

Gaviotas: A Village To Reinvent The World, 2nd Edition

Disasters often strike without warning and leave a trail of destruction in their wake. Yet armed with the right tools and information, survivors can fend for themselves and get through even the toughest circumstances. Matthew Stein’s When Disaster Strikes provides a thorough, practical guide for how to prepare for and react in many of life’s most unpredictable scenarios. In this disaster-preparedness manual, he outlines the materials you’ll need from food and water, to shelter and energy, to first-aid and survival skills-to help you safely live through the worst. When Disaster Strikes covers how to find and store food, water, and clothing, as well as the basics of installing back-up power and lights. You’ll learn how to gather and sterilize water, build a fire, treat injuries in an emergency, and use alternative medical sources when conventional ones are unavailable. Stein instructs you on the smarter responses to natural disasters—such as fires, earthquakes, hurricanes and floods—how to keep warm during winter storms, even how to protect yourself from attack or other dangerous situations. With this comprehensive guide in hand, you can be sure to respond quickly, correctly, and confidently when a crisis threatens.

Richard Williams surveys the history of the cooperative movement from its origins in the 18th century and deals with the theory of cooperation, as contrasted with the ‘Standard Economic Model’, based on competition. The book contains the results of field studies of a number of successful cooperatives both in the developed and developing world. It includes insights from personal interviews of cooperative members and concludes by considering the successes and challenges of the cooperative movement as an alternative to the global neo-colonialism and imperialism that now characterizes free-market capitalist approaches to globalization. The book considers democratic and local control of essential economic activities such as the production, distribution, and retailing of goods and services. It suggests that cooperative approaches to these

economic activities are actually reducing poverty and resulting in equitable distributions of wealth and income without plundering the resources of developing countries.

This book addresses the evolving and sketches the ‘community economy’ that grounds agricultural enterprises more accurately than the industrial model. In its current practice, agriculture is (in the United States but increasingly in the rest of the world) unsustainable and destructive. The most immediately unsustainable feature of industrial agriculture is its dependence on the products of petroleum—as feedstock for fertilizers, herbicides, and pesticides, and as fuel for the farm machinery and transport of agricultural products into the cities. The problems of agriculture and in general the food systems to which it is attached range from the vulnerability of monocultures to new and stronger pests to the emerging medical problem of obesity. The need for agricultural reform is widely acknowledged; one part of the new work being done suggests that food production in the cities may solve several of its problems at once. This book is suitable for both undergraduates and graduate students in agriculture and environmental studies.

Luis Llanos—the rain-leached, eastern savannas of war-ravaged Colombia—are among the most brutal environments on Earth and an unlikely setting for one of the most hopeful environmental stories ever told. Here, in the late 1960s, a young Colombian development worker named Paolo Lugari wondered if the nearly uninhabited, infertile llanos could be made livable for his country’s growing population. He had no idea that nearly four decades later, his experiment would be one of the world’s most celebrated examples of sustainable living: a permanent village called Gaviotas. In the absence of infrastructure, the first Gaviotians invented wind turbines to convert mild breezes into energy, hand pumps capable of tapping deep sources of water, and solar collectors efficient enough to heat and even sterilize drinking water under perennially cloudy llano skies. Over time, the Gaviotians’ experimentation has even restored an ecosystem: in the shelter of two million Caribbean pines planted as a source of renewable commercial resin, a primordial rain forest that once covered the llanos is unexpectedly reestablishing itself. Colombian author Gabriel Garc í a M á rquez has called Paolo Lugari ‘Inventor of the World.’ Lugari himself has said that Gaviotas is not a utopia: ‘ Utopia literally means ‘no place.’ We call Gaviotas a topía, because it’s real.’ Relive their story with this special 10th-anniversary edition of Gaviotas, complete with a new afterword by the author describing how Gaviotas has survived and progressed over the past decade.

How To Write Better Copy

Globalization from Below

Get Your House Right

The Cooperative Movement

The Wealth of Communities and the Durable Future

Modern Hydronic Heating: For Residential and Light Commercial Buildings

Toward a Ludic Architecture

Animal Rights

This volume presents a timely recognition, warming and mapping of the fast approaching wave, or Ibio-tsunami, of global socio-technical transformation, built by a much wider spectrum of converging powers, including biotechnology, new agriculture, novel foods, health, quality of life, environment, energy, sustainability, education, knowledge management, and design of smart applications. The book contains eight sections corresponding to different clusters of bioeconomic and socio-technical change, as identified by the editors’[Scanning the Horizon] foresight research; it also offers an integrated view of the future bioeconomy landscape through the convergence of several technologies that affect everyday life. The clusters offer methodologies for forecasting the future bioeconomy, and how these predictions can affect target-setting and the orientation of policies and actions to manage cultural and societal change, and advance sustainable development in less developed areas. The book will be of interest to researchers, producers, logistics experts, policy makers, regulators, business and financial institutions, and biotechnologists (e.g. geneticists, food experts, etc.).

GaviotasA Village to Reinvent the World, 2nd EditionChelsea Green Publishing

An impassioned call for an economy that creates community and ennobles our lives. In this manifesto, journalist McKibben offers the biggest challenge in a generation to the prevailing view of our economy. For the first time in human history, he observes, “

A journalist journeys back to the Ukraine to reveal the truth about his grandfather’s violent death and uncovers the truth surrounding his family’s history

Prince of Darkness, Richard Perle

An Echo in My Blood

The Nature of Design

Thomas More

Just Transitions in a Complex World

The Transition Handbook

The Unfinished Journey

The Search for a Family’s Hidden Past

The perfect answer for any instructor seeking a more concise, meaningful, and flexible alternative to the standard introductory biology text.

What are the obstacles in the way of effectively solving the environmental crises of our time? What can we do to overcome them? These may be two of the most important questions of the 21st century. Organized human societies have the ability to completely change the world. While we have excelled at building, destroying, and rebuilding, we have not succeeded at conserving, preserving, and sustaining.

Privileged Goods: Commoditisation and Its Impact on Environment and Society suggests that our propensity toward environmental destruction – a tragic flaw of the modern economy – can be understood as a result of hidden economic forces. These forces drive social and economic development toward increasing mobilization of energy and material beyond what is actually needed to achieve general prosperity and meet basic human needs. The author explains the complex concept of commoditization using examples from key sectors of society. Features, Focuses on commoditization and its impact on the environment, Includes an in depth discussion on the differences between goods and services that can be commoditized and those that cannot, Discusses several sectors of economy including agriculture, health care, children’s entertainment, and environmental services, Explains policy recommendations that will help channel economic development toward goods and services with low environmental impact Book jacket.

As we increase our awareness of the planetary challenges and how they intersect with the discipline or profession we choose to focus on, we have put our attention on the external forces and impacts. What remains untouched however is the set of beliefs, values, assumptions, mental processes, and paradigms that we hold and share: our mindset. But how do we change a mindset? This book is the first to introduce the concept of a Sustainability Mindset, presenting educators with a framework that makes it easy to include them into teaching plans and lessons of any discipline. Written in a very clear and practical way, the book provides examples, checklists, tips, and tools for professionals and educators. It transforms the development of a much-needed mindset for sustainability into an accessible, fun and intuitive task.

The book is written with educators from a variety of disciplines in mind, including but not limited to management educators, coaches, and trainers. No other book comes close to providing such a well-organized and solid way of starting to shift our mindsets in the direction of sustainability.

From Black Tuesday to the White House, from Plato to Robert Nozick, from Eugene Debs to Richard Nixon, from Peter Cornelius Poock to the hippie communes of the Sixties, from universal basic income, from proverbial wisdom to multilevel selection, from Big Data to paleoanthology, from Prisoner’s Dilemma to social-engineering Israeli kindergartens, from time travel to gene engineering, from the pretzel logic of meritocracy to degreasing humanity, American Utopia maps the pitfalls and windfalls of social reform in the name of the human use of human beings. Interrogating the assumptions behind four utopian biomes by Thomas M. Disch, Bernard Malamud, Kurt Vonnegut, and Margaret Atwood, the book interrogates the assumptions that have historically been central to the utopian project. Whence the seeds of social discontent? Whence our taste for egotism and altruism? For waging war and waging peace? Can we bioengineer human nature to specifications? Should we? Who makes better guardians: humans or machines? And who will guard the guardians?

Exploring the Way Life Works

Survivors of Trauma and How They Heal

A Portrait of Courage

From Oil Dependency to Local Resilience

The Space of Play and Games

Our Last, Best Hope for a Future on Earth?

The Architecture of Community

Sharing Nature’s Interest

Crossing class and color lines, and spanning the nation (Montana has his buckeyeber, Pennsylvania its sweet potato), pie -- real, homemade pie -- has meaning for all of us. But in today’s treadmill, take-out world -- our fast-food nation -- does pie still have a place? As she traveled across the United States in an old Volvo named Betty, Pascale Le Draoulec discovered how merely mentioning homemade pie to strangers made faces soften, shoulders relax, and memories come wafting back. Rambling from town to town with Le Draoulec, you’ll meet the famous, and sometimes infamous, pie makers who share their stories and recipes, and find out how that quest for pie can lead to something else entirely.

A powerful investigation into the chances for humanity’s future from the author of the bestselling The World Without Us. In his bestselling book The World Without Us, Alan Weisman considered how the Earth could heal and even refill empty niches if relieved of humanity’s constant pressures. Behind that groundbreaking thought experiment was his hope that we would be inspired to find a way to add humans back to this vision of a restored, healthy planet-only in harmony, not mortal combat, with the rest of nature. But with a million more of us every 4 1/2 days on a planet that’s not getting any bigger, and with our exhaust overheating the atmosphere and altering the chemistry of the oceans, prospects for a sustainable human future seem ever more in doubt. For this long awaited follow-up book, Weisman traveled to more than 20 countries to ask what experts agreed were probably the most important questions on Earth—and also the hardest: How many humans can the planet hold without capsizing? How robust must the Earth’s ecosystem be to assure our continued existence? Can we know which other species are essential to our survival? And, how might we actually arrive at a stable, optimum population, and design an economy to allow genuine prosperity without endless growth? Weisman visits an extraordinary range of the world’s cultures, religions, nationalities, tribes, and political systems to learn what in their beliefs, histories, liturgies, or current circumstances might suggest that sometimes it’s in their own best interest to limit their growth. The result is a landmark work of reporting: devaluating, urgent, and, ultimately, deeply hopeful. By vividly detailing the burgeoning effects of our cumulative presence, Countdown reveals what may be the fastest, most acceptable, practical, and affordable way of returning our planet and our presence on it to balance. Weisman again shows that he is one of the most provocative journalists at work today, with a book whose message is so compelling that it will change how we see our lives and our destiny.

地向Toward a Ludic Architectureis a pioneering publication, architecturally framing play and games as human practices in and of space. Filling the gap in literature, Steffen P. Walz considers game design theory and practice alongside architectural theory and practice, asking: how are we and games architected? What kind of architecture do they produce and in what way does architecture program play and games? What kind of architecture could be produced by play and gaming?

With transitions to more sustainable ways of living already underway, this book examines how we understand the underlying dynamics of the transitions that are unfolding. Without this understanding, we enter the future in a state of informed bewilderment. Every day we are bombarded by reports about ecosystem breakdown, social conflict, economic stagnation and a crisis of identity. There is mounting evidence that deeper transitions are underway that suggest we may be entering another period of great transformation equal in significance to the agricultural revolution some 13,000 years ago or the Industrial Revolution 250 years ago. This book helps readers make sense of our global crisis and the dynamics of transition that could result in a shift from the industrial epoch that we live in now to a more sustainable and equitable age. The global renewable energy transition that is already underway holds the key to the wider just transition. However, the evolutionary potential of the present also manifests in the mushrooming of ecocultures, new urban visions, sustainability-oriented developmental states and new ways of learning and researching. Shedding light on the highly complex challenge of a sustainable and just transition, this book is essential reading for anyone concerned with establishing a more sustainable and equitable world. Ultimately, this is a book about hope but without easy answers.

The Science of Biology

Countdown

Gaviotas

State of the World 2010

A Village to Reinvent the World, 2nd Edition

The United States Border with Mexico

A Promise of Peace for Ourselves, Our Families, and Our World

Urban Agriculture and Community Values

A study of what would happen to Earth if the human presence was removed examines our legacy for the planet, from the objects that would vanish without human intervention to those that would become long-lasting remnants of humankind.

This book presents an earth science-based overview of the challenges to sustainability. It provides a detailed study of climate change, as well as energy, food, and water security across different regions. The author uncovers the problems caused by current social and environmental practices, and offers potential solutions. Focusing on systems theory, footprint analysis, risk, and resilience, many examples are given of how to use resources sustainably, especially common pool resources such as the atmosphere, oceans, and groundwater. The book develops its ideas from an array of practical case studies, centering on communal objectives and shared responsibilities.

Whether you’re an agency writer in need of inspiration, a one-woman-band drumming up work from new clients, an established business trying to get more from that mysterious thing called ‘content’, or you simply want to persuade your colleagues to adopt your point of view, How To Write better Copy by Steve Harrison will help you write better copy. It starts with the thinking before the writing, and how to create the all-important Brief. Then it takes you step-by-step from how to write a headline to how to get the response you want from your reader. With examples at every stage, and explanations based on both the author’s twenty-five years’ experience and recent scientific research, this book will help hone your skills – whether you’re writing websites or press ads, e-zines or direct mail, brochures or blogs, posters or landing pages, emails or white papers.

The Transition Handbook is a ground-breaking book that shows how we can move from feeling anxiety and fear in the face of “peak oil” to developing a positive vision and taking practical action to create a more self-reliant existence.

We, Immortals

Ecology, Culture, and Human Intention

The Dick Sutphen Past Life Seminars

An Environmental Science Perspective

The Kingdom, the Power and the End of Empire in America

A Comprehensive Guide for Emergency Prepping and Crisis Survival

Deep Economy

La Frontera

Ecological footprinting is rapidly being adopted as an effective and practical way to measure our impact on the environment – in both large- and small-scale planning and development. This is an introduction to ecological footprint analysis, showing how it can be done, and how to measure the footprints of activities, lifestyles, organizations and regions. Case studies illustrate its effectiveness at national, organizational, individual and product levels.

Beyond the material and the technological, and following the legacy of nonviolent struggle, the struggles against Nazism in Europe, racism in America, oppression in China and Latin America, and ethnic conflicts in Africa and Bosnia. Michael Nagler unveils a hidden history. Nonviolent, he proposes, has proven its power against arms and social injustice wherever it has been correctly understood and applied. Nagler’s approach is not only historical but also spiritual, drawing on the experience of Gandhi and other activists and teachers. Individual chapters include A Way Out of Hell, The Sweet Sound of Order, and A Clear Picture of Peace. The last chapter includes a five-point blueprint for change and “study circle” guide. The foreword by Aran Gandhi, the grandson of Mahatma Gandhi, is new to this edition.

The world’s leading resource on intensive, sustainable, high-yield organic gardening is thoroughly updated throughout, with new sections on using 12 percent less water and increasing compost power. Long before it was a trend, How to Grow More Vegetables brought backyard ecosystems to life for the home gardener by demonstrating sustainable growing methods for spectacular organic produce on a small but intensive scale. How to Grow More Vegetables has become the go-to reference for food growers at every level, whether home gardeners dedicated to nurturing backyard edibles with minimal water in maximum harmony with nature’s cycles, or a small-scale commercial producer interested in optimizing soil fertility and increasing plant productivity. In the ninth edition, author John Jeavons has revised and updated each chapter, including new sections on using less water and increasing compost power.

The problems related to the process of industrialisation such as biodiversity depletion, climate change and a worsening of health and living conditions, especially but not only in developing countries, intensify. Therefore, there is an increasing need to search for integrated solutions to make development more sustainable. The United Nations has acknowledged the problem and approved the “2030 Agenda for Sustainable Development”. On 1st January 2016, the 17 Sustainable Development Goals (SDGs) of the Agenda officially came into force. These goals cover the three dimensions of sustainable development: economic growth, social inclusion and environmental protection. The Encyclopedia of the UN Sustainable Development Goals comprehensively addresses the SDGs in an integrated way. The Encyclopedia encompasses 17 volumes, each one devoted to one of the 17 SDGs. This volume addresses SDG 3, namely “Ensure healthy lives and promote well-being for all at all ages” and contains the description of a range of terms, to grow a better understanding and foster knowledge. Ensuring healthy lives and promoting the well-being for all at all ages is essential to sustainable development. Significant strides have been made in increasing life expectancy and reducing some of the common killers associated with child and maternal mortality.

Major progress has been made on increasing access to clean water and sanitation, reducing malaria, tuberculosis, polio and the spread of HIV/AIDS. However, many more efforts are needed to fully eradicate a wide range of diseases and address many different persistent and emerging health issues. Concretely, the defined targets are: Reduce the global maternal mortality ratio to less than 70 per 100,000 live births End preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1,000 live births and under-5 mortality to at least as low as 25 per 1,000 live births End the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases and combat hepatitis, water-borne diseases and other communicable diseases Reduce by one third premature mortality from non-communicable diseases through prevention and promote mental health and wellbeing Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol Have the number of global deaths and injuries from road traffic accidents Ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes Achieve universal health coverage, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all Substantially reduce the number of deaths and illnesses from hazardous chemicals and air, water and soil pollution and contamination Strengthen the implementation of the World Health Organization Framework Convention on Tobacco control in all countries, as appropriate Support the research and development of vaccines and medicines for the communicable and non-communicable diseases that primarily affect developing countries, provide access to affordable essential medicines and vaccines, in accordance with the Doha Declaration on the TRIPS Agreement and Public Health, which affirms the right of developing countries to use to the full the provisions in the Agreement on Trade-Related Aspects of Intellectual Property Rights regarding flexibilities to protect public health, and, in particular, provide access to medicines for all Substantially increase health financing and the recruitment, development, training and retention of the health workforce in developing countries, especially in least developed countries and small island developing states Strengthen the capacity of all countries, in particular developing countries, for early warning, risk reduction and management of national and global health risks Editorial Board Mohamed Wadood AbdulahMeheran AhmedMonica de AndradeMasoud MozafarGiorgi Phkukadzzy Tony WallCatherine Zemančičivlić

Invisible Heroes

Heating with Renewable Energy

Notes from the Global Uprising

Current Debates and New Directions

Good Health and Well-Being

Retracing Nikolay Vavilov’s Quest to End Famine

Where Our Food Comes From

Innovation is increasingly induced by policy elites and business leaders as vital for tackling global challenges like sustainable development. Often overlooked, however, is the fact that networks of community groups, activists, and researchers have been innovating grassroots solutions for social justice and environmental sustainability for decades. Uncumbered by disciplinary boundaries, policy silos, or institutional logics, these ‘grassroots innovation movements’ identify issues and questions neglected by formal science, technology and innovation organizations. Grassroots solutions arise in unconventional settings through unusual combinations of people, ideas and tools. This book examines six diverse grassroots innovation movements in India, South America and Europe, situating them in their particular dynamic historical contexts. Analysis explains why each movement frames innovation and development differently, resulting in a variety of strategies. The book explores the spaces where each of these movements have grown, or attempted to do so. It critically examines the pathways they have developed for grassroots innovation and the challenges and limitations confronting their approaches. With mounting pressure for social justice in an increasingly unequal world, policy makers are exploring how to foster more inclusive innovation. In this context grassroots experiences take on added significance. This book provides timely and relevant ideas, analysis and recommendations for activists, policy-makers, students and scholars interested in encounters between innovation, development and social movements.

Examines dissociative coping strategies resulting from childhood abuse, shows how these strategies can have negative consequences in adulthood, and provides new strategies for healing the past

The future of our food depends on tiny seeds in orchards and fields the world over. In 1943, one of the first to recognize this fact, the great botanist Nikolay Vavilov, lay dying of starvation in a Soviet prison. But in the years before Stalin jailed him as a scapegoat for the country’s famines, Vavilov had traveled over five continents, collecting hundreds of thousands of seeds in an effort to outline the ancient centers of agricultural diversity and guard against widespread hunger. Now, another remarkable scientist—and vivid storyteller—has retraced his footsteps. In *Where Our Food Comes From*, Gary Paul Nabhan weaves an extraordinary story with his own expeditions to Earth’s richest agricultural landscapes and the cultures that tend them. Retracing Vavilov’s path from Mexico and the Colombian Amazon to the glaciers of the Pamirs in Tajikistan, he draws a vibrant portrait of changes that have occurred since Vavilov’s time and why they matter. In his travels, Nabhan shows how climate change, free trade policies, genetic engineering, and loss of traditional knowledge are threatening our food supply. Through discussions with local farmers, visits to local outdoor markets, and comparison of his own observations in eleven countries to those recorded in Vavilov’s journals and photos, Nabhan reveals just how much diversity has already been lost. But he also shows what resilient farmers and scientists in many regions are doing to save the remaining living riches of our world. It is a cruel irony that Vavilov, a man who spent his life working to foster nutrition, ultimately died from lack of it. In telling his story, *Where Our Food Comes From* brings to life the intricate relationships among culture, politics, the land, and the future of the world’s food.

Many of the environmental and social problems we face today are symptoms of a deeper systemic failing: a dominant cultural paradigm that encourages living in ways that are often directly counter to the realities of a finite planet. This paradigm, typically referred to as ‘consumerism,’ has already spread to cultures around the world and has led to consumption levels that are vastly unsustainable. If this pattern spreads further there will be little possibility of solving climate change or other environmental problems that are posed to dramatically disrupt human civilization. It will take a sustained, long-term effort to root out the traditions, social movements and institutions that shape consumer cultures towards becoming cultures of sustainability. These institutions include schools, the media, businesses and governments. Bringing about a cultural shift that makes living sustainably as ‘natural’ as a consumer lifestyle is today will not only address urgent risks like climate change, it could also tackle other symptoms like extreme income inequity, obesity and social isolation that are not typically seen as environmental problems. *State of the World 2010* paints a picture of what this sustainability culture could look like, and how we can - and already are - making the shift.

Transforming Cultures from Consumerism to Sustainability

When Disaster Strikes

Foresseeing and Exploring the Bioeconomy

The Search for a Nonviolent Future

Commodification and Its Impact on Environment and Society

Strategies For Adults Hurt as Children

American Pie

Slices of Life (and Pie) from America’s Back Roads

Ecological design is an emerging field that aims to recalibrate what humans do in the world according to how the world works as a biophysical system. This work is about starting things: an ecological design revolution that changes how we provide food, shelter and livelihood, and deal with waste.

*Leon Krier is one of the best-known—and most provocative—architects and urban theoreticians in the world. Until now, however, his ideas have circulated mostly among a professional audience of architects, city planners, and academics. In *The Architecture of Community*, Krier has reconsidered and expanded writing from his 1998 book *Architecture: Choice or Fate*. Here he refines and updates his thinking on the making of sustainable, humane, and attractive villages, towns, and cities. The book includes drawings, diagrams, and photographs of his built works, which have not been widely seen until now. With three new chapters, *The Architecture of Community* provides a contemporary road map for designing or completing today’s fragmented communities. Illustrated throughout with Krier’s original drawings, *The Architecture of Community* explains his theories on classical and vernacular urbanism and architecture, while providing practical design guidelines for creating livable towns. The book contains descriptions and images of the author’s built and unbuilt projects, including the Krier House and Tower in Seaside, Florida, as well as the town of Poundury in England. Commissioned by the Prince of Wales in 1988, Krier’s design for Poundury in Dorset has become a reference model for ecological planning and building that can meet contemporary needs.*

Whether you are preparing for a career in the building trades or are already a professional contractor, this practical book will help you develop the knowledge and skills you need to merge renewable heat sources (such as solar thermal collectors, hydronic heat pumps, and wood-fired boilers) with the latest hydronics hardware and low temperature distribution systems to assemble efficient and reliable heating systems. Easy to understand and packed with full-color illustrations that provide detailed piping and control schematics and diagrams, this one-of-a-kind book will help you diversify your expertise over a wide range of heat sources. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

*Walter D. Starhawk chronicles the global justice movement sparked by Seattle’s 1999 anti-World Trade Organization protest. A life-long activist, Starhawk is deeply involved as a direct action participant and trainer in the antiglobalization movement. The book is divided into “Actions” and “Visions.” In Part I, Starhawk begins with an overview of the complex political and economic powers that the antiglobalization movement opposes. Then, recounting the blow-by-blow events of the critical confrontations faced by the antiglobalization protestors—from Seattle to Genoa—Starhawk discusses police brutality, the Black Bloc versus the pacifists, and the magic of solidarity. In Part II, Starhawk shares a vision of the future of the antiglobalization movement. Drawing on her twenty years of experience as an activist, ecologist, and witch, she explores the debate between violent and nonviolent tactics; the definition of an economy of true abundance; and how we can transform our wage and despair, face our fears, and renew our spirits while acting to change the world. Starhawk is the author or coauthor of eight books, including *The Twelve Wild Swans: Journeys Into Magic, Healing and the Arcane* (Harper/SanFrancisco, 2000); the Twentieth Anniversary Edition of *The Spiral Dance* (Harper/SanFrancisco, 1999); and *Circle Round: Raising Children in the Goddess Tradition* (Bantam, 1998). Well-known in the Wiccan and Pagan Community, Starhawk is a columnist on the web for *beliebelnet.com* and for *znet*. She lives in San Francisco. **Marketing Plans:** • Bookstore events and publicity in San Francisco. • Nationwide radio interviews. • National print feature and review campaign. • Web publicity on anti-*

Globalization sites.

• Ads in Z Magazine, The Progressive, The Nation, Utne Reader, Mother Jones, PanGaia, Reclaiming.

• Course adoption campaign. Also Available Global Uprising: Confronting the Tyrannies of the 21st Century TP \$19.95. 0-86571-446-0 • USA

Ways of Power

Sustainability

Literature, Society, and the Human Use of Human Beings

Getting Through the Day

The World Without Us

Architectural Elements to Use & Avoid

The Green Transformation of Cities

The first study to examine More’s complete works in the view of his concept of statesmanship and, in the process, link his humanism, faith, and legal and political vocations into a coherent narrative.b

If you or someone you love has suffered a traumatic event, you know the devastating impact it can have on your life and your spirit. Life-threatening accidents, illnesses, assaults, abusive relationships—or a tragedy like 9/11—all can leave deep emotional wounds that persist long after physical scars have healed. Survivors become “invisible heroes,” courageously struggling to lead normal lives in spite of symptoms so baffling and disturbing that they sometimes doubt their own sanity. Now there is new hope for the millions affected by posttraumatic stress disorder (PTSD). Drawing on more than thirty years’ experience as a therapist and on the most recent cutting-edge research, Belleruth Naparstek presents a clinically proven program for recovery using the potent tool of guided imagery. She reveals how guided imagery goes straight to the right side of the brain, where it impacts the nonverbal wiring of the nervous system itself, the key to alleviating suffering. Filled with the voices of real trauma survivors and therapists whose lives and work have been changed by this approach, Invisible Heroes offers: • New understanding of the physical, cognitive, emotional, and behavioral effects of PTSD, who is most susceptible, and why symptoms can get worse rather than better with time • Important insights into how the brain and body respond to trauma, why conventional talk therapy can actually impede recovery, and why the nonverbal, image-based right brain is crucial to healing • A step-by-step program with more than twenty scripts for guided-imagery exercises tailored to the three stages of recovery, from immediate relief of anxiety attacks, flashbacks, nightmares, and insomnia, to freedom from depression and isolation, to renewed engagement with life • A helpful guide to the best of the new imagery-based therapies, and how to incorporate them into an overall recovery plan Belleruth Naparstek concludes with the inspiring words of survivors who have found their way back to peace, purpose, and a deep joy in living. Her compassionate, groundbreaking book can lead you and those in your care to the same renewal and healing.

At nearly every pivotal moment in international politics over the past twenty-five years—from the Reagan-Gorbachev summits, to the Iran-Contra scandal, to the collapse of the Soviet Union, to the decision to go to war in Iraq—if you dug deeply you would find a figure just behind the scenes influencing the action: that of Richard Perle. Largely eschewing senior cabinet appointments and other high-profile roles, the passionate, zealous Perle has been content to operate quietly—behavior which earned him the moniker of ‘The Prince of Darkness. Nevertheless, his influence in Washington has helped to fuel an international disaster in Iraq and the growth of anti-Americanism worldwide. Alan Weisman, a former producer for 60 Minutes, CBS Sunday Morning, and the CBS Evening News, is now shining a light on this major political figure. While Perle has not authorized this biography, he has submitted to interviews with Weisman, encouraged his friends to do so, and provided non-classified material. Such access has granted Weisman a deep and critical insight into Perle’s methods and mindset. Weisman explores how Perle derailed a nuclear arms agreement between the U.S. and the then Soviet Union; his controversial business dealings; Perle’s tenure as chairman of the Pentagon’s Defense Policy Board during the present Bush Administration; and his role leading up to the Iraqi War, including his dealings with Iraqi elites like Ahmed Chalabi. From the collapse of the Soviet Union to the current saber-rattling over Iran, Syria, and North Korea, Perle has put his stamp on almost every decisive event in international politics. This is an insightful and incisive study of the highest quality, and one that everyone—not just policy experts—should read. From Prince of Darkness, What People Say about Richard Perle: “We used to have major problems when Richard would wander off the farm and be caught doing things that were not consistent with the policies that [Casper] Weinberger and [George] Shultz were trying to implement.”—Colin Powell, Secretary of State, 2001-2005 “Richard can take a really bad idea and make it sound almost plausible and reasonable, even brilliant.”—Richard Burt, Assistant Secretary of State, 1983-1985 “I really don’t understand Perle. If you talk about the real neocoms, there’s Richard Perle and Paul Wolfowitz, and they’re very different. Paul Wolfowitz is an idealist, but he’s prepared to impose democracy by the sword. I don’t think Perle gives a [bleep] about democracy. Fundamentally, it’s all a means to an end.”—Brent Scowcroft, National Security Advisor, 1989-1993

Weisman and Dusard bring alive the people and geography of the U.S.-Mexican border, as well as the issues that divide each nation. 48 black-and-white photographs.

Grassroots Innovation Movements

And Fruits, Nuts, Berries, and Grains, and Other Crops) Than You Ever Thought Possible on Less Land with Less Water Than You Can Imagine

Privileged Goods

BioFuture

Ecological Footprints as an Indicator of Sustainability

How to Grow More Vegetables, Ninth Edition

American Utopia

Eco-Justice- The Unfinished Journey

Articles linking ecological sustainability and social justice.

In this comprehensive and authoritative guide, Marianne Cusato explains why so many of today’s traditional-style buildings miss the mark: describes the essential elements of a house, how they work together, and how to use them appropriately; and shows how to avoid common mistakes at every stage of the design and construction process--Cover, p. 2.

From simple applications to multi-load / multi-temperature systems, learn how to use the newest and most appropriate hydronic heating methods and hardware to create system the deliver the ultimate in heating comfort, reliability, and energy efficiency. Heavily illustrated with product and installation photos, and hundreds of detailed full-color schematics, MODERN HYDRONIC HEATING, 3rd EDITION is a one-of-a-kind comprehensive reference on hydronic heating for the present and future. It transforms engineering-level design information into practical tools that can be used by technical students and heating professionals alike. This revised edition features the latest design and installation techniques for residential and light commercial hydronic systems including use of

