



---

## TASK CARD

FEBRUARY

---

### **The Age of Overwhelm: Strategies for the Long Haul**

by Laura van Dernoot Lipsky

- » Please read Chapter 3: "A Way Through: When Less is More" (pages 53-63)
- » Page 54 describes "doing less of what erodes us, and more of what sustains us."
- » What is within your control, and how can you restore your perspective to navigate what is yet to come?

"I don't believe any longer that we can afford to say that it is entirely out of our hands. We made the world we're living in, and we have to make it over."

- James Baldwin



**TASK CARD**  
FEBURARY