



# Tao of Sustainability: Cultivate Yourself to Heal the Earth

*Gregory Ripley*

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## **Tao of Sustainability: Cultivate Yourself to Heal the Earth** Gregory Ripley

At the crux of our current environmental crisis lies humanity's perceived separation from nature. We simply will not take care of the natural world if we do not believe we are an integral part of it. In *Tao of Sustainability* the author presents the traditional Daoist path of self-cultivation as a framework for bringing humans back into a sustainable relationship with the Earth. *Tao of Sustainability* also explores how our health, both mental and physical, is impacted by nature, drawing on research in the fields of Green Exercise, Nature and Forest Medicine, and Ecopsychology. Part philosophy, part meditation manual, part nature awareness guide, *The Tao of Sustainability* offers numerous pathways towards reconnecting with nature and the Dao through mind, body, and spirit. Drawing from a variety of disciplines and traditions, from Daoism to Stoicism, Ecopsychology to Buddhist mind training, the visual arts to movement (tai chi, qigong)-this book provides numerous ways to reconnect with the natural world.

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