

THE AGE OF OVER WHELM

STRATEGIES FOR THE LONG HAUL

Laura van Dernoot Lipsky
Bestselling author of *Trauma Stewardship*

The Age of Overwhelm: Strategies for the Long Haul

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Whether we are overwhelmed by work or school; our families or communities; caretaking for others or ourselves; or engagement in social justice, environmental advocacy, or civil service, just a few subtle shifts can help sustain us. Laura van Dernoot Lipsky, bestselling author of *Trauma Stewardship*, shows us how by offering concrete strategies to help us mitigate harm, cultivate our ability to be decent and equitable, and act with integrity. *The Age of Overwhelm* aims to help ease our burden of overwhelm, restore our perspective, and give us strength to navigate what is yet to come.

The Age of Overwhelm: Strategies for the Long Haul Details

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From Reader Review The Age of Overwhelm: Strategies for the Long Haul for online ebook

Lauren K says

Having read Trauma Stewardship and attended her trainings, I was really excited for this follow-up. However, it was a pretty big letdown. I think this book is meant for non-practitioners or possibly those who are college-aged and looking for direction. She watered down most of her ideas with anecdotes with her husband and kids that make her life sound like a sitcom and then saturated her book with quotes from pretty much anyone. Maybe this worked for some people, but it wasn't meant for me.

Joshunda Sanders says

From offering strategies for thinking about how to structure one's morning to thinking about ways to protect (and replenish) one's energetic reserves in nature, this was a valuable, quick handbook and reminder. There are strategies that I have as a survivor of difficult things -- hypervigilance is at the top of this list -- that were really helpful as a kid and for a time as a teenager and young adult, but in today's world, are considerably less helpful. The Age of Overwhelm offers a different perspective on our personal assumptions, and asks us to evaluate for ourselves whether we believe it's sustainable to overwhelm ourselves. If we find that the answer is no, what is the reason that we seem addicted to overwhelm anyway?

Julia says

I'll probably read this one over and over, seeking out the parts that need reminding or thoughtful consideration. I resonate with the social justice, trauma-informed approach to these suggestions than the way typical self-help books are written.

Lindsay Bolender says

This book in itself was a tranquil moment amidst a busy time for me. Filled with not so much new information as excellent and applied reminders, this is a mindful collection of truths and strategies.

“Let us aspire to not allow overwhelm in the midst of suffering to leave us feeling powerless. There is always something we can do.”

Sean says

Not much to see here folks. Can close your eyes and pick up a random book that falls into this category and substantially the same regarding reminders of care for self to care for others; they all fit an indistinguishable message fighting for priority. Pretty much an abridged re-release of Trauma Stewardship.

Rebecca says

The Age of Overwhelm covers ground already tackled by *Trauma Stewardship* and works by Brene Brown/whomever is trending on TED this month. However, the book is enjoyable, and the reminders are important. Van Dernoot Lipsky's voice is hopeful and realistic, which I need in daily doses.

Aeryn Taylor says

This was an absolutely amazing book! It was relatable with many beautiful real-life accounts hidden inside. I found myself getting out a pencil and underlining very important parts for future reference, and each page has at least four underlined phrases on it. This book is gorgeous and I recommend it to everybody. The narrator is intelligent, understanding, and experienced. It certainly helped me a lot, and now it's helping me get my life back on track.

Katie says

A book to read over and over again.

Shannon says

Important information during for making it through these dark, stressful, overwhelming times. Lots of practical advice, and plenty of great quotes and anecdotes from all walks of life.

Josephine Ensign says

This book was a massive disappointment. I love and frequently return to her previous (excellent) book, *Trauma Stewardship*, and had looked forward to this second book of hers. It reads more like expanded notes for a PPT presentation (complete with way too many and sometimes seemingly random cartoons and personal anecdotes). I wanted to be able to recommend this book to colleagues, but I cannot.

Lance Willett says

Wonderful mix of personal insights and universal principles for managing the complexity of human life; bending without breaking.

“As we continue on, individually and collectively, may we all find those moments—big and small—when we yield and proceed, with grace and determination, with discernment about how we can refrain from

causing harm, with clarity about how we can contribute wisely, and with some ability to be grateful —for something—along the way.”

Charlynn Kah says

Quite an easy read, surprisingly, peppered with some of the author's own experience and anecdotes. A nice touch was the humorous comics that ties in nicely with the chapters.

Hannah says

I've seen Laura speak twice, and finally read one of her books, and each time I walk away feeling like I have seeds of how to live a happier life planted, and like there's more to go back to. Read this - or a few pages here and there - if you want some no nonsense guidance on navigating the realities of the world we live in with some more steadiness and happiness.

Stephanie Burke says

I think this is a less intense version of Trauma Stewardship by the same author. I did enjoy this book because it is really for everyday people struggling with the whiplash speed of our day to day life. And she reminds us that we actually have more control over how we respond to the world around us even though we cannot control the world.

Marie says

"The impact of the 24-hour news cycle on our collective state of overwhelm is notable. The content, the volume of content, and the omnipresence of delivery system- whether on massive screens in the gym, on our laptops in the kitchen, on our phones on the bus, in print, or on the radio - can escalate our sense of despair."

"In Zen, there are only two things, you sit and you sweep the garden. It doesn't matter how big the garden is."

"Essential to your ability to mitigate harm is your ability to be with yourself - to have an intrapersonal relationship with yourself."

"Cultivating the capacity to accept and be with ourselves - as we are, not as we think we should be - is one of the most important steps we can take toward our ability to sustain in life."

"Eliminate or limit those things in our life that may be toxic, addictive, deleterious. Whether alcohol, drugs, refined sugar, caffeine, nicotine, highly processed foods, or, of course, screens."

"It is beneficial to be active. Whenever you can. However you can."

"I am done being awake."

"Our capitalist society and cultural pressures that praise staying in motion to the nth degree may steer you otherwise, but drawing parameters and reigning it in can be a self-respecting move."
