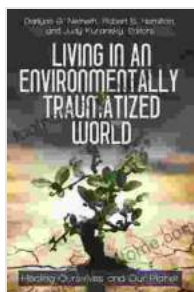


# Healing Ourselves and Our Planet: A Comprehensive Guide to Practical and Applied Psychology

Are you looking for a way to improve your mental health and well-being? Are you concerned about the state of our planet? If so, then this book is for you.



## Living in an Environmentally Traumatized World: Healing Ourselves and Our Planet (Practical and Applied Psychology) by Hannah Telluselle

★★★★☆ 4.8 out of 5

Language : English  
File size : 1741 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 260 pages



*Healing Ourselves and Our Planet* is a comprehensive guide to practical and applied psychology. It provides a clear and concise overview of the major theories and techniques of psychology, and shows how they can be used to improve our lives and the world around us.

This book is divided into three parts:

### 1. **Part 1: Understanding Ourselves**

## 2. **Part 2: Healing Ourselves**

## 3. **Part 3: Healing Our Planet**

Part 1 provides a foundation for understanding ourselves and our world. It covers topics such as:

- The nature of consciousness
- The structure and function of the mind
- The role of emotions in our lives
- The importance of relationships

Part 2 focuses on healing ourselves. It covers topics such as:

- How to overcome stress and anxiety
- How to deal with depression
- How to build self-esteem
- How to create healthy relationships

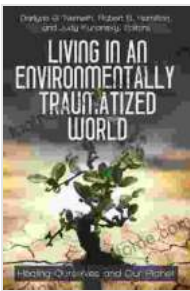
Part 3 explores the relationship between psychology and the environment. It covers topics such as:

- The impact of climate change on our mental health
- The role of psychology in promoting environmental sustainability
- How to create a more sustainable world

*Healing Ourselves and Our Planet* is a valuable resource for anyone who wants to improve their mental health and well-being. It provides a comprehensive overview of practical and applied psychology, and shows how it can be used to create a better life for ourselves and our planet.

## Free Download Your Copy Today!

*Healing Ourselves and Our Planet* is available now in paperback and ebook formats. You can Free Download your copy from Our Book Library, Barnes & Noble, or your favorite bookstore.

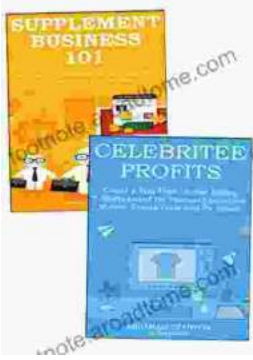


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