

Book Recommendations from Digital Wellness Podcast:

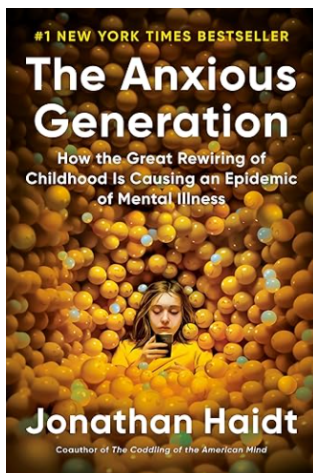
The Anxious Generation by Jonathan Haidt

After more than a decade of stability or improvement, the mental health of adolescents plunged in the early 2010s. Rates of depression, anxiety, self-harm, and suicide rose sharply, more than doubling on many measures. Why?

In *The Anxious Generation*, social psychologist Jonathan Haidt lays out the facts about the epidemic of teen mental illness that hit many countries at the same time. He then investigates the nature of childhood, including why children need play and independent exploration to mature into competent, thriving adults. Haidt shows how the “play-based childhood” began to decline in the 1980s, and how it was finally wiped out by the arrival of the “phone-based childhood” in the early 2010s. He presents more than a dozen mechanisms by which this “great rewiring of childhood” has interfered with children’s social and neurological development, covering everything from sleep deprivation to attention fragmentation, addiction, loneliness, social contagion, social comparison, and perfectionism. He explains why social media damages girls more than boys and why boys have been withdrawing from the real world into the virtual world, with disastrous consequences for themselves, their families, and their societies.

Most important, Haidt issues a clear call to action. He diagnoses the “collective action problems” that trap us, and then proposes four simple rules that might set us free. He describes steps that parents, teachers, schools, tech companies, and governments can take to end the epidemic of mental illness and restore a more humane childhood.

Haidt has spent his career speaking truth backed by data in the most difficult landscapes—communities polarized by politics and religion, campuses battling culture wars, and now the public health emergency faced by Gen Z. We cannot afford to ignore his findings about protecting our children—and ourselves—from the psychological damage of a phone-based life.



Our Biggest Fight: Reclaiming Liberty, Humanity, and Dignity in the Digital Age by Frank McCourt, Jr.

It was once a utopian dream. But today’s internet, despite its conveniences and connectivity, is the primary cause of a pervasive unease that has taken hold in the U.S. and other democratic societies. It’s why youth suicide rates are rising, why politics has become toxic, and why our most important institutions are faltering.

Information is the lifeblood of any society, and our current system for distributing it is corrupted at its heart. Everything comes down to our ability to communicate openly and trustfully with each other. But, thanks to the

dominant digital platforms and the ways they distort human behavior, we have lost that ability—while, at the same time, we’ve been robbed of the data that is rightfully ours.

The roots of this crisis, argue Frank McCourt and Michael Casey, lie in the prevailing order of the internet. In plain but forceful language, the authors—a civic entrepreneur and an acclaimed journalist—show how a centralized system controlled by a small group of for-profit entities has set this catastrophe in motion and eroded our personhood.

And then they describe a groundbreaking solution to reclaim it: rather than superficial, patchwork regulations, we must reimagine the very architecture of the internet. The resulting “third-generation internet” would replace the status quo with a new model marked by digital property rights, autonomy, and ownership.

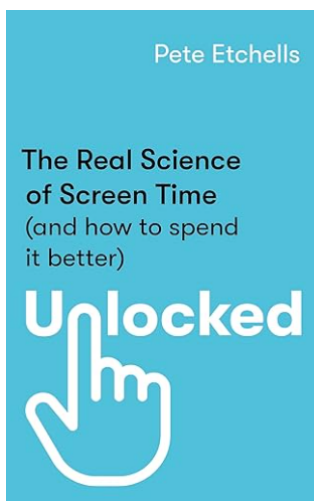
Inspired by historical calls to action like Thomas Paine’s *Common Sense*, *Our Biggest Fight* argues that we must act now to embed the core values of a free, democratic society in the internet of tomorrow. Do it right and we will finally, properly, unlock its immense potential.

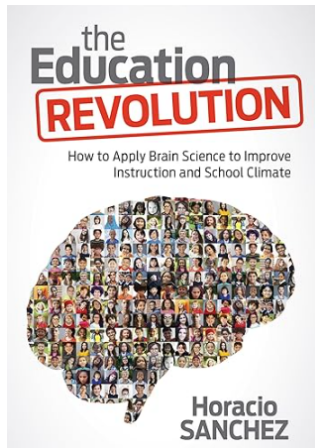
Unlocked: The Real Science of Screen Time (and how to spend it better) by Pete Etchells

Most of us spend a significant part of the day in front of a screen. Our work and social lives play out through our computers, tablets and phones: on email, social media, video conference calls and gaming servers. But what is all this screen time doing to our health, our sleep, and our relationships?

Professor Pete Etchells studies the way we use screens, and how they can affect us. In UNLOCKED, he delves into the real science behind the panic about our alleged device addiction and withering attention spans. Armed with the latest research, he reveals how little we have to fear, and the great deal we have to gain, by establishing a more positive relationship with our screens. That begins with asking ourselves some essential questions about how we use them.

Instead of clamouring for us to ditch our devices (before guiltily returning to the same old habits), UNLOCKED is a sustainable, realistic and vital guide to transforming our connection with technology.





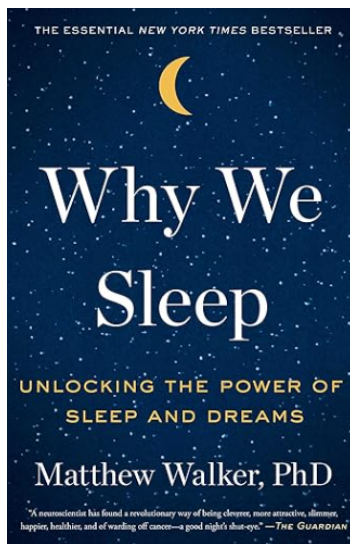
The Education Revolution by Horacio Sanchez

Maximizing student capacity and restoring motivation—the key to school success

Brain research has the power to revolutionize education, but it can be difficult for educators to implement innovative strategies without the proper knowledge or resources. *The Education Revolution* bridges the gap between neuroscience, psychology, and educational practice. It delivers what educators need: current and relevant concrete applications to use in classrooms and schools. Readers will find

- Teaching strategies and model lessons designed to advance academic performance
- Solution-focused practices to address the root of negative behaviors
- Approaches to counteract the negative impact of technology on the brain

A little more on sleep as well:



Why We Sleep: Unlocking the power of sleep and dreams by Matthew Walker.

Sleep is one of the most important but least understood aspects of our life, wellness, and longevity. Until very recently, science had no answer to the question of why we sleep, or what good it served, or why we suffer such devastating health consequences when we don't sleep. Compared to the other basic drives in life—eating, drinking, and reproducing—the purpose of sleep remained elusive.

An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now, preeminent neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming. Within the brain, sleep enriches our ability to learn, memorize, and make logical decisions. It recalibrates our emotions, restocks our immune system, fine-tunes our metabolism, and regulates our appetite. Dreaming mollifies painful memories and creates a virtual reality space in which the brain melds past and present knowledge to inspire creativity.

Walker answers important questions about sleep: how do caffeine and alcohol affect sleep? What really happens during REM sleep? Why do our sleep patterns change across a lifetime? How do common sleep aids affect us and can they do long-term damage? Charting cutting-edge scientific breakthroughs, and synthesizing decades of research and clinical practice, Walker explains how we can harness sleep to improve learning, mood, and energy levels; regulate hormones; prevent cancer, Alzheimer's, and diabetes; slow the effects of aging; increase longevity; enhance the education and lifespan of our children, and boost the efficiency, success, and productivity of

our businesses. Clear-eyed, fascinating, and accessible, *Why We Sleep* is a crucial and illuminating book.