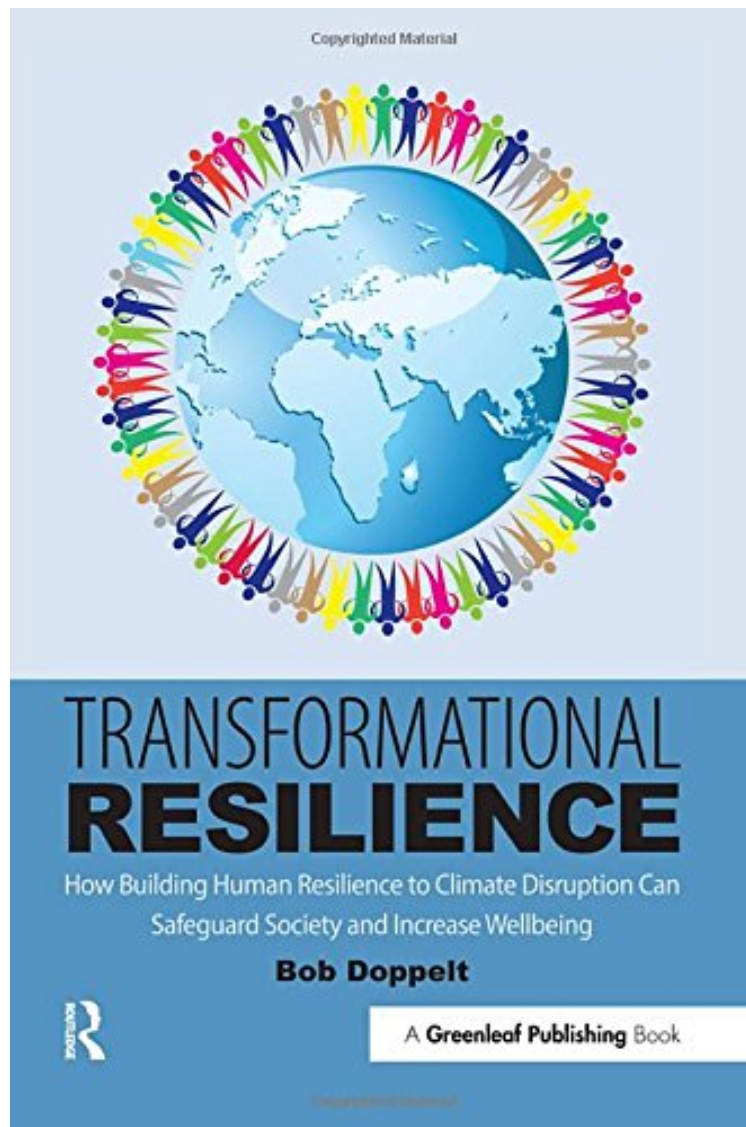


[Pdf free] Transformational Resilience: How Building Human Resilience to Climate Disruption Can Safeguard Society and Increase Wellbeing

Transformational Resilience: How Building Human Resilience to Climate Disruption Can Safeguard Society and Increase Wellbeing

Bob Doppelt

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0 of 0 people found the following review helpful. Practical Guide to Increase Resiliency By ELAINE KARAS Bob Doppelt expertly describes the climate changes impacting humankind. His ideas about prevention to help prepare the world community are well-defined and he provides practical strategies to increase resiliency.

Using the authors extensive experience of advising public, private and non-profit sectors on personal, organization, and community behavioral and systems change knowledge and tools, this book applies a new lens to the question of how to respond to climate change. It offers a scientifically rigorous understanding of the negative mental health and psychosocial impacts of climate change and argues that overlooking these issues will have very damaging consequences. The practical assessment of various methods to build human resilience offered by Transformational Resilience then makes a powerful case for the need to quickly expand beyond emission reductions and hardening physical infrastructure to enhance the capacity of individuals and groups to cope with the inevitable changes affecting all levels of society. Applying a trauma-informed mental health and psychosocial perspective, Transformational Resilience offers a groundbreaking approach to responding to climate disruption. The book describes how climate disruption traumatizes societies and how effective responses can catalyze positive learning, growth, and change.

My humble suggestion is to read this book and to share it widely. That's just what I'm doing and I'm happy to have my own copy that I can mark up over and over again. It now looks like a tie-dye shirt that makes me smile. Transformational Resilience could well be a game-changer and a daily dose might be a most effective way to counter all the negative stuff that's happening and to make sure that the future remains bright for our magnificent planet and its awesome array of beings. - Psychology Today - Marc Bekoff, PhD My humble suggestion is to read this book and to share it widely. That's just what I'm doing and I'm happy to have my own copy that I can mark up over and over again. It now looks like a tie-dye shirt that makes me smile. Transformational Resilience could well be a game-changer and a daily dose might be a most effective way to counter all the negative stuff that's happening and to make sure that the future remains bright for our magnificent planet and its awesome array of beings - <https://www.psychologytoday.com/blog/animal-emotions/201603/transformational-resilience-my-go-book-hope> - Marc Bekoff, PhD About the Author Bob Doppelt is Executive Director of Resource Innovations and the Climate Leadership Initiative in the Institute for a Sustainable Environment, and Courtesy Associate Professor in the Department of Planning, Public Policy, and Management at the University of Oregon.