Thrive in Middle School and Beyond—and How Parents Can Help](#)

Wendy Grolnick, [Pressured Parents, Stressed-Out Kids: Dealing with Competition While Raising a Successful Kids](#)

Wendy Grolnick, [The Psychology of Parental Control: How Well-meant Parenting Backfires](#)

James M. Lang, [Cheating Lessons: Learning from Academic Dishonesty](#)

Vicki Hoefle, [Duct Tape Parenting](#)

KJ Dell'Antonia, [How to Be a Happier Parent: Raising a Family, Having a Life, and Loving \(Almost\) Every Minute](#)

Tim Harford, [Adapt: Why Success Always Starts with Failure](#)

Roddy Roediger et al, [Make it Stick: The Science of Successful Learning](#)

Ron Lieber, [The Opposite of Spoiled: Raising Kids Who Are Grounded, Generous, and Smart About Money](#)

Lisa Heffernan and Mary Dell Harrington, [Grown and Flown: How to Support Your Teen, Stay Close as a Family, and Raise Independent Adults](#)

Katie Hurley, [The Happy Kid Handbook](#) and [No More Mean Girls](#)

Audrey Monke, [Happy Campers: 9 Summer Camp Secrets for Raising Kids Who Become Thriving Adults](#)

Devorah Heitner, [*Screenwise: Helping Kids Thrive \(and Survive\) in Their Digital World*](#)

Julie Lythcott-Haims, [*How to Raise an Adult*](#)

Julie Lythcott-Haims, [*Your Turn: How to Be an Adult*](#) (pub date 4/6/21)

Frank Bruni, [*Where You Go is Not Who You'll Be*](#)

Jo Boaler, [*Mathematical Mindsets: Unleashing Students' Potential through Creative Math, Inspiring Messages and Innovative Teaching*](#)

Scott Barry Kaufman, [*Ungifted: Intelligence Redefined*](#)

William Stixrud, Ph.D. and Ned Johnson, [*The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives*](#)

Katherine Reynolds Lewis, [*The Good News About Bad Behavior: Why Kids Are Less Disciplined Than Ever, and What to Do About It*](#)

Lisa Damour, [*Untangled: Guiding Teenage Girls Through The Seven Transitions into Adulthood*](#)

Lisa Damour, [*Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls*](#)

Rachel Simmons, [*Enough as She Is: How to Help Girls Move Beyond Impossible Standards of Success to Life Healthy, Happy, and Fulfilling Lives*](#)

Michael Thompson, [*Raising Cain: Protecting the Emotional Life of Boys*](#)

[*The Pressured Child: Freeing Our Kids from Performance Overdrive and Helping Them Find Success in School and Life*](#)

Michael Thompson, [*Homesick and Happy: How Time Away from Parents Can Help a Child Grow*](#)

Websites referenced:

[Grown and Flown](#), Lisa Heffernan and Mary Dell Harrington's site for parents raising older kids

[YouCubed](#), Jo Boaler's site on effective math instruction

[LetGrow](#): Future-proofing our kids and our country, founded by Lenore Skenazy, Jonathan Haidt and Daniel Schuchman

Articles I refer to most, based on audience questions:

["The Big Problem with Rewarding Kids for Good Grades and Punishing Them for Bad Ones"](#) (*Washington Post*)

["This is Why it's So Hard to Help with your Kids' Math Homework"](#) (*Washington Post*)

["Helping a Perfectionist Child Worry Less and Do More"](#) (*New York Times*)

["For a Child with Learning Differences, Making Home a Safe Harbor"](#) (*New York Times*)

["Letter Grades Deserve an 'F'"](#) (*The Atlantic*)

["When Children Say 'I Can't,' But They Can, and Adults Know It"](#) (*New York Times*)

["Give Late Blooming Children the Time They Need"](#) (*New York Times*)

["Helping Children Balance School and Fun"](#) (*New York Times*)

["What Not to Worry About in Teaching Young Children to Read"](#) (*New York Times*)

[“Teenagers, Dealing with Addiction, On What Might Have Helped”](#) (*New York Times*)
[“I Will Not Check My Son’s Grades Online Five Times a Day”](#) (*The Atlantic*)
[“The Downside of Checking Kids’ Grades Constantly”](#) (*New York Times*)

[“Research Suggests Timed Tests Cause Math Anxiety,”](#) Jo Boaler
[“Fluency Without Fear: Research Evidence on the Best Ways to Learn Math Facts,”](#) Jo Boaler, Cathy Williams and Amanda Confer

Gift of Failure video FAQs (on YouTube)

[How to Parent and Teach Perfectionist Kids](#)

[How to Motivate Kids Who Coast](#)

[Should I Let My Kid Quit?](#)

[Am I Stupid for Being Duped By a Flawed System?](#)

[What About My Kid with Special Needs?](#)

[The Extraordinary Power of “Yet”](#)

[Why I Loathe Grading Portals](#)

[How Do I Get My Kid To Shower?](#)

YouTube Learning Resources Jess adores

Science & Psychology: [VSauce/Michael Stevens on YouTube](#)

Science: [Emily Graslie’s *The Brain Scoop* on YouTube](#)

Science: [Mythbusters on the Discovery Channel](#)

Science: [Veritasium](#)

A little of everything but mostly science: [Smarter Every Day](#)

Math: [Vi Hart’s math and doodling videos on YouTube](#)

Music Theory: [Adam Neely “Exploring what music means and what it means to be a musician”](#)

***The Addiction Inoculation* topics**

[Nadine Burke Harris, M.D., *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*](#)

[Anna Lembke, M.D., *Dopamine Nation: Finding Balance in the Age of Indulgence*](#)

[Joseph Lee, M.D., *Recovering My Kid: Parenting Young Adults in Treatment and Beyond*](#)

[David Sheff, *Clean: Overcoming Addiction and Ending America’s Greatest Tragedy*](#)

[Judith Grisel, *Never Enough: The Neuroscience and Experience of Addiction*](#)

For young kids

[Nicole Lendo, *A Kids Book About Addiction*](#)

For teens

[David and Nic Sheff, *High: Everything You Want to Know About Drugs, Alcohol and Addiction*](#)

[MC Yogi, *Spiritual Graffiti: Finding My True Path*](#)

Substance Use Disorder memoirs

[William Cope Moyers, *Broken: My Story of Addiction and Redemption*](#)

[Janelle Hanchett, *I'm Just Happy to Be Here: A Memoir of Renegade Mothering*](#)

[Kristina Wandzilak and Constance Curry, *The Lost Years: Surviving a Mother and Daughter's Worst Nightmare*](#)

[David Poses, *The Weight of Air: A Story About Addiction and the Truth About Recovery*](#)

[Mary Karr, *Lit*](#)

[Leslie Jamison, *The Recovering: Intoxication and Its Aftermath*](#)

[Erin Khar, *Strung Out: One Last Hit and Other Lies that Nearly Killed Me*](#)