CONTENTS

INTRODUCTION The Search for Wisdom	1
PART I	Wising L
Three Bad Ideas	
CHAPTER 1 The Untruth of Fragility:	
What Doesn't Kill You Makes You Weaker	19
CHAPTER 2 The Untruth of Emotional Reasoning:	
Always Trust Your Feelings	33
CHAPTER 3 The Untruth of Us Versus Them: Life Is a Ba	ttle
Between Good People and Evil People	53
PART II	Action - Xebia
Bad Ideas in Action	
CHAPTER 4 Intimidation and Violence	81
CHAPTER 5 Witch Hunts	99
PART III	
How Did We Get Here?	
The Polarization Cycle	12

CHAPTER 7 Anxiety and Depression	143
CHAPTER 8 Paranoid Parenting	163
CHAPTER 9 The Decline of Play	181
CHAPTER 10 The Bureaucracy of Safetyism	195
CHAPTER 11 The Quest for Justice	213
PART IV	
Wising Up	
CHAPTER 12 Wiser Kids	235
CHAPTER 13 Wiser Universities	253
CONCLUSION Wiser Societies	263
Acknowledgments	271
Appendix 1: How to Do CBT	275
Appendix 2: The Chicago Statement on Principles of Free Expression	279
Notes	283
References	321
Index	320