Jessica Lahey

*The Gift of Failure and The Addiction Inoculation*

Speaking Event Bibliography

www.jessicalahey.com
Twitter: @jesslahey
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*The Washington Post* (2018-present)


*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*


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*)
- “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*)
“I Will Not Check My Son’s Grades Online Five Times a Day” (The Atlantic)

“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*