



The Turning Point: Creating Resilience in a Time of Extremes

Gregg Braden

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We solve our problems based upon the way we think of ourselves and the world. From peak energy and peak debt to failing economies and the realities of climate change, everyday life is showing us where we've outgrown the thinking of the past. It's also showing us where big changes in the world mean big changes in our lives. Through dramatic shifts in our jobs, our relationship to money, our health, and even our homes, it's clear that our lives are changing in ways we've never seen, to a degree that we're not prepared for, and at speeds that we've never experienced. It's also clear that the thinking of the past is no longer enough to meet our needs today. A new, healthy, and sustainable world is emerging, and our ability to accept what it offers begins with our willingness to:

- Honestly acknowledge the facts of what we're up against.
- Embrace the new discoveries that reveal the role of cooperation in nature and human communities.
- Create resilience in our lives, families, and communities based upon five proven and sustainable principles.

Through easy-to-understand science and the wisdom traditions of the past, *The Turning Point* identifies the extremes in the world that are reshaping our lives, the keys to thrive in the midst of the transformation, and the strategies to get us there.

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