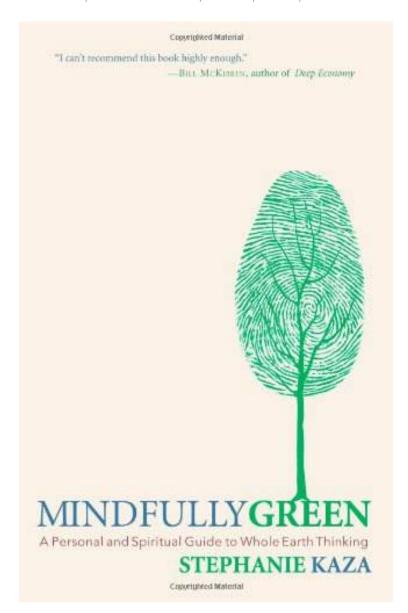
## Mindfully Green: A Personal and Spiritual Guide to Whole Earth Thinking

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2 of 2 review helpful Excellent book not what I had expected By Lois Field If you are seeking a book on how to become more green in all areas of you life and are expecting a laundry list of ideas this is the wrong book Instead Professor Kaza takes you on a journey to discover yourself and to connect with your motivation for wanting to live greener When we understand our motivation and core values doing the right thing 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 Idquo green pract From Publishers Weekly Kaza a biologist and professor of Environmental Studies at University of Vermont combines Zen Buddhist practices and teachings with her 40 years as an environmentalist for this guide to enlightened environmentalism proposing a belief in

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