

Imagine the future without fear. Political upheavals, the COVID-19 pandemic, increasingly frequent climate disasters—events we might have called “unimaginable” or “unthinkable” are now reality, making it more challenging than ever to feel equipped to face the future. How do we live our lives when it seems impossible to predict what the world will be like next week, let alone next year or ten years from now?

By drawing on the latest research in psychology and neuroscience, renowned futurist and game designer Jane McGonigal teaches us strategies to help us imagine the future, so we are better prepared for it when it arrives. Whether at work, in our schools, in our communities, or with friends and family, wherever we want to have an impact, she invites us to participate in thought experiments and games that will help us:

- *Envision, in surprising detail, what our lives will look like in ten years.*
- *Develop the courage and vision to solve problems creatively and shape the future we desire.*
- *Tap into “urgent optimism,” an unstoppable force within each of us that activates our sense of agency.*

This transformative, engaging, and inspiring book helps us be proactive, resilient, and optimistic in realizing a world we cannot yet imagine.

Jane McGonigal is a world-renowned futurist and game designer and the author of the New York Times bestsellers *Reality Is Broken* and *SuperBetter*.

READ BY THE AUTHOR



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AUDIO

Imaginable Jane McGonigal

Adult



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