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Managing Eco-Anxiety

4 Steps to Making Eco-Anxiety a Source of Strength

Authors: Nathalie Ouederni - Isabelle Giraldo (Text)

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This beautifully illustrated guide offers numerous tips to everyone suffering from eco-anxiety.

The evidence is clear: over a half of all people from ages 16-25 today suffer from eco-anxiety. But eco-anxiety is not inevitable: it is possible to understand it, tame it, and turn it into action that will help our socio-ecological transition. In this practical guide, eco-therapist Isabelle Giraldo shows how to transform stress over the environment into a source of strength, through an original approach stemming from eco-psychology. The key is to take care of your eco-anxiety by forging bonds and reconnecting with yourself, your imagination, other people and living beings. These 4 relationships are the essential steps proposed in this guide to enable each of us to develop their inner resources.