

LIFE-ENHANCING ANXIETY:
Is There a Place for Wonder in the Battle with
COVID and Other Trauma-Based Conditions?

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Featuring:

Kirk Schneider, Ph. D., is a Psychologist and Adjunct Faculty member at Saybrook University and Teachers College, Columbia University. He is a co-founder and current president of the Existential-Humanistic Institute, an award-winning psychotherapy training center. A two-term Member of the Council of Representatives of the APA, he is also a past president of the Society for Humanistic Psychology (Division 32) of the APA. He received the Rollo May Award for “outstanding and independent contributions” to the field of humanistic psychology from the Society for Humanistic Psychology, APA and is a Fellow of seven Divisions of the APA.

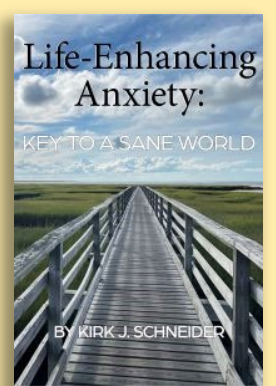


Dr. Schneider has published over 200 articles, interviews and chapters and has authored or edited 14 books including: Existential-Integrative Psychotherapy, Existential-Humanistic Therapy (with Orah Krug), The Polarized Mind, The Depolarizing of America: A Guidebook for Social Healing, and the just published Life-Enhancing Anxiety: Key to a Sane World.

Dr. Schneider’s work has been featured in Scientific American, the New York Times, USA Today, The Guardian, Vanity Fair, Forbes Health, Psychology Today, BBC World News, and many other health and psychology outlets. For more information on Dr. Schneider's work visit <https://kirkjschneider.com>.

ABOUT THE TALK:

This talk explores the premise that “life-enhancing anxiety” or anxiety that enables us to live with and make the best of the depth and mystery of existence, can help us cope with conditions such as COVID-19 and other major life-upheavals. Life-enhancing anxiety, which draws from my new book by the same title, acknowledges the dread and apprehension we typically associate with anxiety but also includes elements of wonder and discovery. I will discuss my own struggle with life-enhancing anxiety and give examples of others I’ve observed and admired.



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