Walther, C. C. (2020). Development and Connection in the Time of COVID-19: Corona's Call for Conscious Choices. Palgrave MacMillan, a division of Springer Nature. pp. xxv – 177

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COVID-19 has had a devastating impact around the world. COVID-19 does not discriminate against whom it will infect; any and everyone is at risk. However, a possible silver lining is out of this global tragedy. COVID-19 has brought the grave inequalities, disparities, and vulnerabilities many individuals and communities face to the forefront. Walther's book, *Development, and Connection in the Time of COVID-19*, explores the global impact of COVID-19 and, through theory, creates a framework to address the post-COVID-19 world. Walther(2020) tells us that the book “*summarizes certain key concerns in the context of the crisis that ensued from the COVID-19 Pandemic*” (p. v).

Walter (2020) presents a new framework the POZE paradigm to explain and make sense of the COVID-19 conundrum. In the informative introduction, Walter (2020) explains that “this book provides an angle that is different from the usual perspective. Individual behavior changes, variations of institutional approaches, system dynamics, and societal transformation will be looked at through a prism that highlights their interconnection” p.vii).

The POZE framework allows scholars, practitioners, futurists individuals and people managing and leading institutions to think first about our commonalities not differences in order to humanistically navigate change in the murky waters, we all find ourselves living through to navigate this conundrum of the COVID-19 global pandemic. Walter (2020) explores the following for the model: the possibilities for everyone, all human kind together, to live with dignity and equitably. Understand and employ what she terms “C-Core”. “[The C-Core equals the optimization of dynamics across soul (aspirations), heart (emotions), mind

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(thoughts), and body (sensations) which impacts individuals' experiences of and expressions in their environment. The kit that is needed now includes completion, compassion, creation, and cooperation" (p xi). Walther (2020) introduces how the C-Core will help solve the "P-puzzle involving the interplay with priorities, people, positions, and programs" (p.xi). The symbiotic relationship between the C-Core and the P- Puzzle allow readers of this work to address the status quo, think differently and find a way forward with best and worst-case scenarios at the end of the book.

This book contains four chapters, each adding a component to Walther's framework foundation. Throughout the book there are figures which help readers to understand the components associated with the principles and to visualize how the POZE framework can help us navigate this deadly global COVID -19 pandemic.

A central theme throughout this book is the idea that everything is connected. The author consistently brings the reader back to this point, connecting each chapter with the central theme. This book reviews two concepts (C-Core and P-Puzzle) and their application related to the micro – meta dimensions of influence (individuals, communal, country/national, and global). The author took great care in creating a common language narrative that effortlessly guides readers through these theories, concepts, and analyses.

Chapter one contextualizes the impact and implications that COVID-19 has had around the world. The author highlights how some claim COVID-19 is the "social equalizer" because everyone is at risk of being infected, but we must consider the circumstances of one's life to delineate their risk. Chapter one continues to engage financial, class, and health inequalities as part of the pandemic's significant problems. The next chapter introduces four principles that take part in the world (connection, change, continuum, and complementarity).

Chapter two continues to lay the groundwork to understand the idea of "inside out and outside in." This chapter links our understanding and experiences with COVID-19 to the four dimensions and how COVID-19 has changed our perceptions. The author presents c-core as a conceptual framework to make a "conscious choice to change" in combating the systemic social paradox of inequity and crisis. The p-puzzle concept (priorities, people, positions, and programs) is presented as part of the c-core but applied to institutions. These two concepts are helpful because they divide the more significant problem into smaller pieces to address.

Chapter three examines COVID-19 s impact through the previous chapter's frameworks. This chapter links together the dimensions that make us who we are as individuals and our social environments. Walther described two types of reactions from individuals because of COVID-19. First, those that became more introspected and second, those that adapted and changed due to circumstances and the impact of COVID-19. Around the world, people looked for new and alternative ways of connecting and finding solidarity through the digital world.

Chapter four looks at what we can learn from the COVID-19 pandemic and how to look beyond the crisis to the new post-COVID world. Walther discusses what must be done to achieve positive change moving forward, bringing the reader back to the idea that everything is connected. Moving through different scenarios, Walther challenges that people have two options, to take the path of least resistance

or to overcome obstacles to “connect for food.” Herein lies the questions on which path we take as we move forward from the COVID-19 pandemic.

The book *Development and Connection in COVID-19* was fascinating because it examines something that the world is still experiencing. The author’s writing was straightforward and easily understandable. As the author tied readers back to the idea that everything is connected, that carried over to their use of figures. The author visually represented concepts and theories through a spiral continuum, with the central area being the micro-level and the outer edge being the meta-level. Each concept included was represented on the exact figure, making it easy to connect the multiple concepts and dimensional levels. This framework approaches COVID-19 holistically, which can be a challenging feat. The author included multiple disciplinary approaches through their examples, giving clear information and a refreshing perspective on a current problem.

This book tackles a global pandemic with a humanistic approach, which, intentionally or not, relates to people’s experiences during the pandemic and finding connections. This book will be an invaluable resource as the people, communities, and societies find the “new normal” post-COVID-19 and serve as a source to others when facing future crises—this book implications for policy, government, and non-government organizations. Individuals and communities have faced significant hardship throughout the COVID-19 pandemic. The pandemic has shown a spotlight on hidden existing problems that have failed to be addressed. Utilizing Walther’s framework will allow people to understand that everything is connected, and through completion, compassion, creation, and cooperation, we start mending as we move forward.

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