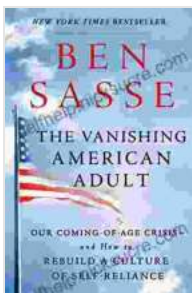


# Our Coming-of-Age Crisis and How to Rebuild a Culture of Self-Reliance

We are facing a coming-of-age crisis. Our culture has become increasingly reliant on technology, and we have lost touch with the values of self-reliance and independence. As a result, we are becoming more and more dependent on others to solve our problems and meet our needs.



## The Vanishing American Adult: Our Coming-of-Age Crisis--and How to Rebuild a Culture of Self-Reliance

by Ben Sasse

★★★★☆ 4.3 out of 5

Language : English  
File size : 3220 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
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Word Wise : Enabled  
Print length : 309 pages



This crisis is having a devastating impact on our society. We are seeing a rise in mental health problems, such as anxiety and depression. We are also seeing a decline in social cohesion and a rise in crime. We are becoming a nation of individuals who are isolated and alone.

We need to rebuild a culture of self-reliance. We need to teach our children the value of hard work and perseverance. We need to encourage them to

take responsibility for their own lives and to learn from their mistakes. We need to create a society in which people feel empowered to solve their own problems and meet their own needs.

Here are five things we can do to rebuild a culture of self-reliance:

### **1. Teach our children the value of hard work and perseverance.**

We need to teach our children that nothing in life is free. They need to learn that if they want to achieve something, they have to work for it. We need to encourage them to set goals and to never give up, even when things get tough.

### **2. Encourage our children to take responsibility for their own lives.**

We need to teach our children that they are responsible for their own actions. They need to learn to make their own decisions and to live with the consequences of those decisions. We need to encourage them to be independent and to take care of themselves.

### **3. Learn from our mistakes.**

Mistakes are a part of life. We all make them. But the important thing is to learn from our mistakes and to not make them again. We need to encourage our children to learn from their mistakes and to not be afraid to try new things.

### **4. Create a society in which people feel empowered to solve their own problems and meet their own needs.**

We need to create a society in which people feel confident in their ability to solve their own problems and meet their own needs. We need to provide

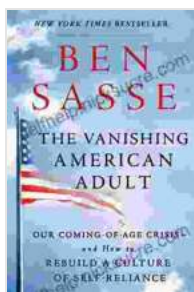
them with the resources they need to succeed, and we need to support them when they face challenges.

## 5. Be a role model for self-reliance.

The best way to teach our children the value of self-reliance is to be a role model for them. We need to show them that we are capable of solving our own problems and meeting our own needs. We need to show them that we are independent and that we are not afraid to face challenges.

Rebuilding a culture of self-reliance will not be easy, but it is essential for our future. We need to start by teaching our children the value of hard work, perseverance, and independence. We need to create a society in which people feel empowered to solve their own problems and meet their own needs. And we need to be role models for self-reliance.

Together, we can rebuild a culture of self-reliance and create a better future for our children.



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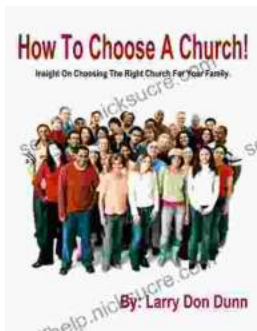
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