

Stepping
lightly

*Simplicity
for people
and the planet*

Mark A. Burch

Stepping Lightly Simplicity For People And The Planet

Stuart Walker



Stepping Lightly Simplicity For People And The Planet:

Stepping Lightly Mark A. Burch, 2012-10-24 While the voluntary simplicity movement has grown by leaps and bounds in recent years it is still often stereotyped as being mainly concerned with a thrifty lifestyle But simple living has much deeper implications than just cleaning closets or selling off a second car In *Stepping Lightly* Mark Burch considers the deeper rewards of voluntary simplicity for individuals and how the practice of simple living can be an essential part of the solution to our social and environmental problems Thoughtful and eloquent this book will appeal to a wide range of readers interested in committing themselves to stepping lightly into a more sustainable future *Stepping Lightly* Mark A. Burch, 2007-08

Timeless Simplicity John Lane, 2001-01-01 A delightful book celebrating the wonders of simplicity and minimalism in a noisy overwhelming world Our planet was once teeming with all kinds of life but our grandchildren will inherit one with less than 20 per cent of its early forests still in tact and thousands of plant and animal species extinct Sooner or later a more frugal lifestyle is not only desirable but will soon be imperative Life at the moment isn't what it should be technological and economic progress has resulted in a delusion that material solutions will solve emotional problems but a simpler lifestyle leaves space for spiritual renewal This is a book about simplicity not destitution parsimoniousness or self denial but the restoration of wealth in the midst of an affluence in which we are starving the spirit There are many advantages to living a less cluttered less stressful life than that which has become the norm in the overcrowded and manic paced consuming nations Written by painter writer and educator John Lane *Timeless Simplicity* is an ode to having less and enjoying more More time to pursue creativity eat good food relax with your family and to just be yourself *Mindfulness in Education* Kenneth Tobin, 2020-06-29 This book explores how mindfulness has been infused into education to produce favorable outcomes such as stress reduction heightened focus resilience calmness alertness mood regulation self awareness professional commitment and increased compassion and kindness to self and others The chapters are situated in diverse contexts including schools and colleges warfare violent extremism global warming child sex abuse and species extinction A feature of the book is the use of what is learned from ongoing research to design interventions to increase the incidence of mindful practices to enhance learning and forms of conduct to transform social life and sustain harmonious lifestyles Inclusion of mindfulness based interventions in teacher education programs include breathing meditation and tools such as heuristics and mindful writing Breathing meditation and its relationship to mindfulness is addressed including abdominal breathing as a component of meditation leading to mindful conduct and physiological changes including heart rate and blood oxygenation levels The extent to which breathing practice includes nasal and oral inhalation and exhalation is also considered in relation to increasing levels of nitric oxide in the airways thereby enhancing social communication and wellness This book was originally published as a special issue of *Learning Research and Practice* **The Party's Over** Richard Heinberg, 2005-08-01 The world is about to run out of cheap oil and change dramatically Within the next few years

global production will peak. Thereafter, even if industrial societies begin to switch to alternative energy sources, they will have less net energy each year to do all the work essential to the survival of complex societies. We are entering a new era, as different from the industrial era as the latter was from medieval times. In *The Party's Over*, Richard Heinberg places this momentous transition in historical context, showing how industrialism arose from the harnessing of fossil fuels, how competition to control access to oil shaped the geopolitics of the 20th century, and how contention for dwindling energy resources in the 21st century will lead to resource wars in the Middle East, Central Asia, and South America. He describes the likely impacts of oil depletion and all of the energy alternatives. Predicting chaos unless the U.S., the world's foremost oil consumer, is willing to join with other countries to implement a global program of resource conservation and sharing, he also recommends a managed collapse that might make way for a slower-paced, low-energy sustainable society in the future. More readable than other accounts of this issue, with fuller discussion of the context, social implications, and recommendations for personal, community, national, and global action, Heinberg's updated book is a riveting wake-up call for humankind as the oil era winds down and a critical tool for understanding and influencing current U.S. foreign policy. Listen to an interview with Richard Heinberg from WRPI.

Living Simply with Children Marie Sherlock, 2010-05-26 Raising children ranks as one of life's most rewarding adventures. Yet between Mom and Dad working full-time jobs, endless carpooling of overscheduled youngsters, and the never-ending pressures to buy and consume, family life can be incredibly needlessly complex. What if you could find a way to spend more time with your children, replace unnecessary activities with meaningful ones, and teach your children an invaluable life lesson in the process? *Living Simply with Children* offers a realistic blueprint for zeroing in on the pleasures of family life. How and why to live simply and find more time to be with your children. Activities and rituals that bring out the best in every family member. Realistic ways to reclaim your children from corporate America. Helping children of any age deal with peer pressure. Raising kids who care about people and the planet. How to focus on the good stuff with less stuff. Including sections on limiting television, environmentally friendly practices, celebrating the holidays, and tapping into the growing community of families who embrace simplicity, this inspiring guide will show you how to raise children according to your own values and not those of the consumer culture, as you enjoy both quality and quantity time with your family.

Less is More Cecile Andrews, Wanda Urbanska, 2009-09-01 Less stuff, less stress, more freedom, more joy. Our obsessive pursuit of wealth isn't working: people are afraid and anxious, we're destroying the planet, undermining happiness, and clinging to an unsustainable economy. But there's another way. Less can be More. Throughout history, wise people have argued that we need to live more simply; that only by limiting outer wealth can we have inner wealth. *Less is More* is a compelling collection of essays by people who have been writing about simplicity for decades, including Jim Merkel, Bill McKibben, Duane Elgin, Juliet Schor, Ernest Callenbach, John de Graaf, and more. They bring us a new vision of Less: less stuff, less work, less stress, less debt. A life with Less becomes a life of More: more time, more satisfaction, more balance, more

security When we have too much we savor nothing When we choose less we regain our life and can think and feel deeply Ultimately a life of less connects us with one true source of happiness being part of a caring community Less is More shows how to turn individual change into a movement that leads to policy changes in government and corporate behavior work hours the wealth gap and sustainability It will appeal to those who want to take back their lives their planet and their well being

Bioregionalism and Global Ethics Richard Evanoff, 2010-09-13 While a number of schools of environmental thought including social ecology ecofeminism ecological Marxism ecoanarchism and bioregionalism have attempted to link social issues to a concern for the environment environmental ethics as an academic discipline has tended to focus more narrowly on ethics related either to changes in personal values or behavior or to the various ways in which nature might be valued What is lacking is a framework in which individual social and environmental concerns can be looked at not in isolation from each other but rather in terms of their interrelationships In this book Evanoff aims to develop just such a philosophical framework one in which ethical questions related to interactions between self society and nature can be discussed across disciplines and from a variety of different perspectives The central problem his study investigates is the extent to which a dichotomized view of the relationship between nature and culture perpetuated in ongoing debates over anthropocentric vs ecocentric approaches to environmental ethics might be overcome through the adoption of a transactional perspective which offers a more dynamic and coevolutionary understanding of how humans interact with their natural environments Unlike anthropocentric approaches to environmental ethics which often privilege human concerns over ecological preservation and some ecocentric approaches which place more emphasis on preserving natural environments than on meeting human needs a transactional approach attempts to create more symbiotic and less conflictual modes of interaction between human cultures and natural environments which allow for the flourishing of both

Radical Simplicity Jim Merkel, 2003-09-03 Imagine you are first in line at a potluck buffet The spread includes not just food and water but all the materials needed for shelter clothing healthcare and education How do you know how much to take How much is enough to leave for your neighbors behind you not just the six billion people but the wildlife and the as yet unborn In the face of looming ecological disaster many people feel the need to change their own lifestyles as a tangible way of transforming our unsustainable culture Radical Simplicity is the first book that guides the reader to a personal sustainability goal then offers a process to monitor progress to a lifestyle that is equitable amongst all people species and generations It employs three tools to help readers begin their customized journey to simplicity It builds on steps from Your Money or Your Life so readers can design their own personal economics to save money get free of debt and align their work with their values It uses refined tools from Our Ecological Footprint so readers can measure how much nature is needed to supply all they consume and absorb their waste And by advocating time alone in wild nature it opens readers to another reality with humanity as one species among many on a complex and inter related planet Combining lyrical narrative passionate advocacy and absorbing science Radical

Simplicity is a practical personal answer to 21st century challenges that will appeal as much to Cultural Creatives and students as to spiritual seekers policy makers and sustainability professionals

The Handbook of Design for Sustainability Stuart Walker, 2013-11-07 Sustainability has emerged as a central issue for contemporary societies and for the world community as a whole Furthermore many of the social and environmental concerns that are embodied in the term sustainability are directly or indirectly related to design Designers help to define our human made environment how it is produced how it is used and how long it endures Despite some forty years of development and increased awareness of the critical relationships that exist between design decisions and modes of production energy use environmental impacts the nature of work and human exploitation design for sustainability is still not widely understood or followed The Handbook of Design for Sustainability presents a comprehensive state of the art overview of this crucial subject its development its methods its practices and its potential futures Bringing together leading international scholars and new researchers to provide a substantive insight into the latest thinking and research within the field The Handbook covers a breadth of historical and theoretical understandings and includes a series of original essays that explore methods and approaches for designers and design educators The Handbook presents the first systematic overview of the subject that in addition to methods and examples includes historical perspectives philosophical approaches business analyses educational insights and emerging thinking It is an invaluable resource for design researchers and students as well as design practitioners and private and public sector organizations wishing to develop more sustainable directions

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