

## **Praise for Carol Smaldino's *The Human Climate: Facing the Divisions Inside Us and Between Us***

Humankind faces enormous challenges. In the face of factual evidence, many react with skepticism, apathy, and denial. As a result, the physical climate declines, and the human climate worsens. What can we do to make the human climate less adversarial, less hateful, less scared and scary? Carol Smaldino's must-read book is life-saving for humankind. She is among the world's few voices focusing on the dark sides of the human soul, its shadow. Only by understanding and befriending our shadow can we heal the climate, both human and physical.

– Evelin Lindner, MD, PhD, Founding President, Human Dignity and Humiliation Studies, Germany; Nobel Peace Prize nominee

Carol Smaldino is a psychotherapist who has used her clinical knowledge and expertise to write an original book on the Human Climate. She applies a developmental perspective to human relationships spanning childhood and adulthood, and to relationships within government and the international scene. This is a very accessible book, free of clinical jargon, but packed with clinical insights into the importance of the recognition of emotions throughout human relationships. She advocates for attunement to one's feelings, self-reflection, and empathy for others whether they are our children, our adversaries, or world leaders—all in the service of promoting a peaceful human climate.

– Peter Buirski, PhD, Dean Emeritus and Clinical Professor, Graduate School of Professional Psychology, University of Denver

In an era rife with dangerous divisions in the nation and the world, *The Human Climate* is a must-read for us all. Carol Smaldino's "talking out loud" in this book had me doing the same -- with the book, with myself, and with others. Read this book and prepare to emerge with an awakened curiosity -- questions you never before asked, answers you never before envisioned, and a burning desire to do things differently.

– Karen Branan, author of *The Family Tree: A Lynching in Georgia, a Legacy of Secrets, and My Search for the Truth*

Carol Smaldino has written an accessible, highly germane exploration of our emotional and social climates, at once searching and enlightening. She touches central elements of the human condition and what it might take for us to get along better with each other and ourselves. She stimulates engaging reflection on therapy with individuals and society, a sense of inner-outer difficulties and possibilities. A probing and sharing book relevant for the present moment and beyond.

– Michael Eigen, author of *Emotional Storm; Rage, Rage, Rage; and The Challenge of Being Human*

This book is giving our family a better story to live. The five of us have been wanting to work together to live in a way that is environmentally restorative and sustainable, but we've

been stuck. Carol helped us realize that before we can hope to change the climate around us, we must first change the climate *within* us. Now, we are also focused on addressing the inner conditions that keep us living in unsustainable ways, such as our fear of discomfort, demand for immediate gratification, and wayward sense of scarcity. This book is its own invaluable, sustainable resource.

- Dr. Kelly Flanagan, Clinical Psychologist, author of *Untangled*

A passionate, refreshing, and lucid account of how the stuff therapists know about “feelings” may serve in the creation of a more empathic social and political world. “Therapy thinking” as presented herein is not a dry as dust professional posture but a creative means of entering deeply—at the “basement level,” to use Smaldino’s term—into the lives of others. I like the way direct and robust challenges to certain therapeutic orthodoxies are mounted without punches being pulled. Lastly, there is a quiet humor that pervades the book, which adds to its refreshingly humble approach—no easy answers.

– Andrew Samuels, Professor of Analytical Psychology, University of Essex, UK, author of *A New Therapy for Politics?*

This concept-rich, psychologically penetrating exploration of our human climate is a compassionate, fearless look at one of the core issues of our times. “Can’t we all just get along?” is the question Rodney King put in front of our modern-day collective conscience in 1992. Carol Smaldino’s commitment to keep that query front and center is a welcome reminder of the task we all face in continuing to deepen and broaden our capacity to do so. If we face that task with the same fierce curiosity, beginner’s mind, and awareness of interdependence she conveys here, we’re bound to make progress.

– Greg Jemsek, M.A., author, *Quiet Horizon: Releasing Ideology and Embracing Self-Knowledge*

Carol Smaldino, in *The Human Climate*, helps us recognize how a yearning to belong can tragically, when not recognized and fulfilled, turn into a desperate need that can even lead to extremism. She helps the reader penetrate our tendency to demonize, on all social levels. This is important reading for our time.

– Christian Picciolini, author of *White American Youth*, cofounder of Life After Hate

As the son of a Holocaust survivor, I had been witness to the many different moods harbored by my father, and understandably so. But reading this book helped me understand both his and my moods much better. The notion of “climate” as a way to describe those moods is a wonderful metaphor to help one on the path toward self-improvement. The sprinkling of case studies also helps solidify the message. Thank you for this book.

– Eli Adler, documentary director and co-producer of *Surviving Skokie*

In this compelling volume, Carol Smaldino connects the psychological and sociological crises of the modern era with a seamless and accessible narrative. She demonstrates with clarity and wisdom the connections between our childhoods and family dynamics, on the one hand, and the world we then create, on the other—and between the emotional world of human beings and the material world those humans then manufacture, with either salutary or horrific consequences. Stitching ourselves and our world together will require an appreciation of the brokenness of both, and *The Human Climate* can help us gain that appreciation.

– Tim Wise, author, *White Like Me: Reflections on Race from a Privileged Son*

I had expected to be excited by Carol's words but not to find myself, albeit reluctantly, looking at my shadows. It takes a good book to do that, one that takes readers gently but firmly by the hand. Personally, I'm taking bets on how long it will be before the expression “the human climate” is universal. To paraphrase: once said, it cannot be unsaid. It is original and perfect for us and our times.

– Annette Stephens, Australian author, *The Good Little Girl*

As can be seen in the pages of her book *The Human Climate*, Carol Smaldino asks nothing from others that she herself has not attempted, delved into deeply and insightfully, and met with the pain and joy of self-discovery and ultimately of self-acceptance. Carol's mind is a brilliant one, not only “dancing” but restless . . . searching, curious, not willing to settle for superficiality or un-genuineness.

– Laura Beecher, PhD, psychologist

*The Human Climate* is a timely call for healing the conflicts we hold in our hearts as a crucial path to transforming the divisive social conditions in the world. Writing in a lively and exquisitely clear style, the author describes how we can strengthen our mutual growth by cultivating a climate of connection—both internally and externally. This book offers a powerful message of hope for humanity.

– Linda M. Hartling, PhD, Director, Human Dignity and Humiliation Studies