

SWEDISH PROVERB

Don't let your corners come higher than your knees

HELP MAKE A WORLD
... small steps
CHANGE ...

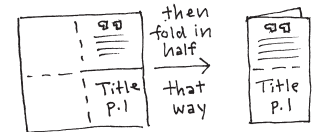
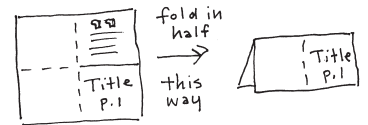
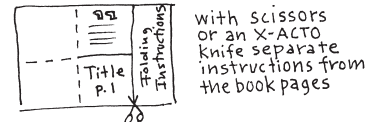
LIVING to reduce GLOBAL CLIMATE

In the Art of Intentional

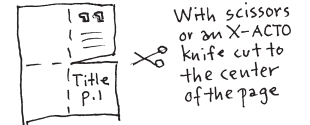
* Swedish Proverb from Lisa Congdon's Fortune Favours the Brave (2015)

This sheet of Paper folds into a small book.
Here is how:

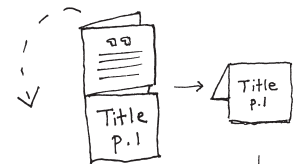
- Print this document
- 2-sided
- long-edge binding
- Page Scaling: None or 100%



two creases divide the page into 4 equal parts



fold in half one more time and then fold the top backwards to make a book



If you wish, you can place a strip of tape around the spine



VOILA, the little 6-page book is complete!

* THANK YOU de Tocqueville, Robert Bellah and others for the beautiful phrase and concept

smaller FOOTPRINT
stronger COMMUNITY

* **HABITS of the HEART**
a primer for EMBRACING
lifestyle PRACTICES

TAKE HEART

TRANSITION in a Nutshell Press
www.TransitionASAP.org
download me for free distribution

FACTS & PRACTICE

- * Europeans use about half as much energy as we do
- * in the US about 67% of all energy is consumed by people like us

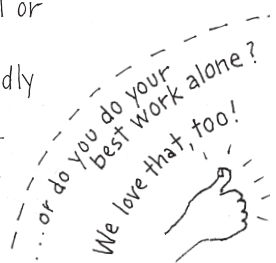
The pie chart is approximate but you get the picture

SOURCE: Pat Murphy's PLAN C (2009)

This book changed OUR LIVES

CONNECTING with OTHERS

- * find a **TRANSITION TOWN** ** group nearby www.TransitionTwinCities.org or www.TransitionUS.org
 - * collaborate with kindred spirits in your faith community, zen center, environmental or civic association
 - * start your own friendly circle of practitioners
- ** TRANSITION TOWNS work toward a positive local response to climate change



CO₂ Footprint ... Do you know?

1 round trip flight from Minnesota to Orlando, Florida equals 30 weeks of vegetarian meals

... etc. etc.

EMBRACE 1 PRACTICE or 2 (or more)

TRIED & TRUE EXAMPLES:

- * trimming meat from meals
- * wasting little food
- * riding the bus or a bicycle
- * skipping airplane travel
- * bundling up in winter
- * reaching for handtools in home+yard

... an INVITATION to

We are inspired by Three Actions Project.org
THANK YOU Molly Eagen+ Megan Hoyer!

Testimonials

Trying to keep a no waste refrigerator is a bit like eating Kosher or observing Lent... It's a daily reminder of the spiritual connection that unites us all.

We drive less and shop locally. Now life is more serene and we're more connected with neighbors, too.

I'm enjoying the extra exercise... It's my contribution of a little sweat to help the EARTH stay cooler.

THANK YOU Anika Ledlow for word savvy "a little sweat to help the EARTH stay cooler."