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Nota di contenuto	Title Page -- Copyright -- Dedication -- Contents -- INTRODUCTION: "THE TALK" -- PART I. "THE INTERVENTION" THE TOP REASONS AMERICAN POLITICS AND SOCIETY ARE OUT-OF-WHACK -- 1. No We Can't: Getting to No While Giving In -- 2. Money Can't Buy Happiness (Just Food, Clothing, Gas, Medicine, and Housing) -- 3. Eat, Pray, Love . . . and Then Get Fired for Spending So Much Time Away from Work -- 4. Chicken Soup for the Soul Brothers and Soul Sisters: Why Kind, Personal Gestures Aren't Enough to Overcome Structural Racism -- 5. They're Just Not That Into You: Why Working-Class Whites Are Rejecting Democrats -- 6. Your Best Life Is Actually Someone Else's: The Politics of Resentment -- 7. The Rules: Time-Tested Secrets for Capturing Mr. Right Wing -- 8. Friends Without Benefits, or Why Buy the Voter When You Can Get the Milk for Free? -- 9. How to Lose Friends and De-Influence People: How the Left Turns Off the Public and Turns On Itself -- 10. Republicans Are from Mars, Democrats Are from Venus -- 11. Three Cups of Crime Spree: Why the Nonprofit Sector Is Too Crooked, Self-Aggrandizing, and Ineffective to Save America -- 12. The Seven Habits of a Highly Unsuccessful Nation: Why the US Is Lagging -- 13. The Granivore's Dilemma: Can the Foodies Survive on Foraged Seeds Alone? -- 14. America's Virgin/Whore Complex: Our Obsession with Sex and Shaming -- 15. A Non-Purpose Driven Life: How Our

Reality TV Culture is Stripping America of Soul, Sense, and Meaning -- 16. Deal Breakers: When to Work on a National Relationship and When to Walk Away -- PART II. "THE COUNSELING SESSION" A TWELVE-STEP PROGRAM FOR FIXING OUR RELATIONSHIP WITH AMERICA: CONCRETE WAYS TO FIND COMMON GROUND AND TAKE PERSONAL RESPONSIBILITY TO SOLVE OUR NATIONAL PROBLEMS -- Step One: "Hi, I'm American . . . and I'm an Alcoholic / Spend-aholic / Gun-aholic / War-aholic / Selfie-aholic" -- Step Two: Breaking Good: How the Nation Can Create a "Responsibility-for-All" Society -- Step Three: We the Voters—How We Can All Own American Politics Again -- Step Four: Mr. Smith, Ms. Sanchez, Miss Patel, Ms. Jones, and Mr. Wang Go to Washington: How All of Us Need to Make Political Activity a Noble Calling Again -- Step Five: If Corporations Are People, Make Them Good People: Holding Businesses Accountable -- Step Six: We Are the World: Why We Need to Bolster the Planet to Fix America -- Step Seven: From the Middle Out: Rebuilding the Working Class

## Sommario/riassunto

"How did we get here, America? How did our relationship get so broken? And where do we go now? Starting with the premise that Americans' most important relationship is with their nation, Joel Berg's second book, *America We Need to Talk: A Self-Help Book for the Nation*, makes a case for how we must both stop blaming the nation's problems solely on "the politicians" or "the system" and take personal responsibility to solve them. Written as both a hilarious parody of relationship and self-help books and a deadly serious analysis of the nation's political and economic dysfunction, the book dissects how Donald Trump and other Republicans won over white, working-class voters, and includes a concrete plan to win them back, and well as a broader roadmap for reducing poverty, bolstering the middle class, and powering an overall progressive resurgence. As an acclaimed author, a frequent voice in the national media, and the outspoken CEO of the nonprofit group Hunger Free America, Joel Berg is a respected international leader in the fields of hunger, poverty, food, and US politics. Through his biting critique, clear-headed prescriptions, and amusing charts--this book shows how average Joes and Janes can channel their anger at our hobbled government into concrete actions that will fix our democracy, make our economy work for everyone, and restore our stature in the world as a beacon of freedom, diversity, and hope. The American people are in it for the long haul, and, as in all relationships, both sides must recognize their issues and work together to fix them. This book will do more than offer comfort for sobbing progressives--it will show the path to redemption"--

"The newest book by Joel Berg--an internationally recognized leader and media spokesman in the fields of hunger, poverty, food systems, and U.S. politics, and the director of Hunger Free America--*America We Need to Talk: A Self-Help Book for the Nation* is both a parody of relationship and self-help books and a serious analysis of the nation's political and economic dysfunction. Explaining that the most serious--and most broken--relationship is the one between us, as Americans, and our nation, the book explains how, no matter who becomes our next president, average Joes can channel their anger at our hobbled system into concrete actions that will fix our democracy, rebuild our middle class, and restore our stature in the world as a beacon of freedom and hope. Starting with the belief that it's irresponsible for Americans to blame the nation's problems solely on "the politicians" or "the system," Joel makes a case for how it's the personal responsibility of every resident of this country to fix it. The American people are in a relationship with their government and their society, and, as in all relationships, it's the responsibility of both sides to recognize and

repair their problems"--

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