

APPENDICES FOR AUDIOBOOK LISTENERS

The print version of **Life After Doom** contains 6 appendices. Three of them are not well suited to an audiobook format, so we are making those appendices available here for folks who listened to the audiobook.

Below, you'll find:

Appendix 1. *Best Resources for Our Predicament*

Appendix 2. *Using this Book for Small Groups, Classes, Sermon Series, and Retreats*

Appendix 4. *Your Plan.*

Appendix 1

Best Resources on Our Predicament

Long before beginning this book, I had for many years been immersed in the literature and online resources related to ecology, economic inequality and conflict based on race, class, gender, religion, ideology, culture, age and nation. In writing this book, I worked vigorously to update, broaden and deepen my research.

As a result, it feels nearly impossible to create a short list of recommended resources when there are so many excellent ones, with new ones appearing hourly. Apologies to all the tremendous content creators who I had to pass over because I've forced myself to limit each

category to five. The five I've chosen do not all agree with each other, but their diversity of analysis takes available evidence seriously and will provide you with a broad sense of our current situation.

Books

1. *[nl]Overshoot* by William Catton, Jr (University of Illinois, 1982) is the essential, classic text that puts climate change in a broader, deeper ecological context.
2. *All We Can Save*, edited by Ayana Elizabeth Johnson and Katharine K. Wilkinson (One World, 2021), is an anthology that brings together women writers with diverse backgrounds and perspectives. It speaks to both head and heart.
3. *We Survived the End of the World* by Steven Charleston (Broadleaf, 2023) brings indigenous wisdom to bear on our current situation.
4. *Climate Church, Climate World* by Revd Jim Antal (Rowman & Littlefield, 2018, with a new revised and updated edition coming soon) speaks especially to people of faith and leaders of faith communities.

5. *Deep Adaptation*, edited by Jem Bendell and Rupert Read (Polity, 2021), is not an easy read, but brings together a wide array of contributors who take seriously the threat of collapse.

Video/Audio

1. Michael Dowd's YouTube channel, TheGreatStory.com, hosts the series Post-Doom Conversations. Michael, who passed away as this book was being completed for publication, described his editorial position as 'post-doom/no gloom'. The channel's assumption is that collapse is inevitable and near-term human extinction is a real possibility. Michael unflinchingly faces the most disturbing evidence and curates intelligent conversations with all the luminaries here: <https://www.youtube.com/@thegreatstory/>.
2. Sid Smith's *How to Enjoy the End of the World* series combines a grim prognosis with a compassionate tone of presentation: <https://www.youtube.com/@bsidneysmith/>.
3. The Post Carbon Institute's video/podcast series, *What Could Possibly Go Right?*, takes a less dire approach while still taking very seriously the interrelated economic, energy, environmental and

equity crises that we face in this century: <https://www.youtube.com/@postcarboninstitute/videos>.

4. If you'd like to go straight to the scientists, you can listen in on their conversations on climate-related threats at the World Climate Research Program's channel, here: <https://www.youtube.com/@WCRP1980/videos>.
5. David Borlace's popular Just Have a Think channel addresses twenty-first century crises and focuses on possible responses. He does his homework and synthesizes information well: <https://www.youtube.com/@JustHaveaThink>.

Podcasts

1. *Breaking Down: Collapse* is an accessible podcast that introduces readers gently but firmly to the many facets of civilisational collapse. It is available here: <https://collapsepod.buzzsprout.com/>. The hosts recently launched a follow-up podcast, *Building Up: Resilience*, available on a variety of platforms.
2. *How to Save a Planet* offers a large archive of interviews and conversations related to a wide array of climate-change topics: <https://gimletmedia.com/shows/howtosaveaplanet/episodes/>.

3. *The Climate Pod* presents conversations with leading experts on the politics, economics, activism, culture, science and social justice issues at the heart of the climate crisis: <https://podcasts.apple.com/us/podcast/the-climate-pod/id1469270123>.
4. *The EcoCiv Podcast* hosts conversations about the kinds of transformations required to create a more sustainable, peaceful and just society: <https://ecociv.org/the-ecociv-podcast/>.
5. *Outrage and Optimism does what* its title suggests: seeks to integrate an honest look at disturbing realities with an optimistic outlook: <https://www.outrageandoptimism.org/>.

[ct]Appendix 2

Using This Book for Small Groups, Classes, Sermon Series and Retreats

The Dear Reader questions and prompts at the end of each chapter can easily serve as conversation prompts for a small group or class (in person or online). A simple way to proceed would be for the leader or convener to invite each person to respond to each question prompt, or to ask each member to choose a favourite question or prompt to respond to. Of course, make it easy for people to pass if they are not ready to speak.

Another option, instead of or in addition to using the questions and prompts, is to encourage people to underline or copy sentences or paragraphs that are especially interesting or meaningful to them. Then in the group, a participant can share a selected passage and why they found it interesting or meaningful, followed by discussion. You may find it useful to use a talking stick or other object, so all feel the importance of honouring and listening to each speaker. After a speaker shares, they can pass the talking stick to a person they choose or who volunteers.

An ideal time frame for reading the book closely would be thirteen weeks (or an academic quarter), as follows:

[1]Week 1: Introduction, Chapter 1

Week 2: Chapters 2–3

Week 3: Chapters 4–6

Week 4: Chapters 7–8

Week 5: Chapters 9–10

Week 6: Chapters 10–11

Week 7: Chapters 12–13

Week 8: Chapter 14–15

Week 9: Chapters 16–17

Week 10: Chapter 18–19

Week 11: Chapters 20–21

Week 12: Afterword, Appendices, and Review

Week 13: Party or Campfire

For faster readers, or for a retreat setting, the book could be read and processed together in five sessions, reviewing parts 1 to 4 of the book in four sessions, and then doing a review and closing ritual for the final session. Here are two suggestions for a closing ritual, but you may come up with a much more appropriate one for your group and setting.

1. Each willing member of the group shares his or her experience of reading the book and participating in the group. Each speaker might begin or close by lighting a candle or adding a stone to a cairn or writing a word on a piece of poster paper or giving or receiving a gift

of some sort. Each speaker might conclude by saying, ‘I have spoken’, and others would respond by saying, ‘We hear you.’

2. Each participant completes (in advance, or at the gathering) three to five elements of appendix 4: Your Plan, and shares their plans with the group. The speaker might finish by saying, ‘This is my plan’ and the others would respond by saying, ‘We support you.’

Whatever the format, I recommend that the group establishes some guidelines or ground rules at the first session and reviews or mentions them at each subsequent session. Here are five ground rules that I have found helpful for groups I’ve been part of:

1. *Come prepared.* If you aren’t prepared, still come, but please tell your group at the beginning that you aren’t prepared so you don’t feel pressured to pretend.
2. *Assign a timekeeper.* Decide, for example, to give each person three or five or seven minutes to speak without interruption in response to each question. Allow people to pass if they would rather not participate, and welcome silence as an important part of the conversation.

3. *Participate but don't dominate.* In general, don't speak twice until everyone has been invited to speak once. If you're normally quiet, take some extra effort to open up.
4. *Be curious, but don't engage in crosstalk.* Feel free to ask sincere questions after a person speaks, and whenever possible, begin with the words, 'I'd be curious to know' (thanks to Jim Henderson of 3Practices.com for this advice). But don't correct, disagree, fix, diagnose, teach and so on.
5. *Be grateful and respect confidentiality.* Thank your fellow members for honesty, courage and vulnerability when appropriate, and respect their privacy by sharing information only with explicit permission.

I highly recommend the four Ways of Council guidelines, readily available online: 1. Listen from the heart; 2. Share from the heart; 3. Be lean of speech; and 4. Be spontaneous.

If you are a minister, priest or rabbi, and you would like to develop some sermons or lectures on the book, I would recommend selecting three to five of the chapters or themes that resonated most deeply with you. Feel free to reference the book, but I would encourage you to centre your own thoughts, feelings and stories: your congregation

is far more interested in what comes from your heart than from someone they've never met.

Appendix 4

Your Plan

In chapter 21, I wrote, ‘When I began learning about ecological overshoot and civilisational crisis and collapse, more than anything, I wanted someone to tell me what to do ... I needed to know The Plan.’ Then I suggested that nobody has The Plan, at least not for all of us, and not at this moment. That means that many of us will want to design our own plan.

Below I offer a framework to help us begin to do that in three steps. First, this is not a to-do list! Please do *not* try to respond to all twenty prompts right now (unless you feel super-motivated): that would be overwhelming. Instead, I recommend you (and maybe your family or

friend circle) *choose a few* that appeal to you most right now. Second, *do your research and write your plan* for these prompts and *place it in a prominent place* – on a bathroom mirror, or on your desk, or have it come up for review on your calendar once a week or month. Third, when you've incorporated your first plan elements into your daily life and you're ready for a new challenge, *choose a few more*. You can repeat that process and keep improving and updating your plan as long as you feel motivated to do so.

Again, please remember that this is not a to-do list. You don't need another set of obligations to feel pressured or guilty about. This is simply a way for you to be intentional about making changes that you sincerely want to make when you are sincerely ready to make them.

1. Your plan to reflect on what you've learned in this book. (Forming a group using guidelines from appendix 2 might be a good place to start.)
2. Your plan to use your voice and exercise your right not to remain silent. (See appendix 3 for ideas.)
3. Your plan to keep learning about overshoot and collapse scenarios, authoritarianism, racism and other inequalities of wealth and power,

nonviolence and peacemaking, and related subjects. (See appendix 1 for more ideas.)

4. Your plan to improve your diet for your own health and planetary health.
5. Your plan to improve your home's energy use and production.
6. Your plan to improve your transportation.
7. Your plan to reduce your consumption of fossil fuels, electricity, water, plastics, clothing, etc., in other ways.
8. Your plan to improve or change your job.
9. Your plan to transition your spending and financial investments towards ecological and ethical companies and instruments.
10. Your plan to use your vote, citizenship, political power and presence (at meetings, protests, etc.).
11. Your plan to increase your concern for children and future generations. (See appendix 5 for ideas.)
12. Your plan to support and improve key institutions.
13. Your plan to support and improve key social movements and organisations.
14. Your plan to re-indigenise and deepen your religious/spiritual life. (See chapters 8 and 9.)

15. Your plan to deepen your roots in love as your prime motivation.
(See chapter 6.)
16. Your plan for self-care and managing anger, grief, sadness, fear and other difficult emotions.
17. Your plan to manage argument and agreement among allies.
18. Your plan to build multiple communities of resilience. (See chapter 15.)
19. Your plan to nurture joy, gratitude and celebration of goodness, truth and beauty. (See chapter 17.)
20. Your plan to revisit, celebrate and improve this plan.

You'll find a lot of specific ideas to integrate into your plan in Ecoamerica's Climate Action Sheets, available here: <https://ecoamerica.org/resources/climate-action-sheets/>