

## Divorce Your Car Katie Alvord

Abandoned lots and litter-strewn pathways, or rows of green beans and pockets of wildflowers? Graffiti-marked walls and desolate bus stops, or shady refuges and comfortable seating? What transforms a dingy, inhospitable area into a dynamic gathering place? How do individuals take back their neighborhood? Neighborhoods decline when the people who live there lose their connection and no longer feel part of their community. Recapturing that sense of belonging and pride of place can be as simple as planting a civic garden or placing some benches in a park. The Great Neighborhood Book explains how most struggling communities can be revived, not by vast infusions of cash, not by government, but by the people who live there. The author addresses such challenges as traffic control, crime, comfort and safety, and developing economic vitality. Using a technique called "placemaking"—the process of transforming public space—this exciting guide offers inspiring real-life examples that show the magic that happens when individuals take small steps and motivate others to make change. This book will motivate not only neighborhood activists and concerned citizens but also urban planners, developers, and policymakers. Jay Walljasper is a senior fellow of Project for Public Spaces (PPS), whose mission is to create and sustain enriching public places that build communities. He is a former editor of The Utne Reader and currently executive editor of Ode magazine. Inspired by European cities, The Great Neighborhood Book highlights practical solutions for the revitalization of North American cities.

A look at the present state of the U.S. transportation system and at the innovations, technologies, and array of choices available for re-envisioning that system for the twenty-first century.

From managing her own finances as a single woman to transacting billions for her clients as a bond broker, author Sharon Durling knows money--what to do with it and how to multiply it. Better yet, she shares the 411 so we can easily understand it and get control of our pocket books and bank accounts. Engagingly written and highly interactive, A Girl and Her Money will change the way women everywhere think and feel about money. Never has money-talk been so enjoyable and empowering! Topics include: Identifying Your Spending Personality Choosing a Money Lifestyle Chemo for Chronic Bad Debt "If Men Are from Home Depot, Women Are from Macy's" Coming Soon: A Girl and Her Brilliant Investments A Girl and Her Luminous Retirement A Girl and Her Fabulous Home Business

Divorce Your Car! Ending the Love Affair with the Automobile Gabriola Island, B.C. : New Society Publishers

Now in its third edition, this textbook serves to frame understandings of health, health-related behavior, and health care in light of social and health inequality as well as structural violence. It also examines how the exercise of power in the health arena and in society overall impacts human health and well-being.

The increasingly rapid destruction of the ecological systems that support life is calling into question some of the fundamental stories that we live by: stories of unlimited economic growth, of consumerism, progress, individualism, success, and the human domination of nature. Ecolinguistics shows how linguistic analysis can help reveal the stories we live by, open them up to question, and contribute to the search for new stories. Bringing together the latest ecolinguistic studies with new theoretical insights and practical analyses, this book charts a new course for ecolinguistics as an engaged form of critical enquiry. Featuring: A framework for understanding the theory of ecolinguistics and applying it practically in real life; Exploration of diverse topics from consumerism in lifestyle magazines to Japanese nature haiku; A comprehensive glossary giving concise descriptions of the linguistic terms used in the book; Discourse analysis of a wide range of texts including newspapers, magazines, advertisements, films, nonfiction books, and visual images. This is essential reading for undergraduates, postgraduates and researchers working in the areas of Discourse Analysis and Language and Ecology.

An intimate, everyday perspective on information-seeking behavior, reaching into the social context of American history and American homes. All day, every day, Americans seek information. We research major purchases. We check news and sports. We visit government Web sites for public information and turn to friends for advice about our everyday lives. Although the Internet influences our information-seeking behavior, we gather information from many sources: family and friends, television and radio, books and magazines, experts and community leaders. Patterns of information seeking have evolved throughout American history and are shaped by a number of forces, including war, modern media, the state of the economy, and government regulation. This book examines the evolution of information seeking in nine areas of everyday American life. Chapters offer an information perspective on car buying, from the days of the Model T to the present; philanthropic and charitable activities; airline travel and the complex layers of information available to passengers; genealogy, from the family Bible to Ancestry.com; sports statistics, as well as fantasy sports leagues and their fans' obsession with them; the multimedia universe of gourmet cooking; governmental and publicly available information; reading, sharing, and creating comics; and text messaging among young people as a way to exchange information and manage relationships. Taken together, these case studies provide a fascinating window on the importance of information in the past century of American life.

Speed, the sensation one gets when driving fast, was described by Aldous Huxley as the single new pleasure invented by modernity. The Speed Handbook is a virtuoso exploration of Huxley's claim. Enda Duffy shows how the experience of speed has always been political and how it has affected nearly all aspects of modern culture. Primarily a result of the mass-produced automobile, the experience of speed became the quintessential way for individuals to experience modernity, to feel modernity in their bones. Duffy plunges full-throttle into speed's "adrenaline aesthetics," offering deft readings of works ranging from F. Scott Fitzgerald's *The Great Gatsby*, through J. G. Ballard's *Crash*, to the cautionary consumerism of Ralph Nader. He describes how speed changed understandings of space, distance, chance, and violence; how the experience of speed was commodified in the dawning era of mass consumption; and how society was incited to abhor slowness and desire speed. He examines how people were trained by new media such as the cinema to see, hear, and sense speed, and how speed, demanded of the efficient assembly-line worker, was given back to that worker as the chief thrill of leisure. Assessing speed's political implications, Duffy considers how speed pleasure was offered to citizens based on criteria including their ability to pay and their gender, and how speed quickly became something to be patrolled by governments. Drawing on novels, news reports, photography, advertising, and much more, Duffy provides a breakneck tour through the cultural dynamics of speed.

The articles in this collection are dedicated to the proposition that human beings make history, not just in the sense of being agents of change in the here and now, but in the sense that we interpret, appropriate and make use of the past for our own purposes in the future. Covering topics that range from teaching history, to the concept of property rights and the discipline of history in the television age, these essays will radically alter the notion of how we 'make history'. It will show that we are never fully

able to bend history to our will, and that as we attempt to do so, we are often shocked at the turns it takes, despite our best efforts to shape it for future generations.

The world is about to run out of cheap oil and change dramatically. Within the next few years, global production will peak. Thereafter, even if industrial societies begin to switch to alternative energy sources, they will have less net energy each year to do all the work essential to the survival of complex societies. We are entering a new era, as different from the industrial era as the latter was from medieval times. In *The Party's Over*, Richard Heinberg places this momentous transition in historical context, showing how industrialism arose from the harnessing of fossil fuels, how competition to control access to oil shaped the geopolitics of the twentieth century and how contention for dwindling energy resources in the twenty-first century will lead to resource wars in the Middle East, Central Asia and South America. He describes the likely impacts of oil depletion and all of the energy alternatives. Predicting chaos unless the United States—the world's foremost oil consumer—is willing to join with other countries to implement a global program of resource conservation and sharing, he also recommends a "managed collapse" that might make way for a slower-paced, low-energy, sustainable society in the future. More readable than other accounts of this issue, with fuller discussion of the context, social implications and recommendations for personal, community, national and global action, Heinberg's updated book is a riveting wake-up call for human-kind as the oil era winds down, and a critical tool for understanding and influencing current US foreign policy.

*Highway Robbery* dispels a major myth that conceals enduring divisions in American life. While many people view the Civil Rights Act of 1964 as the end of government-sponsored discrimination in the United States, *Highway Robbery* confirms the obvious and ignored truth: equality in transportation has been established in name only. Case by case, *Highway Robbery* shows how—a half-century after the Montgomery bus boycotts—chronic inequality in public transportation is firmly and nationally entrenched. Coast to coast, equal access to healthy, reliable, and practical transportation eludes many people, the majority of them poor people and people of color. The effects of this injustice are broad and deep. Access to transportation, public and private, determines the physical and social mobility necessary for admission to larger social, economic, and civic worlds. For millions of people, exclusion from transportation networks means drastically compromised life choices. Their jeopardized health and limited economic opportunities are then compounded by the day-to-day indignities and feelings of frustration and isolation resulting from publicly funded segregation. *Highway Robbery* asserts that staying the current course will further polarize communities on the basis of class and color, and the powerful evidence marshaled by the authors in this anthology demands that cities and states revisit their public transportation agendas. Drawing on legal precedents, voices from the grassroots, and academic research, *Highway Robbery* bridges intellectual disciplines and activist movements by linking the national inequalities in transportation to larger economic, health, environmental justice, and quality of life issues. The authors illustrate the insidious contributions of transportation policy and urban planning to the establishment and enforcement of racial and economic inequality. Written in recognition of activists like Ella Baker and Rosa Parks, *Highway Robbery* lays the groundwork for future transit rights organizers.

*Car Troubles* central premise is that the car as the dominant mode of travel needs to be problematized. It examines a wide range of issues that are central to automobility by situating it within social, economic, and political contexts, and by combining social theory, specific case studies and policy-oriented analysis. With an international team of contributors the book provides a coherent and comprehensive analysis of the global phenomenon of automobility from the Anglo world to the cases in China and Chile and all the elements that relate to it.

Our romance with cars has become a very troubled entanglement. Today's relationship with the automobile brings pollution, sprawl, congestion, noise, injury, and even death. Yet we continue to live with cars at an escalating cost to ourselves and the environment. *Divorce Your Car!* is the ultimate guide to liberating ourselves from our addiction to cars and the automobile culture. It is full of inspiring examples and realistic actions we can take now as individuals and as communities to reduce our auto-dependence. Divorcing your car can take many forms, from simply using cars less to not owning one at all. In North America, well over 50 percent of trips are under four miles. Each day there are countless of opportunities for people to re-meet their feet, board a bike, take a train, or hop on a bus. This practical guide shows how divorcing a car can be fun, healthy, money-saving, and helpful to the planet in the process.

Connect your daily actions to simplicity, using not only the traditional links such as minimalism, less consumption, and less clutter but also sustainability, spirituality, creativity, environmentalism, frugality, and organic living.

Exposes the true costs of car ownership and explains how car-free living can lead to financial freedom.

How oil volatility is affecting the global political scene, and where the oil market is heading The world is rapidly moving towards an oil environment defined by volatility. *The Vega Factor: Oil Volatility and the Next Global Crisis* takes an in-depth look at the most important topics in the industry, including strategic risk, why traditional pricing mechanisms will no longer govern the market, and how the current government approaches have only worsened an already bad situation. Details the industry's players, including companies, traders, and governments Describes the priorities that will need to be revised, and the policies needed to achieve stability Explains how today's oil market is fundamentally different from the pre-crisis market Oil prices affect everyone. *The Vega Factor* explains the new international oil environment of increasing consolidation and decreasing competition, and reveals how consumers and investors can navigate price volatility and new government policies.

GO GREEN is an indispensable resource for the grown-up greenies who have accepted the philosophy and are ready to spread it.

The ultimate guide to liberating ourselves from our addiction to cars.

For most people in the United States, going almost anywhere begins with reaching for the car keys. This is true, Christopher Wells argues, because the United States is Car Country—a nation dominated by landscapes that are difficult, inconvenient, and often unsafe to navigate by those who are not sitting behind the wheel of a car. The prevalence of car-dependent landscapes seems perfectly natural to us today, but it is, in fact, a relatively new historical development. In *Car Country*, Wells rejects the idea that the nation's automotive status quo can be explained as a simple byproduct of an ardent love affair with the automobile. Instead, he takes readers on a tour of the evolving American landscape, charting the ways that transportation policies and land-use practices have combined to reshape nearly every element of the built environment around the easy movement of automobiles. Wells untangles the complicated relationships between automobiles and the environment, allowing readers to see the everyday world in a completely new way. The result is a history that is essential for understanding American transportation and land-use issues today. Watch the book trailer: <http://www.youtube.com/watch?v=48LTKOxxrXQ>

This polemical book examines the concept of sustainability and presents a critical exploration of its all-pervasive influence on society, arguing that sustainability, manifested in several guises, represents a pernicious and corrosive doctrine that has survived primarily because there seems to be no alternative to its canon: in effect, its bi-partisan appeal has depressed critical engagement and neutered politics. It is a malign



philosophy of misanthropy, low aspirations and restraint. This book argues for a destruction of the mantra of sustainability, removing its unthinking status as orthodoxy, and for the reinstatement of the notions of development, progress, experimentation and ambition in its place. Al Gore insists that the 'debate is over', while musician K.T. Tunstall, spokesperson for 'Global Cool', a campaign to get stars to minimize their carbon footprint, says 'so many people are getting involved that it is becoming really quite uncool not to be involved'. This book will say that it might not be cool, but it is imperative to argue against the moralizing of politics so that we can start to unpick the contemporary world of restrictive, sustainable practices.

This timely set of solutions based on a new theory of economics shows how America can reverse its inexorable economic decline and stop the bleeding of its middle class by rebuilding its manufacturing sector on a green basis. • Tables and diagrams • Quotes from leading scholars • Primary government data

This book explores what many consider to be the most important issue in the re-wilding of America today-roads. Not highways, but the 500,000 miles of roads built on federal forest lands to access natural resources and then abandoned when the resources were removed. *A Road Runs Through It* features a collection of essays by some of today's finest nonfiction writers: Peter Matthiessen, Barry Lopez, Janisse Ray, David Quammen, David Petersen, Stephanie Mills, William Kittredge, and two dozen others. Together, they cover all aspects of roads and their impact on the wilderness. As all royalties from this book are being donated to Wildlands CPR, a nonprofit organization dedicated to protecting and reviving wild places by promoting road removal and re-vegetation, this book not only educates and informs on the issues of roads-it becomes part of the solution. Book jacket.

The highly praised Fourth Edition of *An Invitation to Environmental Sociology* brings out the sociology of environmental possibility, inviting students to delve into this rapidly changing field. Written in a lively, engaging style, Bell covers the broad range of topics in environmental sociology with a personal passion rarely seen in sociology textbooks. With extensively updated material on the environmental situation, this edition challenges readers with the complexity of environmental puzzles.

The work of Georges Bataille (1897-1962) has often been reduced to his outrageous, erotic, and libertine fiction and essays. This book presents contemporary interpretations that situate Bataille in French and European intellectual traditions, and brings forward key concepts to understand the challenges posed by his important work and philosophy. *Traces a day in the life of an American college student that challenges popular conceptions of ivy-accented campuses with images of culturally reflective t-shirts, keg parties and dormitory life to reveal how college represents opportunities for enabling a sustainable future.* Simultaneous.

The book's greatest strength is the range and theoretical ambition of its contributions to regime theory, governance, and international cooperation. . . Recommended. Graduate students, researchers, and faculty. D.L. Feldman, *Choice* The first Handbook of original articles by leading scholars of global environmental politics, this landmark volume maps the latest theoretical and empirical research in this young and growing field. Captured here are the dynamic and energetic debates over concerns for the health of the planet and how they might best be addressed. The introductory chapters explore the intellectual trends and evolving parameters in the field of global environmental politics. They make a case for an expansive definition of the field, one that embraces an interdisciplinary literature on the connections between global politics and environmental change. The remaining chapters are divided into three broad themes states, governance and security; capitalism, trade and corporations; and knowledge, civil societies and ethics with each section providing a cohesive discussion of current issues. In-depth explorations are given to topics such as: global commons, renewable energy, the effectiveness of environmental cooperation, regulations and corporate standards, trade liberalization and global environmental governance, and science and environmental citizenship. A comprehensive survey of the latest research, the Handbook is a necessary reference for scholars, students and policymakers in the field of global environmental politics.

*Transforming the Global Biosphere* is based on the author's presentations to the World Future Society, and was written at the suggestion of Nobel Peace Prize Nominee and former UN Assistant Secretary General, Dr. Robert Muller. The author feels strongly that, in order to reverse the presently destructive impacts of Human Technology on the Global Biosphere, a Transformative Revolution in Human Consciousness must first take place. Such a "Magnificent Revolution" would take the form of Twelve Futuristic MetaStrategies...each of which would represent a Key SocioEcological Paradigm in itself. Each chapter of the book is developed around a MetaStrategy, providing examples of the Major Problems, as well as Innovative Solutions for reversing these Destructive Trends...through selected applications of Unique Alternative Technologies and Strategies. Dr. Maynard's Twelve MetaStrategies for Planetary Management are essentially a set of enlightened, yet effective, tools for Creative Thinking and Action. They are designed to promote environmentally sustainable future scenarios for the maximum benefit for Humans, their Planetary Homeworld, and for the Generations Yet to Come. In spite of the mounting evidence of environmental damage and disturbance to our Natural Planetary Systems, Dr. Maynard contends that solutions to these problems are available through insightful applications of Alternative Technologies, which can provide Clean Renewable Energy, Efficient Non-Polluting Transportation, Hi-Energy Nutrition, and Ecologically Appropriate Lifestyles for everyone on Earth. To achieve such a meaningful and lasting transformation, the author feels we must move rapidly and efficiently beyond the entanglements of 20th Century Thinking, and blaze adventurous new pathways into the Future. Together we must find the courage to explore the promising applications of alternative leading-edge Technologies, which often exist outside the boundaries of the Mainstream Scientific Thought. -- Elliott Maynard Blog.

Medical anthropology is one of the youngest and most dynamic of anthropology's various subdisciplines, examining health-related issues in precapitalist indigenous and state societies, capitalist societies, and postrevolutionary of socialist-oriented societies. While critical medical anthropology draws heavily on neo-Marxian, critical, and world systems theoretical perspectives, it attempts to incorporate the theoretical contributions of other systems in medical anthropology,

including biocultural or medical ecology, ethnomedical approaches, cultural constructivism, poststructuralism, and postmodernism. This is the first textbook to incorporate this perspective.

The 'Complete Streets' concept and movement in urban planning and policy has been hailed by many as a revolution that aims to challenge the auto-normative paradigm by reversing the broader effects of an urban form shaped by the logic of keeping automobiles moving. By enabling safe access for all users, Complete Streets promise to make cities more walkable and livable and at the same time more sustainable. This book problematizes the Complete Streets concept by suggesting that streets should not be thought of as merely physical spaces, but as symbolic and social spaces. When important social and symbolic narratives are missing from the discourse and practice of Complete Streets, what actually results are incomplete streets. The volume questions whether the ways in which complete streets narratives, policies, plans and efforts are envisioned and implemented might be systematically reproducing many of the urban spatial and social inequalities and injustices that have characterized cities for the last century or more. From critiques of a "mobility bias" rooted in the neoliberal foundations of the Complete Streets concept, to concerns about resulting environmental gentrification, the chapters in *Incomplete Streets* variously call for planning processes that give voice to the historically marginalized and, more broadly, that approach streets as dynamic, fluid and public social places. This interdisciplinary book is aimed at students, researchers and professionals in the fields of urban geography, environmental studies, urban planning and policy, transportation planning, and urban sociology.

With this encyclopedia-style guide, you have at your fingertips everything you need to know to live a healthy, eco-friendly life in our industrialized, consumer-driven society. Collected here is concise information on every relevant topic imaginable, including: the food shortage myth, pollution caused by farm animals, poisons in cooked food, plant-based food and health, soaps and detergents, fair trade, heart disease, hunger and homelessness, etc. Woven in among the tips are countless quotes from Albert Einstein, Martin Luther King, Jr., David Attenborough, and many other famous, respected figures. The bulk of the book is made up by the Sunfood Living Directory, which directs readers to the organizations, publications, and other resources they can turn to for in-depth information on each topic.

*Healing Appalachia* is a practical guide for environmentally conscious residents of Appalachia and beyond. It is also the first book to apply "appropriate technology," or the most basic technology that can effectively achieve the desired result, to this specific region. Authors Al Fritsch and Paul Gallimore have performed over 200 environmental resource assessments in thirty-three states. They bring this knowledge to bear as they examine thirty low-cost, people-friendly, and environmentally benign appropriate technologies that can be put to work today in Appalachia. They discuss such issues as renewable energy and energy conservation, food preservation and gardening, forest management, land use, transportation, water conservation, proper waste disposal, and wildlife protection. They pay close attention to the practicality of each technique according to affordability, ease of use, and ecological soundness. Their subjects range from solar home heating to greenhouses, from aquaculture to compost toilets, from organic gardening to wildlife restoration and enhancement, and from solar cars to microhydropower facilities. Their discussions of each topic benefit from the knowledge gained from thirty years of practical experience at environmental demonstration centers and public interest and educational organizations. Each section of the book includes details on construction and maintenance, as well as resources for locating further information, making this an essential volume for everyone who cares about the future of Appalachia.

"In this book, I relate the pleasures, as well as the virtues and difficulties of a perhaps simpler than average North American life." So begins ecological thinker and writer Stephanie Mills's *Epicurean Simplicity*, a thoughtful paean to living, like Thoreau, a deliberate life. Mills's account of the simple life reaches deep into classical sources of pleasure -- good food, good health, good friends, and particularly the endless delights of the natural world. Her musings about the life she desires -- and the life she has created -- ultimately led her to the third century Greek philosopher Epicurus, whose philosophy was premised on the trustworthiness of the senses, a philosophy that Mills wholeheartedly embraces. While later centuries have come to associate Epicurus's name with hedonism, Mills discovered that he extolled simplicity and prudence as the surest means to pleasure, and his thinking offers an important philosophical touchstone for the book. As the author explains, one of the primary motivations for her pursuit of simplicity is her concern about the impacts of a consumerist lifestyle on the natural world. Mills touches on broad range of topics relating to that issue -- social justice, biological extinctions, the global economy, and also more personal aspects such as friendship, the process of country living, the joys of physical exertion, the challenges of a writer's life, and the natural history and seasonal delights of a life lived close to nature. An overarching theme is the destructiveness of consumerism, and how even a simple life affects a wide range of organisms and adds strain to the earth's systems. The author uses her own experience as an entry point to the discussion with a self-effacing humor and lyrical prose that bring big topics to a personal level. *Epicurean Simplicity* is beautifully crafted, fluid, inspiring, and enlightening, examining topics of critical importance that affect us all. It celebrates the pleasures, beauty, and fulfillment of a simple life, a goal being sought by Americans from all walks of life, from harried single parents to corporate CEOs. For fans of natural history or personal narrative, for those concerned about social justice and the environment, and for those who have come to know and love Stephanie Mills through her speaking and writing, *Epicurean Simplicity* is a rare treasure.

"From the Model T to the SUV, *Autophobia* reveals that our vexed relationship with the automobile is nothing new - in fact, debates over whether cars are forces of good or evil in our world have raged for over a century now, ever since the automobile was invented."--Jacket.

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