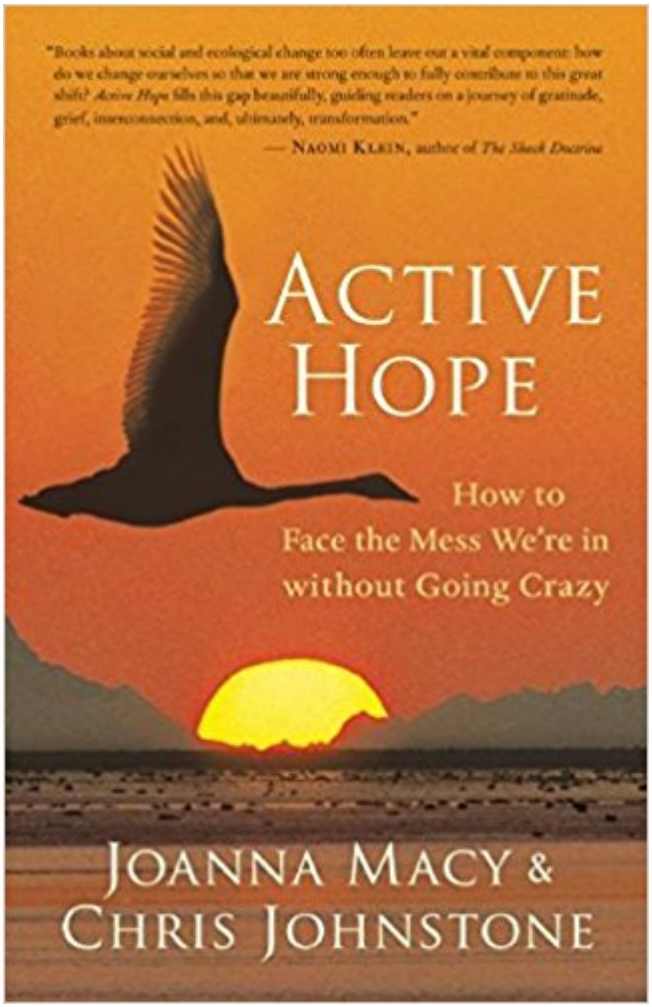
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Active Hope: How To Face The Mess We're In Without Going Crazy



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Synopsis

The challenges we face can be difficult even to think about. Climate change, the depletion of oil, economic upheaval, and mass extinction together create a planetary emergency of overwhelming proportions. Active Hope shows us how to strengthen our capacity to face this crisis so that we can respond with unexpected resilience and creative power. Drawing on decades of teaching an empowerment approach known as the Work That Reconnects, the authors guide us through a transformational process informed by mythic journeys, modern psychology, spirituality, and holistic science. This process equips us with tools to face the mess weÃ¢â ¬â„¢re in and play our role in the collective transition, or Great Turning, to a life-sustaining society.

Book Information

Paperback: 288 pages

Publisher: New World Library; 58069th edition (March 13, 2012)

Language: English

ISBN-10: 1577319729

ISBN-13: 978-1577319726

Product Dimensions: 0.8 x 5.8 x 8.8 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 53 customer reviews

Best Sellers Rank: #28,429 in Books (See Top 100 in Books) #46 inÃ Â Books > Science & Math > Environment > Environmentalism #68 inÃ Â Books > Science & Math > Biological Sciences > Ecology #70 inÃ Â Books > Science & Math > Nature & Ecology > Conservation

Customer Reviews

“Books about social and ecological change too often leave out a vital component: how do we change ourselves so that we are strong enough to fully contribute to this great shift? Active Hope fills this gap beautifully, guiding readers on a journey of gratitude, grief, interconnection, and, ultimately, transformation.Ã¢â ¬Â•— Naomi Klein, author of The Shock Doctrine“To the future beings of the twenty-second century, Active Hope might turn out to be the most important book written in the twenty-first.Ã¢â ¬Â•— Bill Plotkin, author of Soulcraft and Nature and the Human Soul“More than any book IÃ¢â ¬â„¢ve read, Active Hope shows us the true dimensions of this crisis, and the way our heart and actions can be part of the great turning toward healing. Please read this book and share it with others — for your own awakening, for our children, and for our future.Ã¢â ¬Â•— Tara Brach, PhD, author of Radical

Acceptance“Active Hope is a brilliant guide to sanity and love.Ã¢â ¬Â•— Roshi Joan Halifax, abbot of the Upaya Zen Center“If you have despaired for our world, and if you love life, Active Hope will be for you an extraordinary blessing.Ã¢â ¬Â•— John Robbins, author of Diet for a New America and The Food Revolution“Active Hope is not just a book but a gateway to transformation.Ã¢â ¬Â•— Jim Douglass, author of JFK and the Unspeakable

Ecophilosopher Joanna Macy, PhD, is a scholar of Buddhism, general systems theory, and deep ecology. A respected voice in movements for peace, justice, and the environment, she interweaves her scholarship with five decades of activism. Physician and coach Dr. Chris Johnstone is a specialist in the psychology of resilience, happiness, and positive change.

Ever since 1982, when I read Fate of the Earth by the fine writer, Jonathan Schell, who, IÃƒÂ¢Ã â ¬Ã â„¢m sorry to say, died this year, my awareness of mortality has been heightened ÃƒÂ¢Ã â ¬Ã â œ not my personal mortality but the possibility of the extinction of humanity itself. Schell was addressing the possibility of nuclear holocaust. Now we face more prominently our destruction of the planetÃƒÂ¢Ã â ¬Ã â„¢s systems that make human and most other life untenable. Macy and Johnstone talk of this as the Great Unraveling, the awareness of where Business As Usual is taking us. Their active hope is based in what they call the Great Turning. Here is the beginning of their poem about it.Active Hope is not wishful thinking.Active Hope is not waiting to be rescuedby the Lone Ranger or by some savior.Active Hope is waking up to the beauty of lifeon whose behalf we can act.Key is the acknowledgment that we donÃƒÂ¢Ã â ¬Ã â„¢t know how things will turn out. But we can make a choice about what weÃƒÂ¢Ã â ¬Ã â„¢d like to have happen and put ourselves fully behind that possibility. (Think Lord of the Rings.) They hold up three types of activism: 1. holding actions (protecting what is left), 2. life-sustaining systems and practices (replacing the Business as Usual destruction), and 3. a shift in consciousness (that broadens our perspective to include connection to one another and the planet). This involves becoming clear what a good life is for you, what draws forth your deep aliveness. Then redefine success. Making a step in the direction you want to go is success. And make friends with uncertainty. We can never know the outcome. But one thing we are certain of. We will die. Let us die creating a possible wholesome future for all.

This book might be best used in a discussion group, where exercises can be shared. The last chapter could stand alone and apply to any situation in life. The message I heard is to become and

remain aware of the beauty and value and excitement of living with uncertainty.

An alternative to apocalypticism and New Age positive thinking the "work that reconnects" developed by Joanna Macy and here repackaged as "active hope" is a crucial set of tools for developing the resilient communities we need to navigate the challenges of the twenty-first century. Traditional Western spiritual traditions still have valuable resources to be utilized, but have also become so enmeshed and tangled with "business as usual" that they are part of the problem as well as part of the solution. This set of practices is not a self-sufficient replacement for any of those ancestral resources and yet it gets to the core values in all of them by recognizing that the cycle of beginning in gratitude, honoring our pain, seeing with new eyes, and going forth in active hope creates an activist posture that is neither fatalistic nor naive. I hope and pray that this work (either through this book or through a local workshop) gains increasing familiarity and utilization. It is not just important. It is essential.

reading active hope for the second time, i worked thru all the exercises using a journal format. i found the process powerful. with 2 immediate consequences, both in the direction of experiencing enhanced strength, motivation, and clarit: preparation for my upcoming detroit and israeli palestine photographic trips within the next 6-8 months, and, on a smaller but more obvious scale, long bike rides, longer than i'd anticipated, and more fulfilling.

Wish it was required reading for all. We need to take care of our mother earth.

No snags in fulfillment. Product as expected. Satisfied.

This is a wonderful book if you are concerned with climate change but feel hopeless and helpless. It helps open up that pot on the back burner and helps us to have our feelings about it--then you get energized and are able to take small or other size steps towards "active hope."

This book got me moving towards some positive action for the well-being of all beings, after I had stalled because I felt everything was too hard and almost hopeless for our planet. i cannot recommend it highly enough for all people who want our planet, with its animals, trees, and all other life to not just survive but thrive. it is gentle and encouraging, and gives exercises that help us take the next step.

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