

# Climate Anxiety No More

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## Synopsis

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The only way out of climate anxiety is through. Transform your paralyzing fears and worries into powerful advocacy in just 3 weeks.

Consider these chilling headlines, pulled straight from the news: “Extinction crisis puts 1 million species on the brink.”

“Wildfires ravage town at heart of Hawaiian culture.”

“Hottest July ever signals 'era of global boiling has arrived' says UN chief.”

Take a moment. Breathe. Let the words sink in! You feel the ache deep in your bones, don't you?

It's not just the way these headlines are phrased; it's the looming reality they portray! the heartbreaking realization that our beloved Earth “the only home we've ever known” is under threat.

For centuries, there's been an unspoken pact passed from one generation to the next, a silent vow, to leave the world a better place, or at the very least, not worse than they found it.

Today, as we stand at the intersection of progress and preservation, this sacred promise teeters on the brink of being broken.

We're at a crossroads and the future of our planet hangs in the balance.

In the face of such immense responsibility, you can't help but wonder: Where do we go from here? How can one possibly muster the strength to move forward and do something! anything! when the weight of it all feels too heavy to bear?

The first step, and perhaps the most crucial, is to look within yourself.

Before you can even dream of embarking on the epic task of restoring our ailing planet, you must first soothe your battered spirit.

This book is designed to be a guide on that journey. It will breathe new life into your soul, help you tackle and manage your fears, and transform your anxiety into powerful and tangible action.

## Reader's comments

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