

FRANCES MOORE LAPPÉ

*Bestselling author of *Diet for a Small Planet* and *Hope's Edge**



clarity
creativity
and courage
in a world
gone mad

GETTING A GRIP

Getting A Grip Clarity Creativity And Courage In A World Gone Mad

Edward P. Morgan



Getting A Grip Clarity Creativity And Courage In A World Gone Mad:

Getting a Grip Frances Moore Lappé, 2007 This book connects readers personal passions with actions they can take to help create the world they want p 4 of cover Getting a Grip Frances Moore Lappe, 2010-10-08 Designated by The New York Times Book Review as a must read in 2008 for the next U S president Lapps unique take and laser like logic invite readers to try on a new invigorating way of seeing the world With her characteristic boldness she takes on a set of disempowering ideas driving economic and ecological crises challenging readers to rethink the meaning of power democracy and hope itself In her punchy no holds barred style Lapp weaves together fresh insights startling facts and stirring vignettes of regular people pursuing ingenuous solutions My books intent Lapp writes is to enable us to see what is happening all around us but is still invisible to most of us people in all walks of life penetrating the spiral of despair and reversing it with new ideas innovation and courage This updated and revised edition responds to Obama s presidency and the global financial collapse concluding with reflection questions that are perfect for book groups When Technology Fails Matthew R. Stein, Matthew Stein, 2008-03-27 Matthew Stein s comprehensive guide to sustainable living skills gives you the tools you need to fend for yourself and your family in times of emergency or disaster It also goes a step further giving sound instructions on how to become self reliant in seemingly stable times and for the long term by adopting a sustainable lifestyle Cover p 4 **The One-Straw Revolution** Masanobu Fukuoka, 2010-09-08 Call it Zen and the Art of Farming or a Little Green Book Masanobu Fukuoka s manifesto about farming eating and the limits of human knowledge presents a radical challenge to the global systems we rely on for our food At the same time it is a spiritual memoir of a man whose innovative system of cultivating the earth reflects a deep faith in the wholeness and balance of the natural world As Wendell Berry writes in his preface the book is valuable to us because it is at once practical and philosophical It is an inspiring necessary book about agriculture because it is not just about agriculture Trained as a scientist Fukuoka rejected both modern agribusiness and centuries of agricultural practice deciding instead that the best forms of cultivation mirror nature s own laws Over the next three decades he perfected his so called do nothing technique commonsense sustainable practices that all but eliminate the use of pesticides fertilizer tillage and perhaps most significantly wasteful effort Whether you re a guerrilla gardener or a kitchen gardener dedicated to slow food or simply looking to live a healthier life you will find something here you may even be moved to start a revolution of your own *Chrysalis Effect* Philip Slater, 2008-10-15 Shows that the chaos and conflict experienced world wide are the result of a global cultural metamorphosis one which has accelerated so rapidly over the decades as to provoke fierce resistance This book explains the metamorphosis of global culture whereby old cultural assumptions are challenged and innovations are seen as a social ill **The ABCs of Human Survival** Arthur Clark, 2010 The ABCs of Human Survival examines the effect of militant nationalism and the lawlessness of powerful states on the well being of individuals local communities and global citizenship Based on the analysis of world events Dr Arthur Clark presents

militant nationalism as a pathological pattern of thinking that threatens our security while emphasizing effective democracy and international law as indispensable frameworks for human protection Within the contexts of history sociology philosophy and spirituality The ABCs of Human Survival calls into question the assumptions of consumer culture and offers as an alternative strategies to improve overall well being through the important choices we make as individuals *Teaching Trump* Fritz Fischer, 2025-08-25 This book makes the case for teaching and engaging with the Trump presidency as US political history Asking questions about how and when Trump's presidency should be studied posits that history teachers must engage with this history now The author points to the events that the January 6th Commission called a stain on our history and makes the argument that these events if ignored could stain the idea of history itself shrouding it in a mythical haze and relegating history teachers to merely marginalized storytellers As such it offers ideas on engaging students with the facts and sources of the Trump presidency and placing Trump in the larger context of American political history It specifically centers the notion of historical thinking as a guiding principle for the teaching of history and the study of the Trump presidency in particular This book bridges the gap between the controversial events and rhetoric of Donald Trump's first administration and the importance of contextualizing his presidency in the history classroom It will appeal to educators scholars and researchers with interests in history education and teaching those interested in civic education and social studies as well as anyone interested in the future of teaching history and civics *Policy Debates in Comparative, International, and Development Education* W. Jacob, J. Hawkins, 2011-09-26 The complementary areas of comparative international and development education occupy a critical part of the landscape in educational policy debates in a global context This volume brings together a distinguished group of international scholars and practitioners who focus on key policy issues in a variety of national settings throughout the regions of Asia Pacific Africa the Middle East Europe North America and Latin America The topics they address are critical for the future of education in a globalized context and include issues such as social justice quality assurance governance access and equity marketization and the role of new media and technology among others *Goodness to Go* Fran I Hamilton, 2013 Goodness To Go A Handbook for Humanitarians is your personal guide to inspire clarify mobilize and sustain your compassion in action Self care is essential as you discover ways to contribute to your community and your world in enjoyable sustainable ways Proceeds from Goodness To Go support the missions of the Goodness To Go social enterprise including girl empowerment and brothel prevention programs of Child In Need Institute CINI in India To learn more please visit www.GoodnessToGo.org and cini.india.org Author Bio Fran I Hamilton MD was born in Canada into a medical family and has practiced integrative medicine in Boulder Colorado since 1995 For decades meditation and mindfulness practices have been important elements of Dr Hamilton's daily life Her international service includes the development of new curricula at a girls school in Jamaica West Indies and volunteering on a mobile hospital bus in rural India Dr Hamilton's daughter Grace Shanti was born in Calcutta and the Goodness To Go social

enterprise partners with Child in Need Institute in West Bengal India Proceeds from Goodness To Go support the missions of the Goodness To Go social enterprise including girl empowerment and brothel prevention programs of Child in Need Institute CINI in India keywords Goodness To Go Humanitarian Humanitarian Efforts Social Enterprise Human Trafficking Global Abolition Network Emancipation Networks Charity Involuntary Servitude Gristle Miyun Park,2010-03-16 The musician and activist offers a collection of compelling well researched essays shining light on the world of agribusiness and Big Meat Publishers Weekly For everyone from omnivores to vegans this eye opening guide offers food for thought on today s meat industry Moby renowned musician and passionate vegan and Miyun Park leading food policy activist bring together experts from diverse backgrounds including farming workers rights activism professional athletics science environmental sustainability food business and animal welfare advocacy Together they eloquently lay out how industrial animal agriculture unnecessarily harms workers communities the environment our health our wallets and animals In the tradition of Michael Pollan s *The Omnivore s Dilemma* Gristle combines hard hitting facts with a light touch and includes informative charts and illustrations depicting the stark realities of America s industrial food system Contributors include Brendan Brazier Lauren Bush Christine Chavez and Julie Chavez Rodriguez Michael Greger MD Sara Kubersky and Tom O Hagan Frances Moore Lapp and Anna Lapp John Mackey Danielle Nierenberg and Meredith Niles Wayne Pacelle Paul and Phyllis Willis Green Festival Reader Kevin Danaher,Alisa Gravitz,Medea Benjamin,2016-01-08 Each year Green Festivals across the nation draw over 100 000 people to their party with a purpose The Green Festival Reader Fresh Ideas from Agents of Change presents the addresses of the foremost thinkers and activists at these popular events From a green New Deal to healthy homes and community empowerment The Green Festival Reader covers the most urgent and inspiring topics in today s environmental movement *No Impact Man* Colin Beavan,2009-09-01 Bill McKibben meets Bill Bryson in this seriously engaging look at one man s decision to put his money where his mouth is and go off the grid for one year while still living in New York City to see if it s possible to make no net impact on the environment In *No Impact Man* a guilty liberal finally snaps swears off plastic goes organic becomes a bicycle nut turns off his power and generally becomes a tree hugging lunatic who tries to save the polar bears and the rest of the planet from environmental catastrophe while dragging his baby daughter and Prada wearing Four Seasons loving wife along for the ride And that s just the beginning In other words no trash no toxins in the water no elevators no subway no products in packaging no air conditioning no television What would it be like to try to live a no impact lifestyle Is it possible Could it catch on Is living this way more satisfying or less satisfying Harder or easier Is it worthwhile or senseless Are we all doomed or can our culture reduce the barriers to sustainable living so it becomes as easy as falling off a log These are the questions at the heart of this whole mad endeavor via which Colin Beavan hopes to explain to the rest of us how we can realistically live a more eco effective and by turns more content life in an age of inconvenient truths The Best Buddhist Writing 2008 Melvin McLeod,2008 Features a collection of Buddhist inspired writings on a wide range of issues by

talented contributors including the Dalai Lama Pema Chodron and Thich Nhat Hanh **Creating Peace by Being Peace** Gabriel Cousens, M.D., 2010-05-18 Representing a synthesis of the author's decades of multidisciplinary work in meditation psychiatry psychotherapy and spirituality *Creating Peace by Being Peace* guides readers in creating peace on seven levels of engagement from the body to the ecology to God Author Gabriel Cousens addresses the increasingly urgent need to transform humankind with the ancient peace wisdom of the Essenes a Judaic mystical group that flourished two millennia ago He begins by explaining the Essenes and the lessons they can teach us as creators of peace Individual chapters cover a wide range of possibility from the personal Peace with the Mind to the political Peace with the Community The final chapter Integrating Peace on Every Level presents a comprehensive plan for peace with the body mind family community culture ecology and God as a pervasive experience in life moment to moment day by day Cousens blends documentary evidence with original interpretation to show that the Essenes actually did live this experience of peace Most importantly he transfers their gift to modern seekers as a breathing blueprint for realizing this reality as we walk in our lives work according to our gifts joys and sacred design and live the path of spiritual awakening the sevenfold peace *Critical Food Issues* Laurel Phoenix, Lynn Walter, 2009-09-03 This authoritative research based collection examines urgent threats to future global food security and evaluates current and potential solutions *Critical Food Issues Problems and State of the Art Solutions* Worldwide examines 31 crucial areas of concern from soil degradation depletion of water for irrigation and loss of biodiversity to declining rural livelihoods hunger and obesity unjust farm labor practices and farm animal mistreatment *Critical Food Issues* divides its coverage into two exhaustive volumes one on bioenvironmental topics and one with a sociocultural focus Throughout highly accomplished experts from a variety of academic backgrounds review the current state of research on specific problems then identify strategies for confronting those problems that balance sustainable agrifood systems with environmental stewardship healthy people and equitable communities At a time of increasing public outcries over the quality of food and the impact of agrifood production on long term environmental and human well being *Critical Food Issues* offers an authoritative and comprehensive basis on which producers consumers and citizens can make more informed decisions about the future of food **Women Who Changed the World** Candice Goucher, 2022-01-24 This indispensable reference work provides readers with the tools to reimagine world history through the lens of women's lived experiences Learning how women changed the world will change the ways the world looks at the past *Women Who Changed the World Their Lives Challenges and Accomplishments through History* features 200 biographies of notable women and offers readers an opportunity to explore the global past from a gendered perspective The women featured in this four volume set cover the full sweep of history from our ancestral forbearer Lucy to today's tennis phenoms Venus and Serena Williams Every walk of life is represented in these pages from powerful monarchs and politicians to talented artists and writers from inquisitive scientists to outspoken activists Each biography follows a standardized format recounting the woman's life and accomplishments

discussing the challenges she faced within her particular time and place in history and exploring the lasting legacy she left A chronological listing of biographies makes it easy for readers to zero in on particular time periods while a further reading list at the end of each essay serves as a gateway to further exploration and study High interest sidebars accompany many of the biographies offering more nuanced glimpses into the lives of these fascinating women **What Really Happened to the**

1960s Edward P. Morgan, 2010-11-18 Wherever we turn these days we encounter reminders of the sixties They re invoked in presidential campaigns American military actions and outbursts of mass protest We re bombarded with media saturated anniversaries of iconic events from JFK s inauguration and assassination to urban riots and Woodstock But as Edward Morgan suggests these references offer little more than an endless stream of distracting imagery that has more to do with today s politics and economics than with the reality of yesterday s social movements In his provocative look at mass media s connection with those turbulent years Morgan simultaneously seeks to explain what happened in the 1960s and what happened to how we remember it His comprehensive overview and critical analysis reveal how the mass media have shaped the popular image of a raucous decade in ways that have curtailed its promise of democracy Morgan s in depth study of sixties social movements and their depictions in corporate America s print media film and television helps to explain why the past still provokes deep emotions even antagonism half a century later He blends history sociology political science media and cultural studies and critical theory to explain why the 1960s have been so virulently targeted particularly by critics on the right who blame today s self indulgent culture on baby boomers and sixties permissiveness instead of the real culprits consumer driven capitalism and neoliberal politics Emphasizing the tensions between capitalism and democracy Morgan investigates the fate of democracy in our media driven culture first by examining the ways that the 1960s were represented in the media at the time then by exploring how popular versions of the sixties have glossed over their more radically democratic qualities in favor of sensationalism and ideological constructions He reminds us of what really happened then shows us how the media trivialized and satirized those events co opting and commercializing the decade s legacy and in doing so robbing it of its more radical democratic potential By revisiting this chapter of the past Morgan shows that it has much to tell us about where we are today and how we got here Whether you lived through the sixties or only read about them or only saw Hollywood s version of them in Forrest Gump this book will put their lessons in clearer perspective Edible

Entanglements S. Yael Dennis, 2019-03-12 Obesity in the Global North and starvation in the Global South can be attributed to the same cause the concentration of enormous power in the hands of transnational agricultural corporations The food sovereignty movement has arisen as the major challenger to the corporate food regime The concept of sovereignty is central to the discursive field of political theology yet seldom if ever have its theoretical insights been applied to the concept of sovereignty as it appears in global food politics Food politics operates simultaneously in several registers individual national transnational and ecological A politics of food takes a transdisciplinary approach to analyzing Schmitt s concept of

sovereignty in each of these registers employing Giorgio Agamben's political philosophy to elucidate vulnerability in the national and transnational registers Jane Bennett's vibrant materiality Karen Barad's agential realism and nutritional science to describe the social production of classed bodies in the individual and national registers data from climate science and the political ecology of Bruno Latour to examine the impact of sovereignty in the ecological register Catherine Keller's theology of becoming and Paulina Ochoa Espejo's people as process will be explored for their capacity to enliven a democratic political theology of food

Practitioner Teacher Inquiry and Research Carolyn A. Babione, 2015-01-12 Teacher inquiry helps improve educational outcomes Practitioner Teacher Inquiry and Research explores the concept and importance of the teacher practitioner and prepares students in teacher education courses and programs to conduct research in the classroom Author Carolyn Babione has extensive experience in undergraduate and graduate level teacher training and teacher inquiry coursework In the book Babione guides students through the background theory and strategy required to successfully conduct classroom research The first part of the book tackles the how to and why of teacher inquiry while the second part provides students with real life practitioner inquiry research projects across a range of school settings content areas and teaching strategies The book's discussion includes topics such as Underlying cultural and historical perspectives surrounding the teaching profession Hidden stereotypes that limit teacher beliefs about power and voice Current curriculum innovation and reflections on modern developments Practitioner Teacher Inquiry and Research successfully guides and encourages budding teachers to fully understand the importance of their involvement in studying and researching their classroom settings giving a better understanding of how their beliefs and teaching practices impact classroom learning

Next Generation Democracy Jared Duval, 2010-11-09 This call to action describes a new approach to democratically address the nation's public challenges such as Hurricane Katrina by drawing on the resources voices and flexibility of networks of American citizens when centralized leadership is not enough

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