

## ★ **Generation Dread: Finding Purpose in an Age of Climate Anxiety**

**Britt Wray**

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*Generation Dread* probes the psychological, emotional, and spiritual impacts of climate change with recommendations for turning ecoanxiety into action.

With the planet appearing to be growing ever more hostile to life, ecoanxiety, defined by the American Psychological Association as “the chronic fear of environmental doom,” leaves people feeling helpless and hopeless. Indeed, many people in their child-bearing years are questioning the wisdom of having children in this situation—and are deciding against.

Herein, Britt Wray acknowledges extant dangers—and the fact that people who are alive now will most likely have to deal with the effects of climate change for the rest of their lives. But she also asserts that the widespread belief in humanity’s helplessness is a guilt-inducing, mind-numbing lie. Her book encourages action alongside ample evidence that every decision, act, and alliance in support of the health of the planet makes a difference. While there will be no going back to what was considered “normal,” Wray recommends methods for reframing the situation as a challenge.

Calling the cultivation of joy, love, and connectedness more important than ever, the book suggests developing personal resilience through self-care, mindfulness, journaling, gratitude, building caring communities, and taking time to rest. To support these methods, it includes moving stories of individuals and communities working together for change. “We can’t afford to be crushed by it all,” writes Wray. “We have joys to experience in life and environmental justice to work for.”

Incisive, impactful, and in the end, hopeful, *Generation Dread* holds loss and solutions in tension, asking people to work together in the face of climate change and bring forth better, fairer alternatives.

KRISTINE MORRIS (November / December 2023)

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