



# The Collapse of Parenting: How We Hurt Our Kids When We Treat Them Like Grown-Ups

*Leonard Sax*

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[Read by Malcolm Hillgartner]

In *The Collapse of Parenting*, Leonard Sax, an acclaimed expert on parenting and childhood development, identifies a key problem plaguing American children: the dramatic decline in young people's achievement and psychological health. The root of this problem, Sax contends, lies in the transfer of authority from parents to their children, a shift that has been occurring over the last fifty years and is now impossible to ignore. Sax pinpoints the effects of this shift, arguing that the rising levels of obesity, depression, and anxiety among young people can all be traced back to a corresponding decline in adult authority.

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