

CONTENTS

INTRODUCTION.....	5
HOW TO START A DISCUSSION COURSE	6
GUIDELINES.....	8
EVALUATION.....	9
SESSION ONE: A CALL TO SUSTAINABILITY	11
“You Are Brilliant and the Earth Is Hiring” by Paul Hawken	13
“Definitions of Sustainability”.....	15
“Why Bother?” by Michael Pollan	16
“Advice from an Accidental Activist” by Colin Beavan	20
“Easter’s End” by Jared Diamond.....	22
Video for Discussion: “Where Good Ideas Come From” by Steven Johnson	26
“Systems Thinking and the Iceberg Model”	26
SESSION TWO: ECOLOGICAL PRINCIPLES	29
“Ecological Principles” by Michael K. Stone	32
“What Would It Take?” by Johan Rockstrom, interview by Mary Hoff	33
Video for Discussion: “300 Years of Fossil Fuels in 300 Seconds” by Post Carbon Institute.....	36
“Water Is Life” by Osprey Orielle Lake	38
“The Rich Get Richer, the Poor Go Hungry” by Sharon Astyk and Aaron Newton	41
“Sequoia National Park Is Stuck in Pollution Hell” by John Metcalfe	43
“The Ecology of Disease” by Jim Robbins.....	44
“The Earth Is Full” by Paul Gilding	47
SESSION THREE: FOOD.....	51
“What’s Eating America” by Michael Pollan	53
“Beyond ‘Free’ or ‘Fair’ Trade” by Mike Wold	56
“A Meat Eater’s Guide to Climate Change” by the Environmental Working Group.....	59
“Stalking the Vegetannual” by Barbara Kingsolver.....	61
“The Pringles Problem” by Anna Lappé	64
“A Look at the \$175 in your Compost” by Dana Gunders	66
“The Need for Radical Homemakers” by Shannon Hayes	69
“A Seat at the Table” by Carolyn Steel	69

SESSION FOUR: COMMUNITY	71
"12 Features of Sustainable Community Development" by Steven Peck and Guy Dauncey	73
"The Shareable Future of Cities" by Alex Steffen	75
"Inside Ithaca's EcoVillage" by Katerina Athanasiou	77
"Stapleton: Repurposing a Site"	79
"To Build Community, an Economy of Gifts" by Charles Eisenstein	80
"Forging Friendlier Neighborhoods"	83
"How to Build Community"	84
SESSION FIVE: TRANSPORTATION	85
"Visualize Gasoline" by Richard Heinberg	87
"Chain of Fuels: The Story of a 20,000 Mile Spinach Salad" by Amanda Little	89
"We Love Our Cars, but Can They Be Bad for Us?" by Dan Burden	93
"Little Town Makes Big Leap toward Smart Travel" by Washington State Department of Transportation	95
"How to Make Biking Mainstream: Lessons from the Dutch" by Jay Walljasper	100
"Complete Streets Fundamentals"	102
SESSION SIX: CONSUMPTION AND ECONOMY	103
"Detroit Speech" by Robert F. Kennedy	105
"What Isn't for Sale?" by Michael J. Sandel	106
"Fight Consumerism: Love Your Stuff" by James Shelley	109
"The iPhone and Consumer Guilt" by Annie Leonard	110
"Off the Pedestal" by James Gustave Speth	112
"The Problem with No Growth" by Francis Moore Lappé	115
"Saving the Earth on the Cheap" by Paul Rauber	117
SESSION SEVEN: VISIONS OF SUSTAINABILITY	119
"Free Your (Eco)Mind" by Frances Moore Lappé	121
"On Gratitude" by Alex Stark	124
"To Live or Not to Live" by Derrick Jensen	125
"Boulder Votes to Free Its Electric Company" by Valerie Schloredt	127
"The Great Disruption" by Paul Gilding	128
Video for Discussion: "Growing Our Way into a New Economy" by Stephen Ritz	130
"Living Green Isn't a Sacrifice" by Donella Meadows	131
CALL TO ACTION	133
MEMBERSHIP FORM	135
PERMISSIONS	137