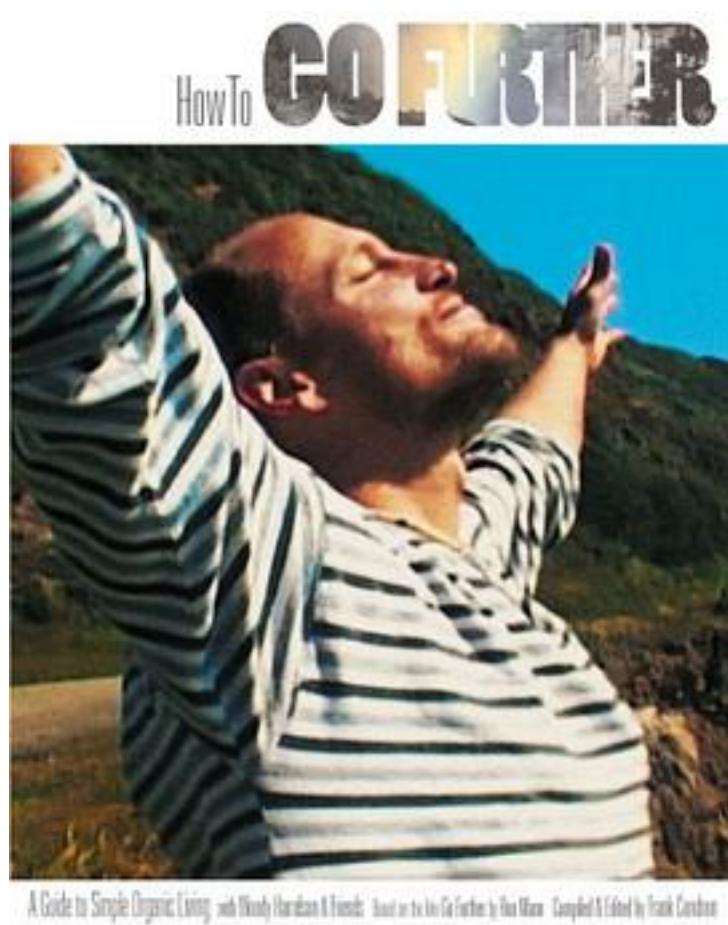


How to Go Further



[How to Go Further_ 下载链接1](#)

著者:Harrelson, Woody

出版者:Perseus Distribution Services

出版时间:

装帧:Pap

isbn:9781894622394

In the spring of 2001 Oscar-nominated actor Woody Harrelson, along with several like-minded friends and activists, rode bicycles down the Pacific Coast Highway from Seattle to San Diego. Along the way they stopped at high schools, colleges and town

halls to deliver the message of "Sustainable Organic Living." The trip very quickly became known as the SOL Tour. Well-respected documentary filmmaker Ron Mann (Grass, The Twist), was invited along to film the journey. His film GO FURTHER premiered at the South by Southwest Film Festival in Austin, Texas, in March of 2003, to rave reviews and dozens of citations in a huge array of media, from High Times to CNN and AP. This book is the companion to that movie and is intended to answer the questions that the 90-minute film raises. Harrelson and friends define SOL as "leaving a lighter footprint on the Earth." Through the actions of a single committed individual the world can change for the better. By avoiding industrially produced or chemically altered foods (including the use of pesticides and herbicides), by reducing dependence on carbon-based fuels, by sourcing alternatives to the devastating ravages of pulp and paper production and industrial cotton production, we can improve both our individual health and the health of the planet. With additional emphasis supplied by an adherence to yoga, and a hyper consciousness about the state of the planet's endangered plants and animals, the meaning of SOL is fully revealed as a compelling lifestyle for anyone concerned about the direction that the modern world has taken. Broken into topical sections, each introduced and discussed by Woody Harrelson, but also including contributions from experts on issues such as solar heating, hemp paper production, and species extinction, How To Go Further not only clearly explains the issues at hand, but also spells out how you, the reader, can make a difference by learning sustainable organic living and practicing it. "The Electric Kool Aid Acid Test -- on Tofu"

作者介绍:

目录:

[How to Go Further_ 下载链接1](#)

标签

评论

[How to Go Further_ 下载链接1](#)

[How to Go Further_下载链接1](#)