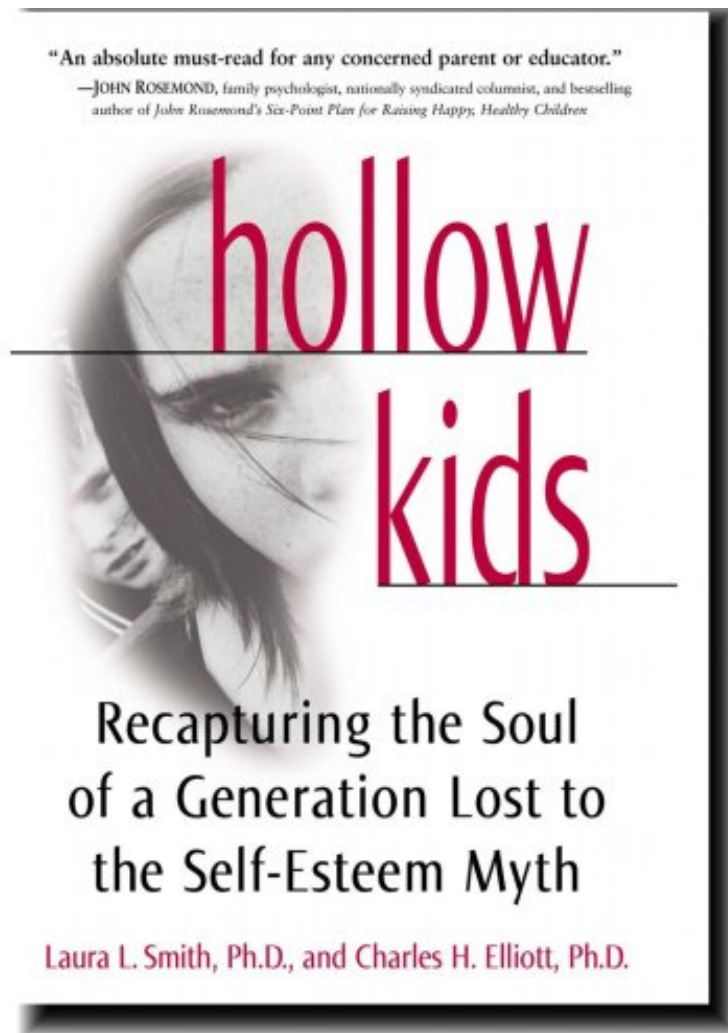


[Download free pdf] Hollow Kids: Recapturing the Soul of a Generation Lost to the Self-Esteem Myth (English Edition)

## Hollow Kids: Recapturing the Soul of a Generation Lost to the Self-Esteem Myth (English Edition)

Von *Laura L. Smith, Charles H. Elliott*  
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Von **Laura L. Smith, Charles H. Elliott** : **Hollow Kids: Recapturing the Soul of a Generation Lost to the Self-Esteem Myth (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Hollow Kids: Recapturing the Soul of a Generation Lost to the Self-Esteem Myth (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Laying Blame on the Theories of Advancing Self-EsteemVon Donald MitchellThe older generation is always very critical of the younger one, even though the older one did the parenting. Hollow Kids makes the indictment that young people in

the U.S. are more self-absorbed than ever before, and lack values and the skills to accomplish their potential compared to their parents and the world at large. In surveys, teens report feeling pretty good about themselves, but are concerned about appearance and popularity. The key issue for them is whether to have sex or not. On the other hand, depression and other psychological issues are on the rise. Other problems relate to teen violence, addictions, and learning difficulties with basic skills. The book goes on to suggest changes that parents and educators should make to help young people develop more maturity, effectiveness, and obtain more lasting satisfactions from life. The authors are psychologists who draw on their own clinical experiences, research they have conducted and reviews of research done by others to support these points. The authors connect these observations about what's wrong to the popularity of a theory of boosting childhood self-esteem at home and in school, independent of a child's performance. "You're so special" is the cry, regardless of what lousy thing the child just did. Historically, this idea emerged from Maslow's hierarchy of needs, on the assumption that each person could fulfill higher needs by eliminating artificial barriers at school and at home. The theory as it developed argued for more self-esteem as the solution for almost every developmental issue. Positive thinking theories are also part of this movement. In contrast, the authors point out that many dysfunctional behaviors are related to already having way too much self-esteem (rapists are often such an example). While some problems are related to too little self-esteem, a better psychological choice is to be relatively self-aware in an accepting way. The authors' proposed model is to create a better life perspective and balance by encouraging the traits of forgiveness, gratitude, friendship and belonging, marriage, religion and spirituality, and self-control. The book's points begin with poignant case histories that will really grab your attention. One especially powerful one entailed a child who was marched through prepping at age three to make it into a competitive preschool. With continued parental pressure, he developed so much anxiety that he could not perform academically. He burned out on his academic career before reaching college. It's a sad and extreme story, and shows the problems with taking anything to an extreme. The French have a term, the "juste-milieu," which captures the idea of balance in everything. Americans often ignore that concept. Parents are often either overachieving and underachieving with their children, and the results show in the younger generation. I think that what we are dealing with has more to do with the ideals (or lack thereof) of Baby Boomer parents than any single psychological theory. As a result, I found this book overly focused on psychological theories. After all, there must be other factors holding back young people than simply the psychological theories that their parents and teachers subscribe to. The other factors did not get very much attention in the book. For example, obesity is a problem among children and that relates to poor eating habits in part. Until you change what you put in your mouth and how much you exercise, you cannot do much about obesity. That requires knowledge and parental support by buying and preparing better foods, and stimulating healthy exercise. Knowing a little about the problems of illiteracy from my work with adults who have this problem, the authors are too quick to assume that adding phonics would eliminate most reading problems. Phonics are great for some kids, but others would benefit more from other specialized approaches. I agree that we have a growing illiteracy problem in our schools, but the solution relates to a broader strategy of diagnosis and specialized teaching than it does to psychology alone. If you want to destroy someone's self-esteem and limit their life, however, just be sure they don't learn how to read well in school. Those who will get the most benefit from this book are parents and educators involved in assessing what the curriculum should be and how the curriculum should be conducted. Parents who are interested in having their children enjoy a better psychological balance will also find the research summaries in the book to be helpful. As the authors point out: Be concerned about the issues your child has, and provide a good example, encouragement, and assistance to deal with those issues. Encourage your child also to learn to help others. That's the best way for your child to help her- or himself in the long run! May all notice where they can improve, and take helpful actions to get the results that will do them, and those they care about, the most good.

**Kurzbeschreibung** Being a kid today is starkly different from what it was a generation ago. In a society where children have more toys, more television, and more independence than ever before, we have left them dangerously empty inside. Children from elementary to high school are more likely to commit acts of violence, abuse drugs and alcohol, or engage in risky sexual behavior than their parents were, while test scores and academic performance have declined. The self-esteem movement the teaching and parenting panacea that was supposed to cure these social ills and create brilliant, healthy children has fallen flat. By bending over backwards to make kids feel good about themselves, educators, the media and well-meaning parents have created a generation of hollow kids who lack the fundamental understanding of who they are and what they can accomplish. How did our society become obsessed with the feel-good curriculum a practice that places making every child feel special above learning the basics of appropriate behavior? Why did it become wrong to hold kids to standards of learning in reading, writing, and arithmetic? What steps can we take to ensure our children grow up with a healthy self-acceptance? *Hollow Kids* has the answers. Written by two highly respected psychologists, this ground-breaking book masterfully debunks the self-esteem myth with hard evidence and insightful observations. Drs. Laura L. Smith and Charles H. Elliot meticulously demonstrate

the damage overinflated self-esteem can inflict on our children: narcissism, prompting aggression, violence, and delinquency; a distorted self image, leading to tattooing, piercing, bulimia, and anorexia; and a ceaseless quest to feel good, stimulating insatiable materialism, shoplifting, and substance abuse. An extreme example is that of the Columbine boys who killed themselves, their classmates, and a teacher. The notes they left behind showed that they harbored a shocking sense of superiority and self-absorption. A clarion call to parents, educators, and child psychologists, this book clearly shows how to identify much of the ill that plagues today's youth and root it out. By parents reclaiming their position of authority and educators reestablishing a leadership role and lost standards of excellence, we can fill this generation and those to come with a healthy understanding of themselves and their society.

School Violence. Teenage Depression. Eating Disorders. Kurzbeschreibung Being a kid today is starkly different from what it was a generation ago. In a society where children have more toys, more television, and more independence than ever before, we have left them dangerously empty inside. Children from elementary to high school are more likely to commit acts of violence, abuse drugs and alcohol, or engage in risky sexual behavior than their parents were, while test scores and academic performance have declined. The self-esteem movement the teaching and parenting panacea that was supposed to cure these social ills and create brilliant, healthy children has fallen flat. By bending over backwards to make kids feel good about themselves, educators, the media and well-meaning parents have created a generation of hollow kids who lack the fundamental understanding of who they are and what they can accomplish. How did our society become obsessed with the feel-good curriculum practice that places making every child feel special above learning the basics of appropriate behavior? Why did it become wrong to hold kids to standards of learning in reading, writing, and arithmetic? What steps can we take to ensure our children grow up with a healthy self-acceptance? Hollow Kids has the answers. Written by two highly respected psychologists, this groundbreaking book masterfully debunks the self-esteem myth with hard evidence and insightful observations. Drs. Laura L. Smith and Charles H. Elliot meticulously demonstrate the damage overinflated self-esteem can inflict on our children: narcissism, prompting aggression, violence, and delinquency; a distorted self image, leading to tattooing, piercing, bulimia, and anorexia; and a ceaseless quest to feel good, stimulating insatiable materialism, shoplifting, and substance abuse. An extreme example is that of the Columbine boys who killed themselves, their classmates, and a teacher. The notes they left behind showed that they harbored a shocking sense of superiority and self-absorption. A clarion call to parents, educators, and child psychologists, this book clearly shows how to identify much of the ill that plagues today's youth and root it out. By parents reclaiming their position of authority and educators reestablishing a leadership role and lost standards of excellence, we can fill this generation and those to come with a healthy understanding of themselves and their society.