

GLOBAL SHIFT

How A New Worldview Is Transforming Humanity

EDMUND J. BOURNE, PH.D.

“An essential guidebook for navigating our time.”

— Anodea Judith, Ph.D., author of *Waking the Global Heart*

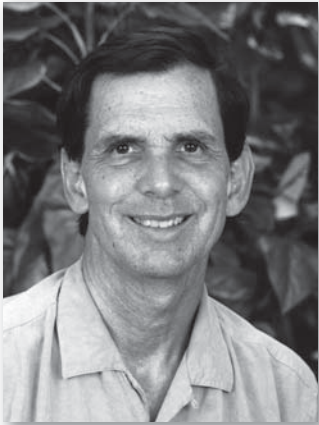


PHOTO BY RUNA MAGOWAN

About the Author

Edmund J. Bourne, Ph.D., is a psychologist in northern California specializing in the treatment of anxiety disorders and related problems. He is author of several books, including the bestselling *Anxiety & Phobia Workbook*, that have reached hundreds of thousands of people throughout the world.

Dr. Bourne welcomes comments and feedback, which can be sent to edbourne@GLOBALSHIFTNOW.com.

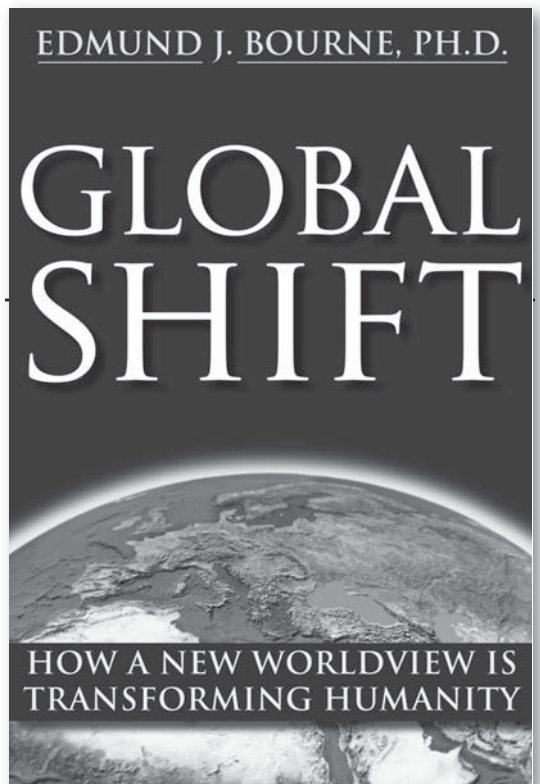
A remarkable and timely book that explores mankind's movement toward a deeper understanding of ourselves and of the world we live in.

In ***Global Shift*** author Edmund J. Bourne (*Anxiety & Phobia Workbook*) describes a fundamental shift in mankind's way of viewing the world. This shift, over three decades in the making, is defined by the overthrow of the dominant, materialistic, separatist worldview and the growth of humanitarianism and spirituality and, according to Bourne, will revolutionize global interactions and how we conduct our everyday lives.

Global Shift explores the roots of such current planetary crises as climate change, diminishing resources, poverty, and disease, and explains how a new convergence of scientific research and spiritual insight is propelling us toward a more enlightened future. In it Bourne outlines actions we can implement now, such as voluntary simplicity, nonviolent communication, caring for our bodies, and inclusive global thinking, that can foster personal healing and bring our lives into alignment with the needs of the planet and a conscious universe.

“Global Shift provides the first comprehensive template for massive evolutionary change in the twenty-first century. It is not only thorough, but also so convincing you will breathe one great sigh of relief for the entire human enterprise. After you have read this book, you will have your finger on the pulse of these challenging times and appreciate the part you are now called to play in this epic story of transformation.”

— **James O' Dea**, consultant to Global Systems Initiatives and fellow of the Institute of Noetic Sciences



FOR AN INTERVIEW REQUEST or
MORE INFORMATION CONTACT:

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Edmund J. Bourne, Ph.D.

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Foreword
Author

GLOBAL SHIFT

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EDMUND J. BOURNE, PH.D.

Available for Interviews

Foreword author **Matthew Gilbert** is director of communications at the Institute of Noetic Sciences and editor-in-chief of *Shift*, its quarterly publication. He is author of *The Workplace Revolution* and *Communication Miracles at Work*.

From the Foreword:

"This is the gift of Ed's book. It provides a road map for how to get from where we are to where we need to be and why such a journey is both vital and inevitable. ...In drawing the lines between new scientific research and spiritual exploration, we may just be uncovering the nascent signs of a collective maturing, perhaps foretelling a coming Age of Reenlightenment."

—**Matthew Gilbert**

Praise

"An essential guidebook for navigating our time. Bourne concisely articulates the elements of our collective emergence to the next stage of cultural evolution. The Aquarian Conspiracy comes of age in this volume with inspiring clarity."

— **Anodea Judith, Ph.D.**, author of *Waking the Global Heart* and *Eastern Body-Western Mind*

"A masterful overview of the shift in global consciousness and how it transforms our personal lives."

— **Duane Elgin**, author of *Voluntary Simplicity* and *Promise Ahead*

"A truly holistic view of changes now occurring—from global to local and personal. In this book, Bourne combines rare insight into the multiple paradigm shifts due to humanity's expanding awareness with a comprehensive, sensible set of tools for personal alignment and action."

— **Hazel Henderson**, author of *Ethical Markets* and coauthor of *Planetary Citizenship*

"*Global Shift* offers a roadmap for the new consciousness—a sweeping survey of the key ideas and books of the last few years that describe an astounding shift in paradigms. It provides a wonderful overview of holistic trends emerging in all fields, from quantum physics to transpersonal psychology, and includes practical tools for transforming yourself and creating a more sustainable world."

— **Corinne McLaughlin**, cofounder of The Center for Visionary Leadership and Sirius Community and coauthor of *Spiritual Politics* and *Builders of the Dawn*

"*Global Shift* is a bold and practical work, calling us all to address our global crises at the level of consciousness. Bourne covers an ambitious amount of ground—from concise summaries of the leading thinkers who have shaped our postmodern worldview to implementable steps we can take to reduce global warming—in an entertaining, informative, and easy-to-grasp manner. Not only a summary of causes and indicators of paradigmatic changes, *Global Shift* is a hopeful and welcome push to pick up the challenges of our times and create a significant shift in our world."

— **Jeff Carreira**, director of education at EnlightenNext and host of the EnlightenNext Weekly Webcast

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Suggested Interview Questions

1. What is the message of ***Global Shift***?
2. What would you say is needed in order for a global shift in humanity's way of life to occur?
3. You mention several key problems that the Earth is facing: what are they?
4. What are some solutions to these problems?
5. What can we do on a grassroots level to promote this shift through greener living, conservationism, etc.?
6. What are some federal policies and regulatory changes that are needed this way of thinking among industries?
7. Can you discuss some environmentally aware laws being passed on the state level? What about abroad?
8. Why do you feel it is important for the United States to set an example for the rest of the world in the development of sustainable technologies, infrastructure, and lifestyles?
9. Since your book was written the U.S. has been plunged into the most significant economic crisis since the Great Depression. What are the implications of the current recession as you see it?
10. How do you hope the new presidential administration will tackle the environmental crisis?

Questions for Matthew Gilbert

1. What do you think is the effect of the media's depiction of the world as being in a state of crisis?
2. In the past you've mentioned a "revolution of human potential" — what does that term refer to?
3. How does Dr. Bourne's book, *Global Shift*, align with the ideals of IONS (The Institute of Noetic Sciences) and what do you think readers can learn from it?

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