

More with "Renaissance Scholar" Dr. John Carvalho

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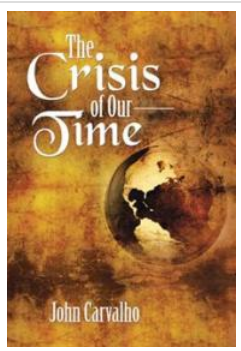
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Let week we introduced our readers to **Dr. John Carvalho**—world traveler, "Renaissance Scholar," and the winner of the United States National Research Service Award. John is also the self-published author of *The Crisis of Our Time*, which was submitted for Pulitzer Prize consideration last year.

In part one, [available here](#), John told us about his (extensive) background and literary influences. In today's continuation, we'll discuss his book in more depth.



John, please tell us about *The Crisis of Our Time*.

The Crisis of Our Time is my memoir and discourse regarding my life's career and philosophy concerning the planet's most pressing problems. I challenge my readers to discover that the disastrous, external crises of our lives emanate from the unity of our conscious and subconscious experiences. Indeed, the great troubles afflicting humanity—war, infectious disease, economic recession, terrorism, family discord, psychological trauma, human rights violations—dilemmas that appear unsolvable, actually originate when—without truthful self-reflection—we glorify mediocrity rather than strive to excel.

Employing cutting-edge, scientific information; keen, historical insight; extensive, cultural experience; and profound, philosophical analysis; I dissect our crises to elucidate why they perpetuate. In so doing, I introduce my theory of "causal circular systems" to reveal how causes feed off and exacerbate effects, which, in turn, reinforce those same causes. Furthering my views, I explore global health, the example par excellence, as well as economics, political history, planetary climate change, and the most central crisis of all: Being or Nothingness—the fears of the Self—the dread of our mortality.

Ultimately, I hope that anyone who genuinely seeks excellence over mediocrity, truth over falsity, meaning over purposelessness, and resolution over despair will read the book.

What inspired you to write it? How long did it take you to finish it?

After years of traveling the world and experiencing microbiology, public health, political history, and economics up close, I decided that I wanted to publish my own thoughts on the future of our precious planet, its many problems, and my thoughts on how to resolve those problems. The information for the book was gathered over 22 years, but the writing of the book itself took one year.

We'll present the conclusion of our interview with Dr. John Carvalho at the end of the week. *The Crisis of Our Time* is available in the [AuthorHouse Bookstore](#), and we encourage our readers to check it out.

Thanks for stopping by [Author's Digest!](#)



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