

USE LESS STUFF RESOURCES

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BOOKS

- **Choose to Reuse** by Nikki and David Goldbeck (Ceres Press, P.O. Box 87, Dept. CTR, Woodstock, NY 12498, \$15.95) An encyclopedia of services, products, programs and charitable organizations that foster reuse.
- **Choosing Simplicity ; Real People Finding Peace and Fulfillment in a Complex World** by Linda Breen Pierce and Vicki Robin (Gallagher Press, January 2000, \$16.00; ISBN: 0967206715)
- **The Consumer's Guide to Effective Environmental Choices: Practical Advice from the Union of Concerned Scientists** by Michael Brower, Ph.D. and Warren Leon, Ph.D. (Three Rivers Press, 1999)
- **Consuming Desires: Consumption, Culture and the Pursuit of Happiness**, Editor-Roger Rosenblatt (Island Press, 1999)
- **Ecology of Commerce-A Declaration of Sustainability** by Paul Hawken (HarperCollins Publisher—New York, 1992)
- **Eco-Renovation, The Ecological Home Improvement Guide** by Edward Harland. A Real Goods Independent Living Book (\$16.95). Chelsea Green Publishing Co.
- **EcoTeam, A Program Empowering Americans to Create Earth-Friendly Lifestyles** by David Gershon with Andrea Barrist Stern. Workbook for homeowners for garbage reduction, water, energy and transportation efficiency, eco-wise consuming and empowering others. Global Action Plan, 914-679-4830, e-mail: <info@GlobalActionPlan.org> or website: <www.GlobalActionplan.org>.
- **The Green Consumer** by John Elkington, Julia Hailes, and Joel Makeover (Viking Penguin, 40 West 23rd St., NY, NY 10010/\$8.95) Brand-specific handbook of environmentally responsible shopping choices.
- **Heloise's Hints for a Healthy Planet** (Perigee Books, 1990)
- **Home Ecology** by Karen Christenson (Fulcrum Publishing, Golden, Colorado/\$15.95) A complete overview of what you can do at home to help the environment —filled with practical tips to help green your daily life.
- **Hope, Human and Wild**—true stories of living lightly on the earth by Bill McKibben (Hungry Mind Press—St. Paul, MN, 1995)
- **Keeping Life Simple** by Karen Levine (Storey Books, July 1996; ISBN: 0882669435, \$10)
- **Natural Capitalism—Creating the next industrial revolution** by Paul Hawken and Amory and Hunter Lovins (Rocky Mountain Institute—Snowmass, CO 1995, (303) 927-3851, <<http://www.rmi.org/>> (Lots of good resources are available from RMI>)
- **Our Ecological Footprint, Reducing Human Impact on the Earth** by Mathis Wackernagel & William Rees (New Society Publishers, Copyright 1996/\$14.95) Cuts through the talk about sustainability and introduces a revolutionary new way to determine humanity's impact on the Earth. Converts seemingly complex concepts of carrying capacity, sustainability, resource use, waste disposal, and more into a graphic form everyone can grasp and utilize.
- **A Place Called Simplicity** by Claire Cloninger (Harvest House Publishers, September 1993; ISBN: 1565070569, \$9.00) Provides encouragement and direction to a life of simplicity.
- **Rodale's Chemical-Free Yard & Garden, the Ultimate Authority on Successful Organic Gardening**. Copyright 1991—Distributed by Random House Value Publishing, Inc.
- **Seven Wonders: Everyday Things for A Healthier Planet (aka the Dalai Llama vs. Baywatch)** by John Ryan (Northwest Environment Watch, 1402 Third Avenue, Suite 1127, Seattle, WA 98101-2118/\$9.95)

- **A Simple Choice: A Practical Guide to Saving Your Time, Money and Sanity** by Deborah Taylor-Hough (Champion Printing Ltd., May 2000; \$14.95; ISBN: 1891400495)
- **The Simple Life**, Editor-Larry Roth (Berkeley Publishing Group, April 1998; ISBN: 0425161684, \$12)
- **Simple Living Guide: A Sourcebook for Less Stressful, More Joyful Living** by Janet Lubbers.
- **Simplicity: Finding Peace by Uncluttering Your Life** by Kim Thomas (Broadman & Holman, May 1999, \$8.00; ISBN: 0805418539)
- **Six Weeks to a Simpler Lifestyle** by Barbara Degrote-Sorenson and David Allen Sorenson (Fortress Press, November 1994; ISBN: 0806627514, \$10.00)
- **STUFF, The Secret Lives of Everyday Things** by John C. Ryan and Alan Thein Durning. (Northwest Environment Watch, 1402 Third Avenue, Suite 1127, Seattle, WA 98101-2118/\$9.95) 206-447-1880, e-mail: <nwwatch@igc.apc.org>, website: <http://www.speakeasy.org/new>.
- **USE LESS STUFF, Environmental Solutions for Who We Really Are** by Robert Lillenfled and William Rathje--Editors of the Use Less Stuff Report. (Partners for Environmental Progress, PO Box 130116, Ann Arbor, MI 48113/\$12.00) 313-668-1690, website: <www.cygnus-group.com>. Order book from publisher: <www.randomhouse.com>.
- **Your Money or Your Life: Transforming Your Relationship with Money and Achieving Financial Independence** (Penguin Books, 1992) and **Getting A Life: Strategies for Simple Living** based on **Your Money or Your Life** (Penguin Books, 1997) both books by Joe Dominguez and Vicki Robin

PERIODICALS

- ***"Co-op America Quarterly"***, a green living guide. Get the practical tips and common sense strategies to save money, live better and simplify your life. <www.coopamerica.org> or <www.greenpages.com>
- ***"Natural Home Magazine"*** - <www.naturalhomemagazine.com>
- ***"Reusable News"*** (John Leigh, U.S. E.P.A., 401 M. St., SW, Washington, D.C. 20460) Quarterly. FREE. Website: <www.epa.gov/epaoswer/non-hw/recycle/reuse.htm>.
- ***Simple Living Newsletter***: <http://slnet.com/free/newsletter> Free.
- ***"The Tightwad Gazette"***, Editor-Amy Dacyczyn (RR 1, Box 3570, Leeds, ME 04263-9710) Send \$12 for a year's subscription (See Book section for book of previous issues)

SELECTED SUSTAINABILITY EDUCATION WEBSITES

- **Center for A Sustainable Future**: On-line units, rubrics and other downloadable software. <http://esf.concord.org>
- **Creative Change Education Solutions**: Links, FAQs, curriculum, "The Shape of Change." <http://www.creativechange.net>
- **EE-Link (The National Council for Environmental Education and Training)**: Directory of classroom materials, project ideas, grants, and other resources. <http://www.eelink.net>
- **Facing the Future**: Challenges our way of thinking about our place on Earth, our relationships with each other, and our responsibility for the future. <http://www.facingthefuture.org/2nd.html>
- **Second Nature**: Bibliographies and course overviews to help high school and university educators plan sustainability courses. <http://www.2nature.org>
- **Sustainability Education Center**: Information and summaries of curricula for high school. <http://www.sustainabilityed.org>
- **Sustainability Education Toolkit**: On-line collection of articles, activities, and other resources for teachers. <http://www.esdtoolkit.org>

STOP JUNK MAIL

- **Mail Preference Service**, P.O. Box 9008, Farmingdale, NY 11735-9008, 212-768-7277. Free mail reduction kit.
- **Stop Junk Mail Forever**, Good Advice Press, Box 78, Elizaville, NY 12523, 914-758-1400
- **Stop the Junk Mail Kit**: <www.stopjunk.com> (Consumer Research Institute of Ithaca/\$12.95)
- Web site with more information: <**www.stopjunk.com**>

OTHER RESOURCES

- **Adbusters** website: <www.cmpa/ca/adbust.html> or 604-736-9401 for information on counteracting media and promotional campaigns that cause "shopping fever." Promotes "**Buy Nothing Day**" — the day after Thanksgiving.
- "**Affluenza**" is having a dysfunctional relationship with money. Subscribe to electronic version of newsletter at <newsletter@affluenza.com> or check out website: <www.affluenza.com>. Videos also available.
- **Earth Aware** shareware: <http://www.dcn.davis.car.us/go/earthaware> Information on managing household resources more environmentally.
- **Earth Force** bicycle promotional activities and information: <getoutspoken@earthforce.org>.
- **Green Hotels Association**: <www.greenhotels.com> List of hotels with recycling, water conservation, etc. programs
- **Oklahoma Department of Environmental Quality** website: <www.deq.state.ok.us>. **Use Less Stuff** campaign in progress (started September 1999). Information available on conserving water, protecting air and water, and reducing waste (includes worm composting, organic gardening, recycling, reuse, etc.) Materials available at: <www.okaee.org>.
- **Oklahoma Sustainability Network**--Architects, interior designers, students, gardeners, government entities, non-profits, etc. working together for solutions. A list serv is available for information sharing. See website: <www.oksustainability.org>.
- **Simple Living Network**: <http://slnet.com/> . Web-based guide to doing more with less. Chat rooms and study groups on such topics as: simple living, voluntary simplicity, conscious consumerism, sustainable living, etc.
- **Smart Gardening ideas**: <www.smartgardening.com> or (888) CLEANLA.
- **St. Jude's Ranch for Children**, 100 St. Jude's St., Boulder City, NV 89905-1618, 1-800-492-3562. Send fronts of greeting cards to be reused in making new cards. You can also buy reused cards (ten cards for \$6.50) from them.

JUST USE LESS STUFF!!!