

## Sustainable Self New readings in personal sustainability -- Fall 2008

*The following are new or recent titles that I recommend. Although they come from different directions, all speak to the idea of personal sustainability: Applying sustainability ideals and practices to your personal life. Enjoy! -- Thomas Joseph Doherty*

**Wake up and smell the planet: The non-pompous, non-preachy Grist guide to greening your day**  
Edited by Brangien Davis with Katherine Wroth / Skipstone

*I have long followed the folks @ Grist.org--in particular their "Ask Umbra" online advice column. This is the accessible, humorous, go-to guide for adding sustainability to your day.*

**The power of sustainable thinking**  
Bob Doppelt / Earth Scan Publishing

*Bob describes many of the psychology principles I use in my work with individuals and organizations-in particular stages of behavior change and ways to motivate others to think and act sustainably.*

**Sex, sleep, eat, drink, dream: A day in the life of your body**  
Jennifer Ackerman / Houghton Mifflin Company

*A delightful exploration of the human body through a typical day explaining the mechanisms of waking, hunger, desire, productivity, sleep, and dreams. We are reminded of a key insight of personal sustainability: Your body is an ecosystem.*

**The transition handbook: From oil dependency to local resilience**  
Rob Hopkins / Green Books (UK)

*This inspiring book describes a framework for manifesting sustainability and resiliency at the community level and describes the "Transition Town" movement taking place in Great Britain and Ireland.*

**Find your power**  
Chris Johnstone / Nicholas Brealey Publishing

*This is a self-help book that I would write. It is inspiring, draws on good psychology research, and is never patronizing. I have found it helpful and so will you.*

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