

THE POWER OF COMMUNITY



A 45 Day Action Plan to
Stop Trump from Turning Our
Democracy into His Autocracy

#1 New Release on Amazon

The Power of Community: A 45 Day Action Plan to Stop Trump from Turning Our Democracy into His Autocracy is a comprehensive guide designed to enhance public understanding of democratic processes and individual participation using psychoanalytic insights. The book provides a daily plan filled with reflective exercises and action-oriented tasks to empower readers to actively protect and participate in their democracy, especially considering modern political challenges and threats.

We the people have the power to preserve our democracy, and this book provides the solutions for anyone willing to put in the time to do it. From writing social media posts to volunteering at the polls, ***The Power of Community*** explains what's at stake and how we can all do our part.

Featuring an Exclusive
Interview with
Congressman Jamie Raskin

Dr. Karyne Messina

Bestselling Author
Psychoanalyst
Podcast Host

KEY TOPICS

- ✓ Enhance understanding of U.S. democracy + the democratic process
- ✓ How each and every American holds the power with their vote
- ✓ Provides clear, actionable plans to mobilize grassroots efforts in the countdown to the Presidential election
- ✓ How psychoanalysis can help us understand Trump's behaviors
- ✓ Project 2025 and what it means for Americans and our way of life

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PI PRESS

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- Psychology, Psychoanalysis, Medical General Psychology, Political Psychology, U.S. Executive Government, U.S. Political Science



EARLY PRAISE

"This is a must-read book for anyone who is worried about the future of our democracy." - Sheila Markin, Former Assistant U.S. Attorney, and author of *The Markin Report*

"If Trump is re-elected, chances are that the autocrat will ban this book, so order it while you still can." - Richard M. Waugaman, M.D. Training & Supervising Analyst, Emeritus, Washington Baltimore Psychoanalytic Institute

"Dr. Messina grabs the bull by the horns in confronting the grievous threat to our democracy that a second Trump term represents. I recommend that you take Trump's threats and Messina's book quite seriously. Put some of her suggestions into action in defense of our democracy."
- Paul H. Elovitz, PhD, Historian, Research Psychoanalyst, Founder and Director of the Psychohistory Forum, Editor-in-Chief of *Clio's Psyche*, and author of over 400 publications

"Groundbreaking...an indispensable manual for identifying and addressing challenges that threaten the core principles of our democratic society." - Kevin Volkan EdD, PhD, MPH. Professor of Psychology, California State University Channel Islands; Author of *How the Mind Works: Cases & Concepts in Psychoanalysis and Psychotherapy*

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ABOUT DR. KARYNE E. MESSINA

Dr. Karyne E. Messina is a licensed psychologist and child, adolescent and adult psychoanalyst. In addition to maintaining a full-time private practice in Chevy Chase, Maryland, she is on the medical staff of Suburban Hospital in Bethesda, Maryland, which is part of Johns Hopkins Medicine. She is also a podcast host for the New Books Network and chair of the Department of Psychoanalytic Education's (DPE) Scholarship and Writing section, which is part of the American Psychoanalytic Association.

Her book, *A Psychoanalytic Study of Political Leadership in the United States and Russia: Searching for Evidence* was released by Routledge in May 2024. Previous books include *Barbie and the Great American Identity Crisis: The Unfortunate Reality of a Nation Plagued by Racism, Patriarchy, and Stark Hypocrisy* (PI Press, 2024), *It's Not Me, It's You* (Cascade, 2023), *Resurgence of Global Populism: A Psychoanalytic Study of Blame-Shifting and the Corruption of Democracy* (London: Routledge, 2022), *Aftermath: Healing from the Trump Presidency* (Washington, DC, IPI Press, 2020), and *Misogyny, Projective Identification and Mentalization, Psychoanalytic, Social and Institutional Manifestations* (London: Routledge, 2019).

Her topics focus on applying psychoanalytic ideas to real-world issues we all face in our complex world. She can be found online at drkarynemessina.com.