

Recommended Reading for Parents

Excellent Sheep: The Miseducation of the American Elite and the Way to a Meaningful Life by William Deresiewicz

August 2014

William is a professor at Yale and writes about what he sees in the students in his classroom today.

In Defense of a Liberal Education by Fareed Zakaria

May 2016

Fareed is a well-respected journalist in foreign affairs on CNN and writes a column for the Washington Post. With all of the current emphasis on STEM education, many parents wonder if it's "worth it" to get a Liberal Arts degree. Fareed makes the case for a Liberal Arts education in today's world.

How to Raise an Adult: Break Free of the Overparenting Trap & Prepare Your Kid for Success by Julie Lythcott-Haims,

June 2015

Julie was the Dean of Freshman and Undergraduate Advising at Stanford. She earned a BA from Stanford and a JD from Harvard.

Teach Your Children Well: Why Values & Coping Skills matter more than Grades, Trophies, or "Fat Envelopes" by Madeline Levine, Ph.D.

July 2012

Madeline is a noted Bay Area psychologist with over 30 years of clinical experience. From Book Back Cover: Parents, educators, and the media wring their hands about the escalating rates of emotional problems and lack of real engagement with learning found so frequently among America's children and teens. Yet there are ways to reverse these disheartening trends. Until we are clearer about our core values and the parenting choices that are most likely to lead to authentic, and not superficial, success, we will

continue to raise exhausted, externally driven, and emotionally impaired children who believe they are only as good as their last performance.

Confronting the real issues behind why we push some of our kids to the breaking point while dismissing the talents and interests of many others, Levine shows us how to shift our focus from the excesses of hyper-parenting and the unhealthy reliance on our children for status and meaning to a parenting style that concentrates on both enabling academic success and developing a sense of purpose, well-being, and connection in our children's lives.

The Price of Privilege: How Parental Pressure and Material Advantage are Creating a Generation of Disconnected and Unhappy Kids by Madeline Levine, Ph.D.

October 2009

Madeline is a noted Bay Area psychologist with over 30 years of clinical experience.

Where you Go is Not Who you will Be: An Antidote to the College Admissions Mania by Frank Bruni

March 2015

Frank is an op-ed columnist for the New York Times and was the Time's Rome Bureau Chief and also its White House Correspondent.

The Vanishing American Adult by Ben Sasse

May 2017

Ben Sasse is currently a senator from Nebraska. He is a graduate of Harvard, attended Oxford, and has a Ph.D. in American History from Yale. He attended public schools, but he and his wife home school their 3 children. Regardless of one's political party, his voice is one to hear even if you might disagree.