

CONTENTS

Introduction by Vicki Robin / ix

Chapter One

Is Humanity Growing Up? / 1

Chapter Two

*Adversity Trends: Hitting an
Evolutionary Wall / 15*

Chapter Three

*A New Perceptual Paradigm: We Live
in a Living Universe / 43*

Chapter Four

Choosing a New Lifeway: Voluntary Simplicity / 71

Chapter Five

Communicating Our Way into a Promising Future / 95

Chapter Six

*Reconciliation and the Transformation
of Human Relations / 113*

Chapter Seven

Evolutionary Crash or Evolutionary Bounce:
Adversity Meets Opportunity / 129

Chapter Eight

Humanity's Central Project: Becoming
Doubly Wise Humans / 154

Chapter Nine

Engaged Reflection in the Turning Zone / 179

Acknowledgments / 201

References / 203

Index / 219