Understanding Yourself In ‘The Age Of Overwhelm’

A new book can help ease your burden of overwhelm, restore your perspective, and give you strength to navigate whatever comes next.

THE AGE OF OVERWHLEM

Laure van Dernoot Lipsky

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The first step toward overcoming being overwhelmed, she says, is to separate what is and isn't within your control; the second step is to act on that which is in your power to change and relinquish what is not.

Combining New Yorker cartoons and sage advice, Lipsky moves readers through the process of minimizing distraction and increasing intention. By paring away the unessential, she advises, people do less of what rots them and more of what sustains them, asserting that only then can you be a force for good in the world.

About the Author

Lipsky is globally recognized for her pioneering work on understanding the effects of exposure to trauma. She draws from her own research, personal observations and three decades of experience working with nearly every type of civic and organizational venue—from small-town organizations to massive international disaster scenes. The result is an inclusive, encouraging and practical resource, one likely to resonate with people "on the brink of mental, spiritual, physical and emotional collapse."

Lipsky is also the founder and director of The Trauma Stewardship Institute, where she works to raise awareness about the cumulative toll on people exposed to suffering, hardship, crisis and trauma as they care for humans, other living beings or the planet itself.

Learn More

For further information to order the book, go to https://www.amazom.com/Age-Overwhelm-Strategies-Long-Haul/-/db/8523694737?c=customerReviews. #overwhelmege