

D^r Alice Desbiolles

L'ÉCO- ANXIÉTÉ



**Vivre sereinement
dans un monde abîmé**

QU'EST-CE QUE
L'ÉCO-ANXIÉTÉ ?

COMMENT
EN SORTIR

fayard

Date : 09/09/2020

Pages : 200

Format cm : 14 x 22

Prix : 18.0

EAN : 9782213717203

Eco-Anxiety

Author: Dr Alice Desbiolles

Publisher : Fayard

Category : Humanities and Non-Fiction

Genres : Essay

Keywords : Psychology

How to turn anxiety about the environment into positive action.

Dr Alice Desbiolles, a specialist in environmental medicine, explains how eco-anxiety, or "solastalgia," is on the rise in modern society. After explaining its effects on both individuals and society at large, she shows how this condition can be simply and efficiently harnessed and used to bring about positive change, whether on a personal or a societal level. Through her advice, everyone can learn how to go from being a passive worrier to an active environmentalist.
