

Transition in a Nutshell Press
www.RegulaRusselle.com



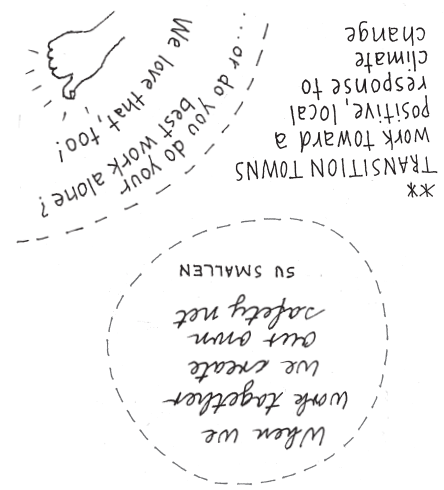
HABITS of the HEART
a primer for EMBRACING
a lifestyle PRACTICES
smaller FOOTPRINT,
stronger COMMUNITY

* HABITS of the HEART - thank you de Tocqueville, Robert Belli,
and others for the beautiful phrase and concept

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LIN MANVEL MIRANDA

Legacy: What is a legacy? It's planting seeds
in a garden you never get to see.



find a TRANSITION TOWN group nearby: www.transitionus.org or www.transitiontwnclites.org
collaborate with kindred spirits in your faith community, zen center, environmental or civic association
start your own friendly circle of practitioners

CONNECTING WITH OTHERS

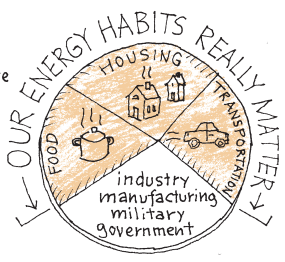
FACTS & PRACTICE

- * Europeans use only one-half as much energy as we do
- * in the US about 67% of all energy is consumed by people like us

The pie chart is approximate but you get the picture

SOURCE: Pat Murphy's PLAN C (2009)

This book changed OUR LIVES



... an INVITATION to EMBRACE **1 PRACTICE** or **2 (or more)**

- TRIED & TRUE EXAMPLES:
- * trimming meat from meals
 - * wasting little food
 - * riding the bus or a bicycle
 - * skipping airplane travel
 - * bundling up in winter
 - * reaching for handtools in home+yard
 - ... etc. etc.

CO₂ Footprint ... Do you know?
1 round trip flight from the Twin Cities to Orlando, Florida emits as much CO₂ as 30 weeks of vegetarian meals

Testimonials

Trying to keep a no waste refrigerator is a bit like eating kosher or observing Lent... It's a daily reminder of the spiritual connection that unites us all.

We drive less and shop locally. Now life is more serene and we're more connected with neighbors, too.

I'm enjoying the extra exercise... It's my contribution of a little sweat to help the EARTH stay cooler.

Don't let your sorrow come higher than your knees
SWEDISH PROVERB *



The real work of planet saving will be small, humble and humbling, and (insofar as it involves love) pleasing and rewarding.

- WENDELL BERRY

In the Art of Intentional LIVING to reduce global climate change... small steps HELP MAKE a WORLD of DIFFERENCE

* Swedish Proverb from Lisa Congdon's Fortune Favors the Brave (2015)