



**COPING WITH ECO-ANXIETY
and turning your eco-emotions
into an engine for change**
Karine Saint-Jean, psychologist

**This positive book will make you stop feeling powerless
in the face of climate change.**

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Have you ever felt a knot in your stomach when reading an article on receding Antarctic glaciers? Do you feel a sense of urgency when you see the long lines of cars at rush hour, with their gas emissions visible in the morning air? If so, you're not alone!

The environment and ecology take up more and more space in our lives, and for good reason. Since human-caused climate changes and their consequences are serious problems, it's normal to be worried. In the last twenty years, we've become aware, individually and collectively, of these worldwide threats, and this intellectual realization has been heightened by increasingly easy access to information on a range of technological platforms. The sense of urgency is often tangible, and some people even experience, to varying degrees, what's called eco-anxiety.

This book looks into this recent phenomenon to define the bases and examine the effect of climate change on human psychology, but also to suggest possible actions to channel this feeling: working on your resilience, managing your information consumption well, practising attentive presence, acting in accordance with your values, and connecting with others.

Strong points

- A book focussed on solutions that provide tools to those of us experiencing eco-anxiety.
- A positive approach to taking action and turning your anxiety into an engine for change.
- The text is highly readable, and specific cases help synthesize each chapter.

Karine Saint-Jean is a psychologist and mindfulness instructor. Fascinated by the space where psychology, mindfulness and the environmental cause intersect, she is guided by her desire to promote the well-being of humans, living beings, the planet, and its biodiversity.