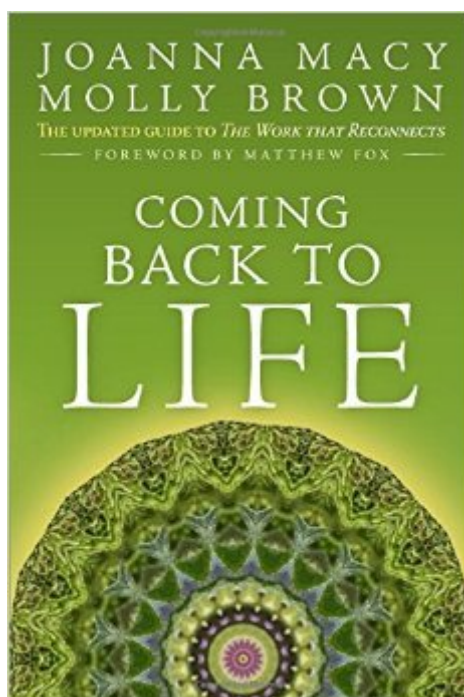


The book was found

# Coming Back To Life: The Updated Guide To The Work That Reconnects



## Synopsis

Deepening global crises surround us. We are beset by climate change, fracking, tar sands extraction, GMOs, and mass extinctions of species, to say nothing of nuclear weapons proliferation and Fukushima, the worst nuclear disaster in history. Many of us fall prey to despair even as we feel called to respond to these threats to life on our planet. Authors Joanna Macy and Molly Brown address the anguish experienced by those who would confront the harsh realities of our time. In this fully updated edition of *Coming Back to Life*, they show how grief, anger, and fear are healthy responses to threats to life, and when honored can free us from paralysis or panic, through the revolutionary practice of the Work that Reconnects. New chapters address working within the corporate world, and engaging communities of color as well as youth in the Work. The Work that Reconnects has spread around the world, inspiring hundreds of thousands to work toward a life-sustaining human culture. *Coming Back to Life* introduces the Work's theoretical foundations, illuminating the angst of our era with extraordinary insight. Pointing the way forward out of apathy, it offers personal counsel as well as easy-to-use methods for group work that profoundly affect peoples' outlook and ability to act in the world. Joanna Macy is a scholar, eco-philosopher, teacher, activist, and author of twelve previous books including *Coming Back to Life*. Molly Young Brown is a teacher, trainer, counselor, and author of four previous books on psychology and Earth-based spirituality.

## Book Information

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## Customer Reviews

We need more people to read this and understand its significance to the times we live in. Easy to

understand, good for teachers, facilitators of group work, people who want the change toward a new sustainable world to be for our spirits as well as the physical world around us.

Coming Back to Life is one of the important books of our time. The view of the world and these times that Joanna and Molly offer is clear and compelling. And for me it is spot on. The exercises and processes they share are powerful. They offer us guidance for working with groups of people to stand awake in this world and to step forward to make a difference. Lately I've been using this framework as a core part of my work in Japan -- both in the 3.11.11 disaster area as well as in other parts of the country. The space it opens up for people is incredible. It is a space where we can dance with our grief and celebrate our joy. It is the space in which we create the future we want.

This is a primer for life at this time in our history, filled with specific ways that you and your community can face the deep challenges we face... and unleash the creativity and courage that live on the other side of fear and numbness.

I already know all this stuff, but for others, it may present new thoughts, new inspiration. For me, the way forward is going to depend on better family planning, the empowerment of women, the reform of politics, and better leadership.

An updated version of Joana Macy's work. A "how to" prescription on making social change. Full of heart, great ideas, and practical things anyone can do.

Highly significant message in how to conduct our lives given the serious issue of Climate Change!

Excellent resource for group facilitators of all types

Stunning and comprehensive.

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