

Mindfully Green



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With all the attention on living sustainably, the one thing missing from the conversation is how to find a personal connection with green living that will sustain us on our green path. While practical approaches to an eco-responsible lifestyle offer important first steps, it is critical that we ground these actions in broader understanding so that we can effect real change in the world.

In this book, Stephanie Kaza describes what she calls the “green practice path.” She offers a simple, Buddhist-inspired philosophy for taking up environmental action in real, practical, and effective ways. Discover new ways to think more deeply about your impact on the natural world, engage in environmental change, and make green living a personal practice based in compassion and true conviction.

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