

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



Join an upcoming *Choices for Sustainable Living* course:

What:

When:

Where:

Contact:

Additional information and cost:

PARTICIPANTS IN THIS EIGHT-SESSION DISCUSSION COURSE WILL:

- Explore various meanings and visions of sustainability.
- Consider the ties between their own lifestyle choices and their impact on Earth.
- Commit to actions that help create ecologically sustainable organizations, lifestyles, and communities.



**Northwest
Earth Institute**
DISCOVER CHANGE, TOGETHER.

107 SE Washington Street, Suite 251 • Portland, OR 97214
Phone: 503.227.2807 • Fax: 503.227.2917
contact@nwei.org
nwei.org

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. | <p>"You Are Brilliant, and the Earth is Hiring" by Paul Hawken</p> <p>"Our Home on Earth" by Winona LaDuke</p> <p>"Systems Thinking: A Necessary Perspective in our Changing World" by the Worldwatch Institute</p> <p>A Systems Thinking Model: The Iceberg</p> |
| Ecological Principles | Ecological principles are a core component of sustainability. In this session, participants explore ecological principles and how to apply them to address some of the big, complex issues we currently face. | <p>"You Can't Do Just One Thing: A Conversation with Richard Heinberg" by Michael K. Stone</p> <p>"The Refugee Crisis is a Sign of a Planet in Trouble" by David Korten</p> <p>"The Earth Is Full" by Paul Gilding</p> <p>"Too Many People, Too Much Consumption" by Paul Ehrlich and Anne H. Ehrlich</p> |
| 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. In this session, participants look at some of the complex issues we currently face in our food systems, as well as various practical steps to take toward producing and eating food sustainably. | <p>"What's Eating America" by Michael Pollan</p> <p>"Stalking the Vegetannual" by Barbara Kingsolver</p> <p>"From Food Security to Food Sovereignty" by Antonio Roman-Alcalá</p> <p>"Beyond 'Free' or 'Fair' Trade: Mexican Farmers Go Local" by Mike Wold</p> <p>"We Can Feed the World with the Food We Waste" by Joanne Will</p> |
| Water | Water is essential to our survival, and yet all too often we take this precious, limited resource for granted. In this session, participants consider their own water consumption and the ways in which humans affect water resources both locally and globally. | <p>"Water is Life" by Osprey Orielle Lake</p> <p>"How Your Diet Contributes to Water Pollution" by Paul Greenberg</p> <p>"The Oceans are Drowning in Plastic..." by Dominique Mosbergen</p> <p>"The Race to Save Florida's Devastated Coral Reef from Global Warming" by Chris Mooney</p> |
| 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? | <p>"Six Foundations for Building Community Resilience" by Daniel Lerch</p> <p>"Connecting the Lots" by Diana Budds</p> <p>"What it Looks Like When Communities Make Racial Justice a Priority" by Zeobia Jeffries and Araz Hachadourian</p> |
| Transportation | This session looks at some of the transportation-related problems we face and how some places are re-designing their communities for the benefit of people instead of cars. | <p>"Reimagining Our Streets as Places..." by Annah MacKenzie</p> <p>"The Environmental Cost of Free 2-Day Shipping" by Andy Murdock</p> <p>"America's 'Worst Walking City' Gets Back on Its Feet" by Jay Walljasper</p> <p>"Millennials in Transit" by Derek Prall</p> <p>"Retrofitting Suburbia: Communities Innovate Their Way Out of Sprawl" by Erin Sagen</p> |
| Consumption and Economy | For decades, increasing material consumption has been heralded as the key to economic progress and an indication of "the good life." In this session, we challenge the ethos of consumer culture and offer suggestions for living more simply and justly on Earth. | <p>"What Isn't for Sale?" by Michael J. Sandel</p> <p>"Bringing People Back Into the Economy" by Vandana Shiva</p> <p>"Beyond Consumerism" by New Dream</p> |
| Visions of Sustainability | In this session, participants examine the underlying assumptions and beliefs that have created our current systems. How can we envision a sustainable world, and how can we start creating it right now? | <p>"Neoliberalism Has Conned Us Into Fighting Climate Change as Individuals" by Martin Lukacs</p> <p>"Hope is What We Become in Action" by Fritjof Cabra and Frances Moore Lappé</p> <p>"Why Social Movements Need the Radical Imagination" by Alex Hhasnabish and Max Haiven</p> <p>"Envisioning A Sustainable World" by Donella H. Meadows</p> |