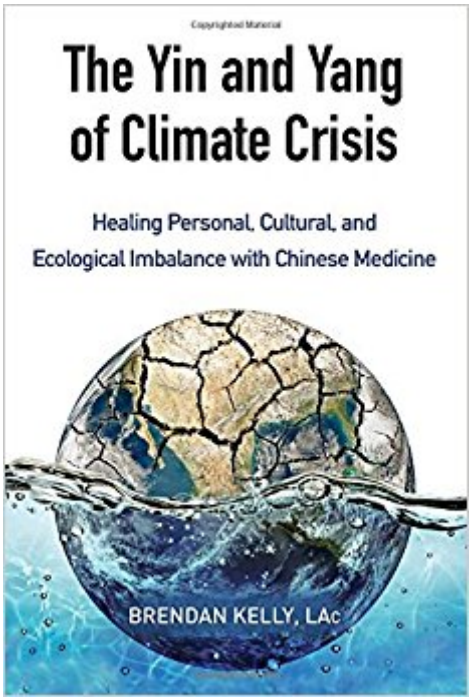
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The Yin And Yang Of Climate Crisis: Healing Personal, Cultural, And Ecological Imbalance With Chinese Medicine



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Synopsis

The first book to marry western environmentalism with Chinese medicine, The Yin and Yang of Climate Crisis illustrates the many ways that our personal well-being and climate health are vitally connected. Brendan Kelly demonstrates that crises such as melting ice caps, dying forests, and devastating floods are symptoms of deeper issues, both within us as individuals and within our culture. Informed by Kelly's experience as a practitioner of traditional Chinese medicine, this passionate discussion reveals that the current life-threatening severity of climate change speaks to the level of imbalance that exists in the people and institutions responsible for the crisis. Considering issues such as loss of life from increasingly severe storms, stress on farmers from rapidly changing weather, and increasing rates of disease, this book goes on to present hopeful, deep-reaching personal and societal remedies to treat the underlying causes of climate change and to restore our own health. The Yin and Yang of Climate CrisisÃ Â blends the external focus of environmentalism--western science, policy issues, regulations--with the internal focus of Chinese medicine--personal health, balancing Qi, diet--to present a holistic view of our interrelationship with the planet. Kelly provides a deeper look at how we've gotten to this place of climate destabilization and ways to treat both the symptoms and their root causes. Looking through the lens of Chinese medicine, we are better able to understand that the severity of climate destabilization speaks to deeper philosophical and spiritual issues and provides an opportunity to address our own personal and collective imbalances. With his unique perspective and far-reaching perceptions, Kelly encourages us to translate the reality of our warming planet into an opportunity to ask bigger and deeper questions, including who we are, what we're here to do, and what promotes health and healing.

Book Information

Paperback: 248 pages
Publisher: North Atlantic Books; 1 edition (September 1, 2015)
Language: English
ISBN-10: 1583949518
ISBN-13: 978-1583949511
Product Dimensions: 6 x 0.6 x 9 inches
Shipping Weight: 12.6 ounces (View shipping rates and policies)
Average Customer Review: 4.9 out of 5 stars 21 customer reviews
Best Sellers Rank: #538,119 in Books (See Top 100 in Books) #149 inÃ Â Books > Health,

Fitness & Dieting > Alternative Medicine > Chinese Medicine #151 inÃ Â Books > Religion & Spirituality > New Age & Spirituality > Gaia #355 inÃ Â Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Viral

Customer Reviews

Ã¢â ¬Å“Brendan Kelly is contributing to an important emerging understanding: that climate change is not fundamentally a technical problem of greenhouse gases that can be addressed with technical solutions. It is a symptom of the modern way of being in the world.Ã¢â ¬Â•Ã¢â ¬â •Charles Eisenstein,Ã Â bestselling author ofÃ Â Sacred EconomicsÃ Â andÃ Â TheÃ Â More Beautiful World Our Hearts Know is PossibleÃ¢â ¬Å“In an age perturbed by technological dependence, rise in cancer afflictions, and alienation from nature, Brendan Kelly skillfully applies the theories of Chinese medicine to the global crisis of climate change. KellyÃ¢â ¬â„¢s seeds of insight can be sowed by readers so that a harvest of optimism around the world we live in can be achieved and celebrated.Ã¢â ¬Â•Ã¢â ¬â •Dr. Jeffrey Yuen, 88th generation Daoist priest, internationally recognized teacher and practitioner of Chinese medicine"The human body is a mirror of our home planet. The Yin and Yang of Climate CrisisÃ Â not only teaches that the body and earth are connected, it explains the need for healing both."Ã¢â ¬â •Scott Frazier, member of the Crow/Santee tribe; founder and director of Project Indigenous Ã Â Ã¢â ¬Å“Brendan Kelly uses his expertise in Chinese medicine to draw a connection between the environmental excesses that have led us to the age of climate change and the individual excesses that lead to depletion, imbalance, and disease. His fascinating book offers fresh, clear insight into the root causes of both, as well as a map toward greater personal and environmental health and balance.Ã¢â ¬Â•Ã¢â ¬â •Kristin Kimball,Ã Â author ofÃ Â The Dirty Life;Ã Â farmer and co-founder of Essex Farm Ã Â Ã¢â ¬Å“Brendan Kelly invites us to set aside our typical ways of thinkingÃ¢â ¬â •reductionistic, fragmented, and dualisticÃ¢â ¬â •and to embrace a more holistic and systemic mode of thought. Using the conceptual framework of Chinese medicine, Kelly incisively diagnoses the source of what most ails us, both personally and collectively, and offers guidelines for meaningful change. What could be more important?Ã¢â ¬Â•Ã¢â ¬â •John Christopher, PhD,Ã Â Fellow of the American Psychological Association and the Mind & Life Institute Ã Â Ã¢â ¬Å“With a radically expansive understanding of holistic principles, Brendan Kelly shows us that the remedy for our individual bodies and our planet-body is the same.Ã Â He invites us to look at the deeper causes of our situation and, in so doing, to experience deeper purpose and connection with life.Ã Â This book is a must-read for anyone who cares about the earth.Ã¢â ¬Â•Ã¢â ¬â • Sarah Von Hoy, PhD,

LAc,Ã Â professor at Goddard College Ã Â Ã¢â ¬Å“The Yin and Yang of Climate CrisisÃ Â is a brilliantly written, far-sighted exploration of climate change using Chinese medicine as an ancient way to see personal mind-body inflammation as deeply interrelated with the earthÃ¢â ¬â„¢s rising heat. Ã Â This book empowers people to embrace cooler lifestyles and less inflammatory diets to help rebalanceÃ Â their own lives and in a small, yet organically powerful, way.Ã¢â ¬Â•Ã¢â ¬â •Susan Green,Ã Â PhD,Ã Â department chair of Behavioral Sciences and director of Wellness & Alternative Medicine, Johnson State College

BRENDAN KELLY has been actively involved with local, regional, and national environmental issues for twenty-five years. The co-founder and co-owner of Jade Mountain Wellness, where he currently practices acupuncture and herbalism, he also teaches at Johnson State College and the Academy for Five Element Acupuncture. Kelly lectures natinoally on a wide variety of topics, including Chinese medicine, Western herbal medicine, personal health, climate change, and other environmental issues. A long-time practitioner of tai chi ch'uan, he was authorized to teach by internationally recognized teacher and author Wolfe Lowenthal. Please visit http://personalasecological.com for more information and upcoming events.

This is a very informative book about our over-heated globe and our over-heated society. The book is well-researched and thought-provoking. There is much information about human health that can be applied to the individual. I found the book to be a valuable contribution to my understanding of both global warming and heat as regards to human health.

good choice, I will buy it again.

A thought provoking discussion of environmental issues as they relate to internal personal imbalances within the context of Chinese medicine. An excellent introduction to Eastern health perspectives, expanded to provide insight into the health of the planet itself.

This is a very unique way of looking at climate change. I was very impressed with Mr Kelly's creativeness and point of view.

In depth and Concise The Yin and Yang of Climate Crisis paints a clear picture into the relationship we have with our external world and how our external world mirrors our internal ideologies,

thoughts, and behaviors manifesting internally as health and well being or sickness and dis-ease. This book is a MUST read for any who seek to gain a well rounded non dualistic perspective of Yin and Yang and its manifestations in our reality as well as within the reality we create ourselves as individuals and collectively. A clear perspective from ancient Chinese medicine and philosophy is the destiny of our planet is most importantly dependent on the thoughts and collective ideologies of each and every person. We MUST begin by changing ourselves inwardly if we wish to see outward reality also change for the better. For the many who read extensive ancient wisdom you will find many parallels in this book to that of many ancient cultures who teach the future of life on the planet is held within each of us. Cultivating a deep level of connectivity with mother earth and respect and humility for the resources we have available is the key to ultimately enrich all beings providing abundance in health and wealth to the planet and its inhabitants equally. Great work Kelly!

In The Yin and Yang of Climate Crisis, Kelly is able to synthesize the science behind climate change, a working knowledge of Chinese medicine, and his own professional practice and personal life all into a unique, compelling, and accessible book.In The Yin and Yang of Climate Crisis, we learn not just what climate change is and the science behind it, but what we can do--in our own personal, individual lives--to not just mitigate the changes brought on by climate change, but to fundamentally re-orientate ourselves, and in doing so improve our own health, the health of our communities, and ultimately the environment. Kelly draws a parallel between the driving forces behind climate change (from CO2 pollution to the deforestation of the rain forests to the melting ice caps), the culture underlying those forces, and how what is seen in climate change is also seen within many common serious health issues and diseases which seem to be growing at epidemic rates.A definite must read for anyone interested in Chinese medicine (even someone without any background in it) and wanting to know more, for social and environmental activists, to those interested in better understanding the science behind climate change, and really for anyone who questions the unrelenting propensity for our culture to fix problems created through constant growth and production with even greater growth and production--both inside ourselves and outside ourselves.

If you have any interest in the environment, acupuncture, Chinese medicine, health, or personal growth, I highly recommend that you read this book! Initially I was somewhat hesitant on picking it up, as I’ve never been particularly interested in books related to the environment and climate change. As I began this book, I was prepared for a somewhat technical read about how climate

change is progressing and how we, collectively and as individuals, are contributing to the deterioration of the environment. At best, I was hoping for some suggestions of what I could personally do to help slow the progression of this climate crisis. I was immediately drawn into the book by Brendan Kelly's writing. Personal stories, both from Kelly's own experience as well as case studies from his clients, are interwoven throughout the book, making it read much more like an interesting novel, than merely a nonfiction account. With that being said, the science is clearly and articulately presented throughout the book.(If you have doubts that climate change is a real thing, you certainly wont after reading this book.) I walked away from reading this book with a better sense of the climate crisis as well as Chinese medicine. I now truly understand Qi, heat, wood, etc. The most valuable take away message for me, however, was a sense of optimism. Yes, you read that correctly. Certainly we are in a climate crisis and this crisis matches up with the personal health problems that many of us experience. However, as the author points out, these crisis' are merely motivations or opportunities to look at the deeper root of what is going on individually and collectively. With our emphasis on constant growth as a society, we are perpetuating the climate crisis and solutions offered thus far often miss the underlying issues at hand. I can't not recommend this book enough and have already referred back to it on a few occasions!

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