

1. Record Nr.	UNINA9910462040203321
Autore	Murray Paul
Titolo	The Sustainable Self [[electronic resource]] : A Personal Approach to Sustainability Education
Pubbl/distr/stampa	Hoboken, : Taylor and Francis, 2012
ISBN	1-280-87451-1 9786613715821 1-136-54069-5
Descrizione fisica	1 online resource (289 p.)
Disciplina	333.72 363.7
Soggetti	Environmental sociology Sustainable living Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Cover; The Sustainable Self; Copyright; Contents; Acknowledgements; Introduction; 1. We Matter; 2. Awareness: Personalizing Sustainability; 3. Motivation: Values Matter; 4. Attitudes Matter; 5. Empowerment: Beliefs Matter; 6. Self-empowerment; 7. Knowledge: Sustainability Principles; 8. Knowledge: Sustainability Themes; 9. Skills: Skilful Means; 10. Sustainability Practice; References; Index
Sommario/riassunto	Achieving a sustainable society is the biggest issue of our time. It is not an issue confined to a particular subject area or to certain jobs. It is a way of thinking and behaving that will need to be embedded in all aspects of all of our lives. The Sustainable Self is the perfect resource for lecturers, trainers, students and professionals of any discipline who need to teach or learn about sustainability. There is widespread agreement that we need to live more sustainable lives. But when up against entrenched habits and everyday obstacles, it can be difficult to turn good intentions into acti