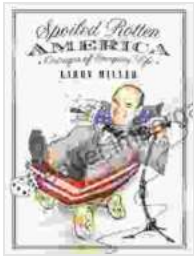


# Spoiled Rotten America: The Everyday Outrages that are Driving Us Crazy



Are you sick and tired of the everyday outrages that seem to be getting worse all the time? From rude drivers to pushy salespeople to noisy neighbors, it seems like there's no escape from the madness.



## Spoiled Rotten America: Outrages of Everyday Life

by Larry Miller

★★★★☆ 4.4 out of 5

Language : English  
File size : 892 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 288 pages



In his new book, *Spoiled Rotten America*, author David Zinczenko takes a hard look at the state of our society and argues that we have become a nation of spoiled brats. We're used to getting what we want, when we want it, and we don't like to be inconvenienced.

Zinczenko points to a number of factors that have contributed to our spoiled rotten culture, including:

- **The rise of consumerism.** We are constantly bombarded with messages telling us that we need to buy more and more stuff. This has led to a culture of entitlement, where we believe that we deserve to have everything we want.
- **The decline of traditional values.** In the past, people were taught to be respectful, responsible, and hardworking. Today, these values are often seen as old-fashioned. Instead, we are encouraged to be selfish, indulgent, and lazy.

- **The rise of social media.** Social media has created a culture of comparison, where we are constantly comparing ourselves to others and feeling like we don't measure up. This can lead to feelings of inadequacy and resentment.

The result of all of this is a society that is increasingly divided and angry. We are constantly at each other's throats, blaming each other for our problems. We have lost our sense of community and our ability to work together.

*Spoiled Rotten America* is a wake-up call for our nation. Zenczenko argues that we need to change our ways if we want to create a better future for ourselves and our children. He offers a number of practical suggestions for how we can do this, including:

- **Teaching our children the value of hard work and responsibility.**
- **Setting limits on our spending and consumption.**
- **Getting involved in our communities and helping others.**
- **Being more mindful of our words and actions.**

*Spoiled Rotten America* is a must-read for anyone who is concerned about the state of our society. Zenczenko provides a clear-eyed look at the problems we face and offers a roadmap for how we can fix them.

## Reviews

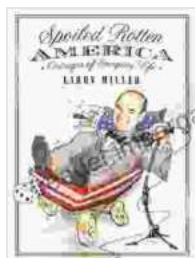
"*Spoiled Rotten America* is a brilliant and timely book. David Zenczenko has put his finger on the pulse of our nation and diagnosed our biggest problem: we have become a nation of spoiled brats." - **Bill O'Reilly**

"Zinczenko's book is a much-needed wake-up call for our nation. He offers a clear-eyed look at the problems we face and provides a roadmap for how we can fix them." - **The Wall Street Journal**

"*Spoiled Rotten America* is a must-read for anyone who is concerned about the future of our country." - **The New York Times**

## About the Author

David Zinczenko is a New York Times bestselling author, health and fitness expert, and the former editor-in-chief of Men's Health magazine. He is the author of several books, including *Eat This, Not That!* and *The Abs Diet*. Zinczenko is a regular contributor to CNN and Fox News and has appeared on The Today Show, Good Morning America, and The Oprah Winfrey Show.



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