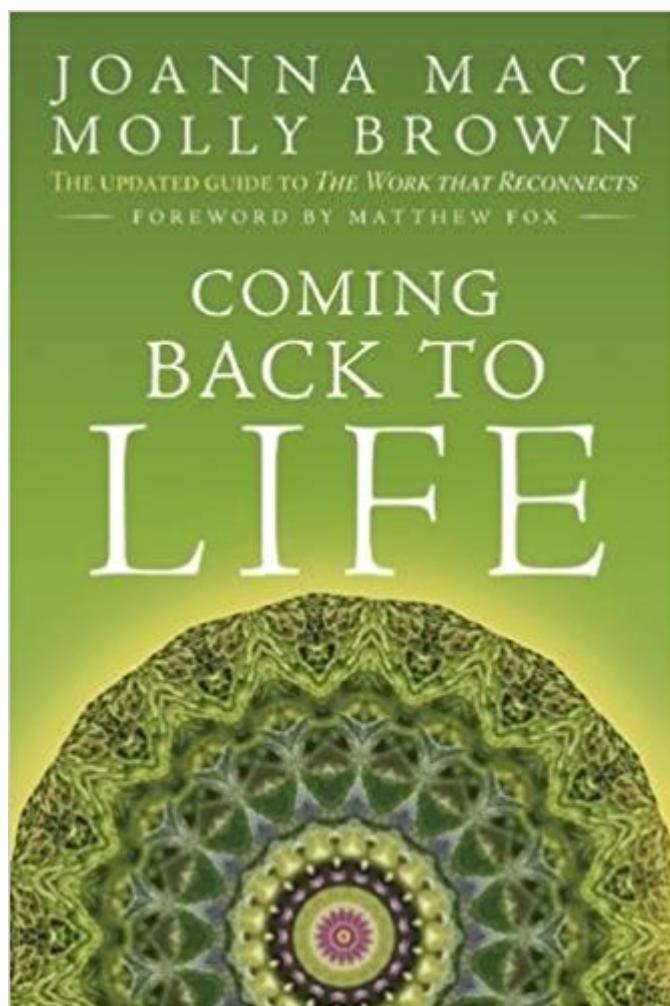


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# Coming Back To Life: The Updated Guide To The Work That Reconnects



## **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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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 addressÂ  Â engaging communities of color, children and teens in theÂ  Â 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 and activist who has developed an international following in over 30 years as a speaker and workshop leader on Buddhist philosophy and the deep ecology movement. She is the author of 8 books including the original *Coming Back to Life* and *Widening Circles*, and she has produced a 3-DVD set entitled *The Work that Reconnects*. Molly Young Brown has been a trainer, workshop leader and consultant for many years. The author of three previous books on spirituality and healing the environment, including *Growing Whole: Self-Realization on an Endangered Planet*, she teaches at the Graduate School of Holistic Studies at John F. Kennedy University, and is based in the San Francisco Bay area.

*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.

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.

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

Pivotal, elemental ! critical reading

Excellent! I am registered for a week-long retreat as a result of this book!

Thank you

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.

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

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