



The Snowflake Effect: How the Self-Esteem Movement Ruined a Generation

By Trey Willis

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Just about everyone under the age of thirty is an entitled, unhappy, lazy, shallow, egomaniacal monster. At least that's what they say. They, of course, are pretty much anyone over the age of thirty. They are also pretty accurate in their description of us. This has become something of a problem for our society. The Self-Esteem Movement was the catalyst for the shift in cultural norms and values that has allegedly ruined an entire generation. Everyone was suddenly a special and unique little snowflake. Trophies were mandatory. Success became an expectation. We have been corrupted by self-esteem. This warrants discussion, but no ordinary discussion will do. Bear witness as one of these snowflakes attempts to examine the detrimental and lingering impact of the Self-Esteem Movement through topics including television, education, Sigmund Freud, stand-up comedy, region, mental illness, baseball, pornography, and a number of other things that are at least somewhat relevant. You are not special. Neither am I.

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Editorial Review

About the Author

Trey Willis isn't his name at all, but not in that fancy pen name sort of way. His given name is Lionel Elbert Willis III, but he has never been called that by anyone who actually knew him. He was born and raised in rural North Carolina and unapologetically loves his home state. He has been in an embarrassing number of arguments with Ohioans about the Wright Brothers, at least one of which took place in The Smithsonian. Trey earned his bachelor's degree in psychology from the University of North Carolina at Wilmington, and master's degree in counseling from the University of North Carolina at Charlotte. His education in sarcasm hails from Parts Unknown, much like The Ultimate Warrior. His rampant cynicism is entirely self-inflicted. He is a practicing therapist and occasionally an adjunct psychology professor. Now he fancies himself an author. Trey lives in Wilmington, North Carolina with his wife and daughter. He enjoys living at the beach even though he rarely takes advantage of it. He also has two dogs and a cat, but finds that he is much less fond of them now that he has a child.

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