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Titolo	The heart of sustainability : restoring ecological balance from the inside out // Andres R. Edwards ; cover design by Diane McIntosh
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Descrizione fisica	1 online resource (226 pages) : illustrations
Disciplina	303.4
Soggetti	Sustainable living Human ecology Social change - Environmental aspects Social evolution Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction. Looking within to seed an enduring vision for the future -- 1. A new story -- 2. Changing the old story -- 3. Purpose, meaning, and happiness -- 4. Reconnecting to ourselves and to nature -- 5. Leading from the heart -- 6. Activism with heart -- 7. Finding and connecting the dots -- 8. Envisioning a compelling future.
Sommario/riassunto	Amidst the doom and gloom that dominates the headlines, a different kind of story about an alternative future is unfolding. The players are activists, visionaries and cultural innovators, the backdrop is the tipping point of our global and environmental challenges, and the narrative is the molding of a new paradigm to shape our collective future. The Heart of Sustainability delves into the human dimension of this burgeoning international movement to build a better world. Author Andres Edwards frames the conversation about consciousness and sustainability by: Explaining how self-development is a key driver for planetary change; Describing how the confluence of the consciousness and technological revolutions provide unique opportunities for balance and fulfillment; Exploring how we can move forward individually and collectively to create a thriving, livable future from the inside out. This

landmark work illustrates the integration of the four Es: ecology, economy, equity, and education-the bedrock of the current sustainability framework-with the four Cs : conscious, creative, compassionate and connected. Focusing on specific examples and concrete initiatives from around the world, it shows us how to reconnect with ourselves, each other and nature in order to tackle the challenges we face as a global community.

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