



## THE TURNING POINT

Creating Resilience in a Time of EXTREMES

by Gregg Braden

There's a time when every crisis can become transformation; when simply surviving can become joyous thriving. In our lives that time is The Turning Point. In our world that time is now!

We live in a time of extremes. This means that our lives are changing in ways we've never seen in the past, and they're changing faster than we've been prepared to deal with. The good news is that nature gives us the key to turn the frightening Tipping Points of such extremes into life-affirming Turning Points of transformation.

In this compelling new work, *New York Times* best-selling author and visionary Gregg Braden merges his expertise in leading-edge science with present-day realities to answer the

questions on everyone's minds: *What's causing the extremes in our world? What do the global trends mean in our personal lives? How do we make everyday life better for us and our families?*

Through his powerful synthesis of easy-to-understand science and real-world circumstances, Gregg uniquely identifies the facts underlying the crises of personal, as well as global, change, and describes new scientific discoveries that hold the key to turning global crises into personal transformation. He also reveals simple strategies of resilient thinking for our finances and lifestyles, and for resilient living for our families and communities as we navigate the greatest shift in power, wealth, and resources in the modern world!

### About the Author



**Gregg Braden** is a *New York Times* best-selling author whose work has led to cutting-edge books such as *The God Code*, *The Divine Matrix*, *The Spontaneous Healing of Belief*, and *Fractal Time*. Gregg's work is now published in 17 languages and 33 countries and shows beyond any reasonable doubt that the key to our future lies in the wisdom of our past. Website: [www.greggbraden.com](http://www.greggbraden.com)

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## 20 Talking Points/Questions

1. You say we're living a time of "extremes." What do you mean by this and why did you write this book?
2. How do the extremes of the world show up in our everyday lives?
3. What is the "new normal" that's emerging, why don't we know about it, and what does it mean in our everyday lives?
4. In your new book, you ask the question: "How can we deal with our time of extremes if we're not honest about the extremes?" What do you mean by this and how does not being honest make us vulnerable to the extremes?
5. What do you mean when you say "there's no shortage of solutions to the big problems of our world?" If the solutions already exist then where are they today?
6. What is the greatest crisis that we face as individuals, families and even nations?
7. Why are the new discoveries of science so important when it comes to solving the problems of our lives and the world?
8. How does the false science of the past affect our lives today?
9. What are the false assumptions of science and the how do we know that they're false?
10. What is the single belief that keeps our lives locked in conflict and struggle, and why is it wrong?
11. Why are the new discoveries not being shared in the mainstream media, classrooms and textbooks?
12. Why is resilience so important in our lives?
13. What do you mean by "expanded resilience?" How is it different from traditional ideas of resilience?
14. Can you share strategies for personal/community resilience that are key to adapting to extremes in our lives?
15. Can you share a real-world example of personal resilience?
16. What is the personal question that we can ask of ourselves right now that changes the way we think of jobs, income and security in our lives?
17. What is a turning point? How is a turning point different from a tipping point?
18. In the book you say that turning points can happen in our lives spontaneously, or they may be created. What do you mean by this and can you give us examples?
19. What do you hope to accomplish through the information you share in this book?
20. If you had 2 minutes to speak to the people of the world regarding our time of extremes, what would you say?