

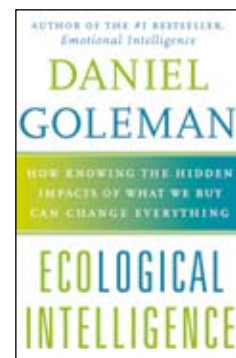
# Sustainable Summer Reading

*Informing and entertaining, this list of sustainable reading recommendations deals with environmental issues that are often complex and controversial, but will undoubtedly inspire and remind us that when we take care of ourselves, we take care of the planet.*

From everyday life in the home to hard-hitting exposés of corporate negligence, these books address the rapidly changing environment and our place in it. Drawing upon new and old publications for both budding and well-versed environmentalists, they all have the ability to go to the heart of the matter, whether they're grappling with global warming, pollution, agriculture, energy or extinction.

## Recommended reads for the budding 'LOHASian':

Be inspired, informed, and grow your eco-knowledge so that you can have a healthy and more sustainable lifestyle.

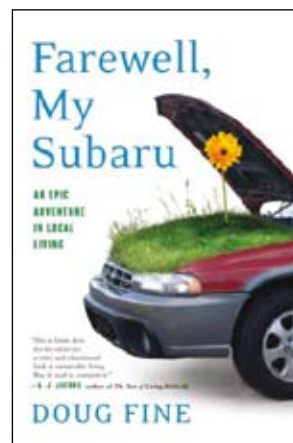


### 1. Ecological Intelligence: How Knowing the Hidden Impacts of What We Buy Can Change Everything, by Danial Goleman

Revealing the hidden environmental consequences of what we make and buy, and how with that knowledge we can drive the essential changes we all must make to save our planet and ourselves.

### 2. Farewell My Subaru: An Epic Adventure in Local Living, by Doug Fine

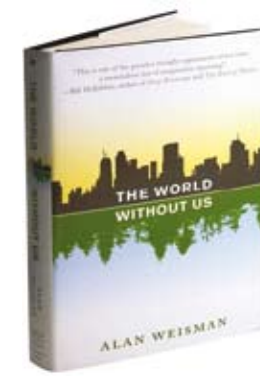
Both a hilarious romp and an inspiring call to action, 'Farewell, My Subaru' makes a profound statement about trading today's instant gratifications for a deeper, more enduring kind of satisfaction.



### 3. The Armchair Environmentalist, Karen Christensen

Printed on 100% recycled paper, the Armchair Environmentalist is a 'three minute-a-day action plan to save the world.' It focuses on what individuals can do to reduce their use of energy and water and create a healthier environment at home and at work. It is an easy read and chocked full of cute pictures and graphics.

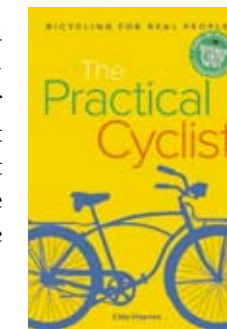
### 4. The World Without Us by Alan Weisman



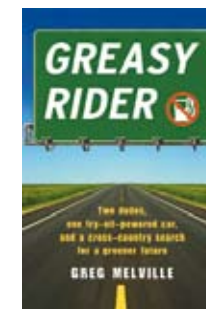
In this far-reaching narrative, Weisman explains how our massive infrastructure would collapse and finally vanish without human presence; what of our everyday stuff may become immortalized as fossils; why some of our earliest buildings might be the last architecture left; and how some man-made molecules may be our most lasting gifts to the universe.

### 5. The Practical Cyclist, by Chip Haynes

A very simple, very practical and extremely humorous guide to bicycling for everyday purposes. For the beginner rider it is just the right information to get started without thinking you're jumping into a life commitment to train like Lance Armstrong.



### 6. Greasy Rider: Two Dudes, One Fast Food Fueled Car, and a Cross-Country Search for a Greener Future, by Greg Melville



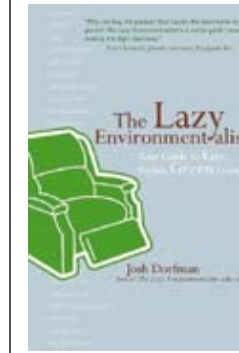
Part adventure and part investigation of what we're doing (or not doing) to preserve the planet, Greasy Rider is upbeat, funny, and full of surprising information about the many sustainable measures that are within our reach.

### 7. Cradle to Cradle: Remaking the Way We Make Things, by William McDonough and Michael Braungart

Through historical sketches on the roots of the industrial revolution; commentary on science, nature and society; descriptions of key design principles; and compelling examples of innovative products and business strategies already reshaping the marketplace, McDonough and Braungart make the case that an industrial system that "takes, makes and wastes" can become a creator of goods and services that generate ecological, social and economic value.



### 8. The Lazy Environmentalist: Your Guide to Easy, Stylish, Green Living, by Josh Dorfman

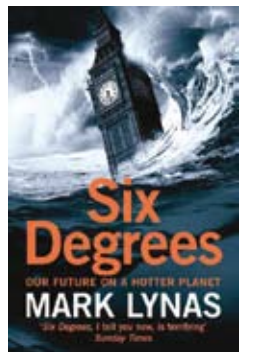


We can't all camp out in old-growth forests, lying down in front of the bulldozers. And it's not only that we're too busy: Some of us just don't want our fabulous threads to get caked with mud. But that doesn't mean we don't care passionately about the environment. It is now perfectly possible (and increasingly easy) to be well fed, well coiffed, well dressed,

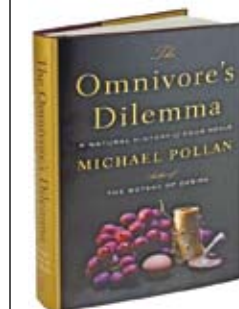
and well travelled while remaining deeply committed to an ecologically sustainable lifestyle.

### 9. Six Degrees: Our Future on a Hotter Planet, by Mark Lynas

With up to six degrees of global warming on the cards over the next hundred years, according to the Intergovernmental Panel on Climate Change (IPCC), what will happen to our coasts, our towns, our forests, our rivers, our croplands and our mountains?



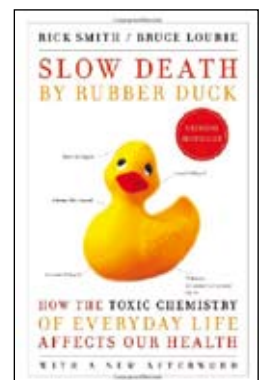
### 10. The Omnivore's Dilemma, by Michael Pollan



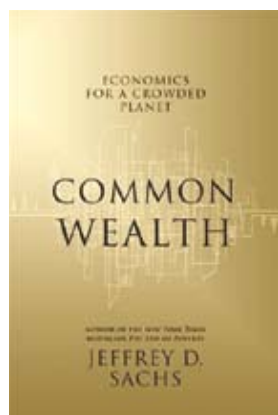
What should we have for dinner? The question has confronted us since man discovered fire, but according to Michael Pollan, how we answer it today, at the dawn of the twenty-first century, may well determine our very survival as a species.

### 11. Slow Death by Rubber Duck, by Rick Smith and Bruce Lourie

What began as a joke, an offhand thought, quickly became a two year megaproject. The more we chewed it over, the more doable it seemed. What better way to demonstrate, in concrete terms, the impact of daily life on the pollution load our bodies all carry than to deliberately ingest a whole bunch of these suspect substances and see whether they did, in fact, linger in our systems?



**12. Common Wealth: Economics for a Crowded Planet, by Jeffrey Sachs**



“One-sixth of the world remains trapped in extreme poverty unrelieved by global economic growth,” Sachs writes. “The poverty trap poses tragic hardships for the poor and great risks for the rest of the world.” Economist Jeffrey Sachs says that the world’s population, climate change, poverty and resource use are all closely intertwined. Sachs discusses the intersection of economics and the environ-

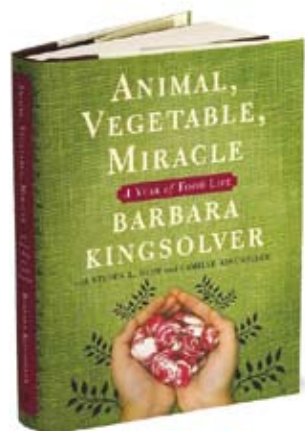
ment and argues that humanity must address global problems on a global scale.

**13. Stuffed and Starved: The Hidden Battle for the World Food System, by Raj Patel**

It’s a perverse fact of modern life: There are more starving people in the world than ever before (800 million) while there are also more people overweight (1 billion). To find out how we got to this point and what we can do about it, Raj Patel launched a comprehensive investigation into the global food network. It took him from the colossal supermarkets of California to India’s wrecked paddy-fields and Africa’s bankrupt coffee farms, while along the way he ate genetically engineered soy beans and dodged flying objects in the protestor-packed streets of South Korea.

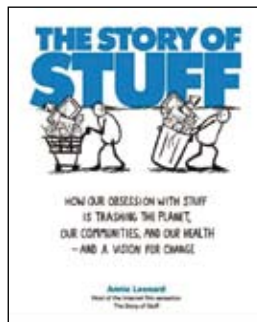


**14. Animal, Vegetable, Miracle: A Year of Food Life, by Barbara Kingsolver**



Part memoir, part journalistic investigation, Barbara Kingsolver’s non-fiction narrative tells the story of how her family was changed during one year of eating food produced either locally or by growing it themselves - or they would go without it

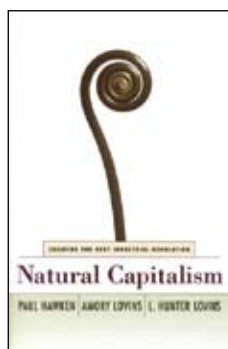
**15. Story of Stuff, by Annie Leonard**



“We have a problem with Stuff. With just 5 percent of the world’s population, we’re consuming 30 percent of the world’s resources and creating 30 percent of the world’s waste. If everyone consumed at U.S. rates, we would need three to five planets!”

**16. Silent Spring, by Rachel Carson**

Rachel Carson’s Silent Spring, which in 1962 exposed the hazards of the pesticide DDT, eloquently questioned humanity’s faith in technological progress and helped set the stage for the environmental movement.



**17. Natural Capitalism, by Paul Hawken, Amory Lovins, & Hunter Lovins**

Available FREE online, this book explores the lucrative opportunities for businesses in an era of approaching environmental limits.

**18. The Big Book of Green Design, by Suzanna MW Stevens**

This book explores the specific techniques and methods that graphic designers are employing worldwide to make their business a more earth-friendly one. When paying clients need a more environmentally conscious image, they turn to ad agencies and in-house designers for cost-effective solutions.



Article courtesy of LOHAS Asia



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