



# The Sustainable Self: A Personal Approach to Sustainability Education

*Paul Murray*

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## **The Sustainable Self: A Personal Approach to Sustainability Education** Paul Murray

Achieving a sustainable society is the biggest issue of our time. It is not an issue confined to a particular subject area or to certain jobs. It is a way of thinking and behaving that will need to be embedded in all aspects of all of our lives.

The Sustainable Self is the perfect resource for lecturers, trainers, students and professionals of any discipline who need to teach or learn about sustainability. There is widespread agreement that we need to live more sustainable lives. But when up against entrenched habits and everyday obstacles, it can be difficult to turn good intentions into action.

This book presents a complete 'curriculum' for effecting a personal transformation towards sustainability, showing you how to align your personal and professional actions with your values and beliefs.

Full of activities that can be done individually or in groups, it is supported by additional resources online including downloadable worksheets and directories of sustainability organisations. Recommended readings at the end of each chapter enable readers to pursue areas of personal or professional interest.

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