Choices for Sustainable Living

"I find that I think about things more — things I buy, things I eat, things I throw out. I see a much larger picture now, and I realize more than ever that I am a very important part of that picture."

— architect, Portland, Oregon

CHOICES FOR SUSTAINABLE LIVING IS A SEVEN-SESSION DISCUSSION COURSE BOOK FOR YOUR CLASSROOM, WORKPLACE, COMMUNITY CENTER OR HOME.

PARTICIPANTS IN THIS DISCUSSION COURSE WILL:

- Explore the meaning of sustainability
- Consider the ties between lifestyle choices and their impact on Earth
- Learn about steps that can be taken to move toward ecologically sustainable organizations, lifestyles, and communities.

INSPIRING PEOPLE TO TAKE RESPONSIBILITY FOR EARTH

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CHOICES FOR SUSTAINABLE LIVING
DISCUSSION COURSE DESCRIPTION

SESSION THEME	DESCRIPTION	READINGS
A Call to Sustainability	**In this session, participants consider ways of grasping the meaning and vision of sustainability, our roles in creating a sustainable world, and the tools that can help us in this endeavor.**	"You Are Brilliant and the Earth Is Hiring" by Paul Hawken "Why Bother?" by Michael Pollan "Advice from an Accidental Activist" by Colin Beavan "Easter's End" by Jared Diamond
Ecological Principles	**Ecological principles are a core component of sustainability. In this session, participants explore some of the interconnected crises we currently face and how ecological principles can be used to address them.**	"Ecological Principles" by Michael K. Stone "What Would It Take?" by Johan Rockstrom, interview by Mary Hoff "Water Is Life" by Osprey Orielle Lake "The Rich Get Richer, the Poor Go Hungry" by Sharon Astyk and Aaron Newton "Sequoia National Park Is Stuck in Pollution Hell" by John Metcalfe "The Ecology of Disease" by Jim Robbins "The Earth Is Full" by Paul Gilding
Food	**Eating is an essential natural process for all living organisms, yet many of us have limited awareness of how our eating habits impact the natural world. How can we lessen our impact on the Earth through choices about the way we eat?**	"What's Eating America" by Michael Pollan "Beyond 'Free' or 'Fair' Trade" by Mike Wold "A Meat Eater's Guide to Climate Change" by the Environmental Working Group "Stalking the Vegetannual" by Barbara Kingsolver "The Pringles Problem" by Anna Lappé "A Look at the $175 in your Compost" by Dana Gunders "A Seat at the Table" by Carolyn Steel
Community	**In their local communities, individuals can often see the power of their collective actions more clearly. How can we build supportive, interdependent relationships that help move communities to a more sustainable way of living?**	"12 Features of Sustainable Community Development" by Steven Peck and Guy Dauncey "The Shareable Future of Cities" by Alex Steffen "Inside Ithaca's EcoVillage" by Katerina Athanasiou "Stapleton: Repurposing a Site" "To Build Community, an Economy of Gifts" by Charles Eisenstein
Transportation	**Greenhouse gas emissions, congested roads, noise, polluted runoff and rising gas prices point to the unsustainability of our current transportation system. This session looks at the problems of our current transportation systems and how communities can diversify their transportation options.**	"Visualize Gasoline" by Richard Heinberg "Chain of Fuels: The Story of a 20,000 Mile Spinach Salad" by Amanda Little "We Love Our Cars, but Can They Be Bad for Us?" by Dan Burden "Little Town Makes Big Leap toward Smart Travel" by Washington State Department of Transportation "How to Make Biking Mainstream: Lessons from the Dutch" by Jay Walljasper "Complete Streets Fundamentals"
Consumption and Economy	**For decades, increasing material consumption has been heralded as the key to economic progress and an indication of "the good life." Is a growing economy equivalent to a healthy economy? What are other ways of measuring success, and how can we live more simply — and more richly — on Earth?**	"What Isn't for Sale?" by Michael J. Sandel "Fight Consumerism: Love Your Stuff" by James Shelley "The iPhone and Consumer Guilt" by Annie Leonard "Off the Pedestal" by James Gustave Speth "The Problem with No Growth" by Francis Moore Lappé "Saving the Earth on the Cheap" by Paul Rauber
Visions of Sustainability	**In this session, participants examine the underlying assumptions and beliefs that have created our current systems. How can we make positive and lasting change in our own lives and communities?**	"Free Your (Eco)Mind" by Frances Moore Lappé "On Gratitude" by Alex Stark "To Live or Not to Live" by Derrick Jensen "Boulder Votes to Free Its Electric Company" by Valerie Schloredt "The Great Disruption" by Paul Gilding "Living Green Isn't a Sacrifice" by Donella Meadows