



## Ecopsychology

By Craig Chalquist

ReVision Publishing. Paperback. Condition: New. 122 pages. Dimensions: 10.9in. x 8.2in. x 0.4in. In recent years the environmental challenges facing humankind have gained increased recognition, as have the psychological impacts of these global threats. In this special issue of ReVision, leading ecopsychologists take the next step, demonstrating how to foster ecological sensitivity, and not merely react to environmental crises. In theoretically rich, yet practical essays, readers learn how to become more intimate with nature in a range of settings—from semester-long Natural Presence geology classes in an urban university, to week-long Diamond in the Rough wilderness retreats, to fleeting experiences encountering nature in one's own backyard using a phenomenological approach. Contributors to this special double issue on ecopsychology seek to cultivate greater environmental awareness in a variety of ways, including - Drawing on personal experiences of relating more deeply with nature. - Enhancing mindfulness of the natural world through Buddhist practice, either as traditionally practiced or as merged with wilderness therapy. - Highlighting cultural influences on environmental identity. - Engaging with diverse approaches to research, including - among others - quantitative and qualitative studies across cultures, laboratory experiments in cognitive psychology, and literary analysis. This item ships from multiple locations. Your book...



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