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| Nota di contenuto | Front Cover -- Praise -- Title Page -- Dedication -- Rights Page -- Contents -- Prologue -- Introduction -- Step One: Face Climate Truth -- Step Two: Welcome Fear, Grief, and Other Painful Feelings -- Step Three: Reimagine Your Life Story -- Step Four: Understand and Enter Emergency Mode -- Step Five: Join the Climate Emergency Movement -- Conclusion: Live as a Climate Warrior -- Additional Resources: Continue Your Journey -- Endnotes -- Works Cited -- About the Authors -- About the Organization -- A Note about the Publisher -- A Guide to Responsible Digital Reading. |
| Sommario/riassunto | Facing the Climate Emergency addresses the fears of everyone who is alarmed about the climate crisis and yet feels powerless to stop it. Drawing on psychology, it shows readers how to use their feelings of fear, grief, and powerlessness to transform themselves into climate warriors and motivate collective change. |