



Ecopsychology: Restoring the Earth, Healing the Mind

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Ecopsychology: Restoring the Earth, Healing the Mind From Counterpoint

This pathfinding collection has become a seminal text for the burgeoning ecopsychology movement, which has brought key new insights to environmentalism and revolutionized modern psychology. Its writers show how the health of the planet is inextricably linked to the psychological health of humanity, individually and collectively.

Contributors to this volume include the premier psychotherapists, thinkers, and eco-activists working in this field. James Hillman, the world-renowned Jungian analyst, identifies as the “one core issue for all psychology” the nature and limits of human identity, and relates this to the condition of the planet. Earth Island Institute head Carl Anthony argues for “a genuinely multicultural self and a global civil society without racism” as fundamental to human and earthly well-being. And Buddhist writer and therapist Joanna Macy speaks of the need to open up our feelings for our threatened planet as an antidote to environmental despair. “Is it possible,” asks co-editor Theodore Roszak, “that the planetary and the personal are pointing the way forward to some new basis for a sustainable economic and emotional life?” Ecopsychology in practice has begun to affirm this, aided by these definitive writings.

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Editorial Review

From the Publisher

"A breakthrough book. It makes crystal clear that the natural world is not just an `environment' around us, but it is us, existing inside our souls and minds."--Jerry Mander

"A very exciting book of enormous interest for everyone concerned with the future of our species-- environmentalists and legislators, industrialists and educators, you and me. Its message should become part of Western thought."--Jane Goodall

About the Author

Theodore Roszak was a professor of history at California State University, Hayward, and is the author of many distinguished books, including *The Voice of the Earth* and *Person/Planet*. Mary E. Gomes teaches ecopsychology at Sonoma State University. Allen D. Kanner is a Bay Area clinician who teaches ecopsychology at the Wright Institute in Berkeley.

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