

**The Anxious Generation by Jonathan Haidt - Session 2 at First Presbyterian Church
Chapters 2 – 4 February 9, 2025**

Additional Resources in Case Helpful, Compiled by Cindy Marion. *Reminder that 2 hours of screen time a day = 1 month a year 24/7 spent on screen time.*



Recommended
by Leigh
Williams, High
School Girls
Director at FPC.

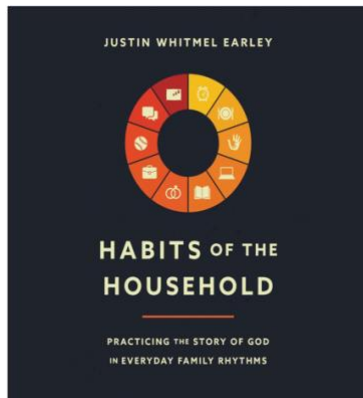
<https://a.co/d/b8uJrHt>



Great tips on
Calming parents
about the fears of
parenting in
general.

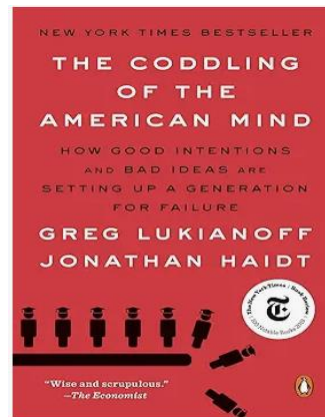
I like her other
books as well
which are specific
to raising boys and
girls.

<https://a.co/d/b8uJrHt>



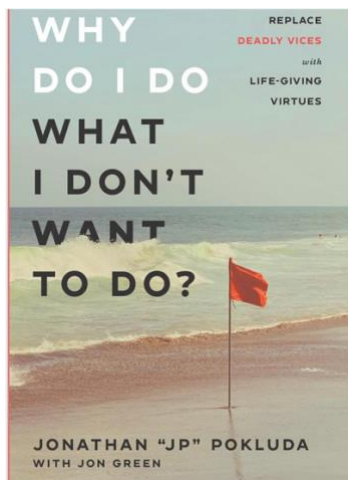
This one has lots
of practical tips
on infusing Christ
and faith into our
households.
Good things to try
and see what
works for your
family.

<https://a.co/d/3fwd85W>



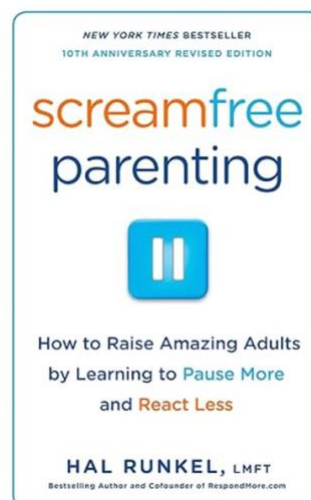
I STRONGLY
recommend this
book. I think it's a
must read.

<https://a.co/d/5n30nig>



The author says
to get rid of a bad
habit – you must
replace it with a
good habit. Good
tips from
scriptures to
follow in
eliminating
(screen)
addictions.

<https://a.co/d/5B84yLK>



Good general
parenting book –
AND chapter 13
“Parenting in the
Digital Age” has
good boundaries
for screen time
limits for our kids.
Be sure to grab
the 10th
Anniversary
edition.

<https://a.co/d/8To322i>