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Naked Idealism: Expose Your Authentic Side and Create a Sustainable Life and World

Dave Wheitner

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Naked Idealism: Expose Your Authentic Side and Create a Sustainable Life and World Dave Wheitner Do you dream of a sustainable and just world, but also desire more happiness, direction, balance, or fulfillment? Perhaps you work or volunteer in an idealist field and feel like an overwhelmed martyr, or perhaps you earn a decent paycheck but want a more meaningful career. Maybe you're a current or aspiring progressive leader, a concerned citizen, or a student seeking more focus and impact. Maybe you long to bring forgotten ideals, dreams, or creative talents back into your work and play, or know someone who does. Naked Idealism will entertain and refresh you with an approach to authentic living that supports both personal fulfillment and a sustainable, just world. You will learn how to expose your authentic core, clarify what's really important to you, integrate your personal and community-level visions, and relate to the world more genuinely and effectively. You will examine your intentions for doing good, perhaps even chuckling at yourself during some of the exercises. Wheitner shares valuable tools from positive psychology, career theory, persuasion, organizational dynamics, and more. Candidly addressing challenging and often avoided topics, Naked Idealism also reminds you not to take life too seriously. Wheitner weaves in humor from his own circuitous trek toward authenticity: a cross-country adventure, a peculiar rainwater irrigation system, vegetarianism and veganism, real-life lesbian grandmothers from Mars, and a backyard abandoned coal mine spice up the journey. You are encouraged to remain fully clothed, but open to the life and world you envision!

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