



Hope in the Age of Anxiety

Anthony Scioli, Henry Biller

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Economic collapse, poverty, disease, natural disasters, the constant threat of community unrest and international terrorism--a quick look at any newspaper is enough to cause almost anyone to feel trapped and desperate. Yet the recent election also revealed a growing search for hope spreading through society. In the timely *Hope in the Age of Anxiety*, Anthony Scioli and Henry Biller illuminate the nature of hope and offer a multitude of techniques designed to improve the lives of individuals, and bring more light into the world. In this fascinating and humane book, Scioli and Biller reveal the ways in which human beings acquire and make use of hope. *Hope in the Age of Anxiety* is meant to be a definitive guide. The evolutionary, biological, and cultural roots of hope are covered along with the seven kinds of hope found in the world's religions. Just as vital, the book provides many personal tools for addressing the major challenges of the human condition: fear, loss, illness, and death. Some of the key areas illuminated in *Hope in the Age of Anxiety*:

How do you build and sustain hope in trying times?

How can hope help you to achieve your life goals?

How can hope improve your relationships with others?

How can hope aid your recovery from trauma or illness?

How does hope relate to spirituality?

Hope in the Age of Anxiety identifies the skills needed to cultivate hope, and offers suggestions for using these capacities to realize your life goals, support health and healing, strengthen relationships, enhance spirituality, and inoculate yourself against the despair that engulfs many individuals.

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