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Sustainability from the Inside--Out: An eightfold practice in mindful living for personal and planetary peace

By Angela May Johnson

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A Community Workbook

Sustainability from the Inside—Out

*An eightfold practice in mindful living for personal and
planetary peace*



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Environmental Educator and Holistic Health Coach

Artwork by Maureen Miller

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0 of 0 review helpful Five Stars By Eunomia Very enlightening Sustainability from the Inside mdash Out is the

spiritual solution to our ecological and human health crisis It is the holistic recipe for peace that our world so desperately needs As whispers of environmental collapse grow louder and louder our search for a viable way forward into a sustainable society grows more and more urgent From climate change and dwindling oil supplies to pollution and loss of biodiversity our ecological crisis grows more severe every day Ma About the Author Angela Johnson is an instructor at Northern Michigan University in the Earth Environmental and Geographical Sciences Department She earned her master rsquo s degree from Michigan State University in Community Agriculture Recreation and Res

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