

—CONTENTS—

Foreword	ix
Acknowledgments	xi
Introduction: Battering One Another	xiii

Part I. Thinking

Understanding the Climate Paradox

1. The Psychological Climate Paradox	3
2. “Climate Is the New Marx”: The Many Faces of Skepticism and Denial	9
3. The Human Animal, as Seen by Evolutionary Psychology	27
4. How Climate Facts and Risks Are Perceived: Cognitive Psychology	35
5. What Others Are Saying: Social Psychology	54
6. The Roots of Denial: The Psychology of Identity	70
7. The Five Psychological Barriers to Climate Action	81

Part II. Doing

If It Doesn't Work, Do Something Else

8. From Barriers to Solutions	87
9. The Power of Social Networks	95
10. Reframing the Climate Messages	110
11. Make It Simple to Choose Right	124
12. Use the Power of Stories to Re-Story Climate	132
13. New Signals of Progress	151

Part III. Being

Inside the Living Air

14. The Air's Way of Being	165
15. Stand Up for Your Depression!	171
16. Climate Disruption as Symptom: What Is It Trying to Tell Us?	190
17. Re-Imagining Climate as the Living Air	202
18. It's Hopeless and I'll Give It My All	217
Notes	229
Bibliography	251
Index	277