



Climate Chaos: Your Health at Risk, What You Can Do to Protect Yourself and Your Family (Public Health)

Cindy Parker M.D., Steven M. Shapiro Ph.D.

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Why should we care about climate chaos and global warming? Because, among other risky outcomes, they may seriously harm our health! Scientists around the world are in agreement that global warming, more aptly named climate change, is occurring and human activity is the primary cause. The debate now is in the scientific and policy worlds about just how harmful climate change will be and what are the best ways to stop it. One of those scientists is author Cindy Parker, who believes climate change is the most health-damaging problem humanity has ever faced. Parker has thus immersed herself during the past ten years in educating the public and health professionals about how climate change will affect our well-being. Here, she and husband, Steve Shapiro, a psychologist and former journalist, describe what we can expect if climate change continues unabated. The authors explain our possible physical and mental responses to such climate change factors as heat stress, poor air quality, insufficient water resources, and the rise of infectious diseases fueled by even minor increases in temperature. They also show how other changes that may result from climate change-including sea level rise, extreme weather events, and altered food supplies can harm human health. Parker and Shapiro have found, however, that just talking about the problem is not enough. Actions that can prevent or reduce climate change's harm are presented in each chapter.

To illustrate how much global warming will affect our lives, Parker and Shapiro begin their book with a chapter showing the worst-case scenario if climate change continues without intervention, and end the book with the best case scenario if we act now. Their eye-opening work will appeal to everyone who wants to remain healthy as we challenge this world-altering problem of our own making . While written for a lay audience in a manner that limits technical terminology, the book will also appeal to students and professionals of public health, medicine, environmental psychology, and science who will find the focus on health and the extensive referencing useful.

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