



Two Wise Humans Guide Us Through Cascading Crises

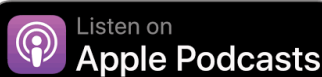
Greetings!

I have recently gone back to dialogue with two previous guests who are very wise. I believe they both offer helpful guidance on how we can all grow through our troubled times. One shares how people are engaging community members to collectively grieve, revitalize and renew a commitment to act for change. The other provides a practice of centering in our dignity and the inherited wisdom of our bodies to garner the inner resources that will allow us to use real emotions to grow empathy, to cross boundaries of race and privilege and thereby become part of the solution to our current social dis-ease. I hope you will gift yourself the time to listen and to build your positivity, intentions and skills as you endeavor to thrive in or simply endure these times.



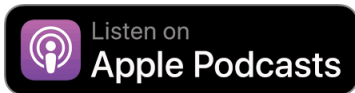
Dr. Britt Wray Returns in Season II to Talk About Her New Book Generation Dread

All around the globe the prospects of massive suffering due to the climate crisis is causing a high level of anxiety. Yet, as humans will, we are creating coping mechanisms that allow us to maintain the struggle to deal with the challenges. Britt shares developments and her hopes for our future.



A Season II Podcast with
J. Miakoda Taylor

Miakoda, founder of the **Fierce Allies** community of practice, gets intimate, revealing their deepest feelings resulting from the killing of Black people and the Black Lives Matter uprisings throughout the nation. They offer a personal practice that provides a way for each of us to move out of apathy and into empathy, out of shame or rage into love for self and others.



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3. **Share an episode or two** on your social media and recommend it to folks, always a great way to grow our audience. We trust friends more than anyone else.

Thank you!

A handwritten signature in black ink that reads "Michael Reid Dimock".

Michael Reid Dimock
Host of Flipping the Table
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the Public Health Institute*



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