

Jessica Lahey

The Gift of Failure and The Addiction Inoculation
Speaking Event Bibliography

Note: Amazon links include affiliate codes

Author, [*The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed*](#) (Harper Books)
[*The Addiction Inoculation: Raising Healthy Kids in a Culture of Dependence*](#) (Harper Books)

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The Addiction Inoculation in My Office video series can be found on any of my platforms, but [here's episode 1 on Instagram](#) and [here's episode 1 on TikTok](#). Table of contents with links to each episode is on the last page of this bibliography.

Education, motivation, and learning engagement:

Dan Willingham, [*Outsmart Your Brain: Why Learning is Hard and How You Can Make it Easy*](#) (frankly everything by Dan Willingham is essential reading for educators and parents)

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*](#)

Katie Hurley, [*The Happy Kid Handbook*](#)

Devorah Heitner, [*Screenwise: Helping Kids Thrive \(and Survive\) in Their Digital World*](#)

Jo Boaler, [*Mathematical Mindsets: Unleashing Students' Potential through Creative Math, Inspiring Messages and Innovative Teaching*](#)

Scott Barry Kaufman, [*Ungifted: Intelligence Redefined*](#)

William Stixrud, Ph.D. and Ned Johnson, [*The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives*](#)

William Stixrud, Ph.D. and Ned Johnson, [*What Do You Say? How to Talk with Kids to Build Motivation, Stress Tolerance, and a Happy Home*](#)
Katherine Reynolds Lewis, [*The Good News About Bad Behavior: Why Kids Are Less Disciplined Than Ever, and What to Do About It*](#)
Yael Schonbrun, PhD, [*Work Parent Thrive: 12 Science-backed Strategies to Ditch Guilt, Manage Overwhelm, and Grow Connection*](#)
Katherine Schulten, ed., [*Coming of Age in 2020: Teenagers on the Year that Changed Everything*](#)

Kids and Money

Ron Lieber, [*The Opposite of Spoiled: Raising Kids Who Are Grounded, Generous, and Smart About Money*](#)

Life Skills for Kids and Autonomy-Supportive Parenting

Julie Lythcott-Haims, [*How to Raise an Adult*](#)
Catherine Newman, [*How to Be a Person: 65 Hugely Useful, Super-Important Skills to Learn Before You're Grown Up*](#)
Catherine Newman, [*What Can I Say? A Kid's Guide to Super-Useful Social Skills That Will Help You Get Along and Express Yourself*](#)
Audrey Monke, [*Happy Campers: 9 Summer Camp Secrets for Raising Kids Who Become Thriving Adults*](#)
Emily Edlynn, PhD, [*Autonomy-Supportive Parenting: Reduce Parental Burnout and Raise Competent, Confident Children*](#)

Understanding Teens and the Teen Brain

Kenneth R. Ginsburg, [*Congrats, You're Having a Teen! Strengthen Your Family and Raise a Good Person*](#)
Ellen Galinsky, [*The Breakthrough Years: A New Scientific Framework for Raising Thriving Teens*](#)
Daniel Siegel, [*Brainstorm: The Power and Purpose of the Teenage Brain*](#)
Frances Jensen, M.D. and Amy Ellis Nutt, [*The Teenage Brain*](#)

College and Beyond

Ron Lieber, [*The Price You Pay for College: An Entirely New Roadmap for the Biggest Financial Decision Your Family Will Ever Make*](#)
Jeff Selingo, [*Who Gets in and Why: A Year Inside College Admissions*](#)
Becky Munsterer Sabky, [*Valedictorians at the Gate: Standing Out, Getting In, and Staying Sane While Applying to College*](#)
Julie Lythcott-Haims, [*Your Turn: How to Be an Adult*](#)
Frank Bruni, [*Where You Go is Not Who You'll Be*](#)
Lisa Heffernan and Mary Dell Harrington, [*Grown and Flown: How to Support Your Teen, Stay Close as a Family, and Raise Independent Adults*](#)

Girls

Katie Hurley, [*No More Mean Girls*](#)

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 Live Healthy, Happy, and Fulfilling Lives*](#)

Boys

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*](#)

The introduction to investigative journalism I wish I'd had in high school

Jodi Kantor & Megan Twohey, [*Chasing the Truth: A Young Journalist's Guide to Investigative Reporting*](#)

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*](#)

Websites I reference around learning and kids:

[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*)

["Helping a Perfectionist Child Worry Less and Do More"](#) (*New York Times*)

["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*)

["Teenagers, Dealing with Addiction, On What Might Have Helped"](#) (*New York Times*)

["I Will Not Check My Son's Grades Online Five Times a Day"](#) (*The Atlantic*)

["The Downside of Checking Kids' Grades Constantly"](#) (*New York Times*)

["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"](#)

Philosophy: [PhilosophyTube](#) on YouTube

The Addiction Inoculation in My Office TOC (with links)

[Introduction](#)

[Who the heck am I to tell you anything about anything?](#)

[Why do we need to worry about substance use in kids?](#)

[Yep, I'm alcoholic and here's my story.](#)

[Why are addictive substances a thing?](#)

[What's the gateway hypothesis or initiation sequence?](#)

[Brain development and substance use, part I](#)

[Brain development and substance use, part II](#)

[Brain development, substance use, and dopamine](#)

[Brain development in adolescence and learning](#)

[Neurodevelopment and why substances mess with it](#)

[How the addictive substances adolescents crave can be the most damaging to the brain](#)

[Why stress feels more stressful during adolescence](#)

[Sleep, addictive substances, and teens](#)

[More on sleep and why it's so important](#)

[Good news! Substance use is down overall and how we keep it going in that direction](#)

[Bad news! Some substance use is up.](#)

[Alcohol and the teenage brain, part I](#)

[Alcohol and the teenage brain, part II](#)

[Alcohol and the teenage brain, part III](#)

[The tolerance effect](#)

[The tolerance effect, part II](#)

[A great resource: The Huberman Lab podcast episodes I love](#)

[But WHY do kids use substances?](#)

[Risk factors and counterbalancing protective factors](#)

[Genetics](#)

[Epigenetics](#)

[Life experience and substance use disorder risk](#)

[Scary risk factors and why we have to be able to face and talk about them](#)

[Experiential risk factors](#)

[ACEs, or adverse childhood experiences](#)

[ACEs, part II](#)

[Finishing up with ACEs and who they affect](#)

[ACE scores and what that means for risk for substance use disorder](#)

[Categories of ACEs, or adverse childhood experiences](#)

[Late-breaking results of an MMWR study on ACEs](#)
[Why do ACEs affect risk of substance use disorder? Toxic stress.](#)
[Academic failure and risk of substance use disorder](#)
[An interlude with Moby and the leaf blower](#)
[Childhood aggression and substance use disorder risk](#)
[Transitions and substance use risk](#)
[Summer and substance use risk](#)
[Moving on to protective factors!](#)
[Protective factor: allies](#)
[Protective factor: banish secrets and shame](#)
[Protective factor: knowing \(and being honest about\) your family history](#)
[\[How\] should we keep alcohol in the house if we have kids?](#)
[\[How\] should we keep alcohol in the house if we have kids, part II](#)
[Protective factor: self-efficacy!](#)
[Protective factor: self-efficacy part II](#)
[Modeling self-efficacy for kids](#)
[Self-efficacy part IV \(it's that important\)](#)
[Self-efficacy and our belief in our children to succeed](#)
[Goal-setting as a great way to build self-efficacy](#)
[Self-efficacy: make failures specific and successes as general as possible](#)
[Elaborating on making failure specific and success as general as possible](#)
[Protective factor: optimism](#)
[Protective factor: allies and specific people you can look to for help](#)
[Protective factor: primary health care providers](#)
[Risk screening for kids](#)
[More on risk screening for kids](#)
[Protective factors: school nurses and school counselors](#)
[Maximizing the protective efficacy of health care providers for our kids](#)
[To sip or not to sip? Kids and drinking at home](#)
[False pretense: that romantic myth of raising European moderate drinkers](#)
[False pretense: "Kids are going to drink, so why not do it at home, where they are safe?"](#)
[Blackout Wednesday, or Drinksgiving](#)
[Protective factor: mindfulness](#)
[Protective factor: reframing stress for kids](#)
[How mindfulness promotes cognitive integration and reduces risk of substance use](#)
[Protective factor, more on reframing stress](#)
[Sleep and substance use](#)
[Sleep and substance use part II](#)
[Sleep and substance use part III](#)
[House rules and substance use](#)
[House rules part II](#)
[Why my 2 kids had 2 very different sets of rules around alcohol](#)
[What we know DOES NOT WORK for substance use prevention](#)
[Why "because I said so" does not work for kids](#)

[What's authoritative parenting and why does it work so well for substance use prevention?](#)

[What's authoritative parenting and why does it work so well for substance use prevention part II](#)

[How culture shapes substance use rates and behaviors](#)

[Family culture as a foundation for family behaviors around substance use](#)

[So what do we do when kids screw up?](#)

[The power of natural \(and logical\) consequences](#)

[What if addiction runs in the family?](#)

[What if one sibling uses addictive substances?](#)

[Are certain personality types more susceptible to substance use/disorder?](#)

[Divorce, separation, and substance use risk](#)

[What role does gender play in substance use risk?](#)

[Viewer question: Is it ever OK to drink/use in front of your kids?](#)

[Viewer question: How do the Laheys handle having alcohol at home?](#)

[What role does gender play in cannabis use/misuse?](#)

[What role does gender play in stimulant use/misuse?](#)

[Chapter 7: We Have to Talk About It. Starting the conversation](#)

[10 questions I asked my kids during our Hot Ones game in order to know them better](#)

[Making kids feel heard and supported so they will talk to us about hard things](#)

[More ways to get kids to talk to us about hard things](#)

[Even more ways to get kids to talk to us about hard things](#)

[Kids know when we are listening with an agenda, let's really listen so they will keep talking](#)

[How to pick your battles so kids will listen](#)

[Be their parent, not their friend](#)

[Hot take: substance use prevention starts before kindergarten](#)

[How do I teach my kids not to use drugs/alcohol if I use\(d\) drugs/alcohol?](#)

[What does substance use prevention look like for kids in pre-k and kindergarten?](#)

[The specifics of pre-k and kindergarten substance use prevention](#)

[Turning expectations around healthy behaviors into practices that stick](#)

[Should you shield your kid from family members with active substance use disorder?](#)

[Using stories and humor to start conversations with little kids about hard things](#)

[Teaching little kids about prescription drug misuse](#)

[Think they are too young for prevention? Kids as young as 3 can tell the difference between alcoholic and non-alcoholic beverages.](#)

[Elementary schoolers see alcohol 23x/month in the media, in 1 of 11 cartoons, and in 52-57% of PG/G movies.](#)

[Why substance use prevention conversations can get easier as kids get older.](#)

[What is inoculation messaging and why is it so effective in preventing all kinds of high risk behaviors?](#)

[Okay, but HOW do I shield my child from a family member with active substance use disorder?](#)

[What is inoculation theory and how does it work?](#)

[How do I explain Uncle Ted's smoking or Aunt Petunia's drinking to my kid?](#)

[Why booze companies work so hard to gain kids' brand loyalty at an early age.](#)

[Kids HATE being manipulated, so use that to teach them about how advertising works.](#)

[Using hypothetical “what if” scenarios to have no harm no foul conversations about substances.](#)

[How our kids’ friends affect their risk for substance use.](#)

[Does your kid have an escape hatch?](#)

[Nope, giving kids sips does not protect them from substance use disorder.](#)

[Oh, you want proof that sipping as a kid increases risk for substance use disorder?](#)

[Why are y’all SO upset that early initiation of substance use leads to higher risk of substance use disorder?](#)

[What factors predict early initiation of drinking in kids?](#)

[Factors that mitigate risk of early initiation of substance use.](#)

[Time to bust the problematic myth of “those moderate European drinkers”](#)

[The specifics of who drinks the most and the least in Europe.](#)

[How public health initiatives are changing to align with the science of alcohol and the human body.](#)

[High school: the most recent numbers on how many kids use drugs and alcohol.](#)

[High school and opioid misuse: who is using them and how often?](#)

[Because you asked: a primer on fentanyl](#)

[What role do friends play in substance use risk?](#)

[The changing role of friendship and its role in substance use risk.](#)

[Okay, but WHY are kids more likely to drink/drug if their friends drink/drug?](#)

[For those of you freaking out, friendship can work the other way, too.](#)

[It’s not just about peer pressure, but peer presence \(and binge drinking mice!\)](#)

[How can we help kids make healthy decisions about friendships?](#)

[How can we help kids choose healthy, positive friendships?](#)

[We parent in collaboration with the parents of our kids’ friends.](#)

[How do we help our kids strengthen their own sense of identity?](#)

[Is there a book I can hand my kids about all of this? Yes, there is.](#)

[Face-saving ways to turn down drugs and alcohol, by kids for kids \(1\)](#)

[Face-saving ways to turn down drugs and alcohol, by kids for kids \(2\)](#)

[Face-saving ways to turn down drugs and alcohol, by kids for kids \(3\)](#)

[Face-saving ways to turn down drugs and alcohol, by kids for kids \(4\)](#)

[What do I do if my \(friend, kid, spouse\) is struggling with substances? \(1\)](#)

[What do I do if my \(friend, kid, spouse\) is struggling with substances? \(2\)](#)

[What do I do if my \(friend, kid, spouse\) is struggling with substances? \(3\)](#)

[What do I do if my \(friend, kid, spouse\) is struggling with substances? \(4\)](#)

[What do I do if my \(friend, kid, spouse\) is struggling with substances? \(5\)](#)

[What do I do if my \(friend, kid, spouse\) is struggling with substances? \(6\)](#)

[What can schools do to prevent substance use? A lot.](#)

[It’s time to introduce you to Georgia.](#)

[What are the most effective school-based substance use prevention programs?](#)

[What is social-emotional learning \(SEL\) and why do some people want it banned?](#)

[What do I do if my kid ate my special medicated candy??](#)

[What do I do if my kid ate my special medicated candy \(2\)](#)

[What do I do if my kid ate my special medicated candy \(3\)](#)

[What does effective substance use prevention programs look like in pre-k/k?](#)
[What do effective elementary school substance use prevention programs look like?](#)
[What do effective middle school substance use prevention programs look like?](#)
[What do effective high school substance use prevention programs look like?](#)
[Drinking in college: perception drives reality](#)
[Why do we overestimate who drinks and how much, especially in college?](#)
[Freudian slip, anyone?](#)
[If perceptions of drinking shapes reality, how do we establish a reality based on truth?](#)
[What percentage of college kids drink, and how much?](#)
[The heaviest binge drinkers consume 72% of the alcohol consumed on campuses.](#)
[How much do most college students drink, then?](#)
[Time for some good news about drinking in college](#)
[Turns out, the “why” behind the drinking matters](#)
[More good news: even when in college, parents still matter](#)
[How to talk to your college student about drinking](#)
[How to talk to your college student about drinking \(part 2\)](#)
[Now that we have done the HOW, let’s talk about WHAT to tell your college kid about drinking](#)
[What to tell your college kid about drinking \(part 2\)](#)