



***The Human Climate: Facing the Divisions
Inside Us and Between Us***

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Author Bio	Carol Smaldino brings a developmental approach to her work as a psychotherapist. A <i>Huffington Post</i> contributor 2008-2017, her blogs explore the connections between emotions and social/political issues. A native New Yorker, she divides her time between Colorado and Italy.
Book Synopsis	<p>Smaldino helps the reader explore <i>the human climate</i>—the personal, social and emotional context in which we live. She suggests that in order to face the divisions inside us and between us, we need to come to better terms with our own emotions.</p> <p>If we don't face and integrate our difficult emotions, we continue to demonize other nations, other people – even those we love and marry. In working through our resistance to change, we have the chance to access compassion and empathy.</p>
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