

DEEP LIVING: Healing Yourself To Heal The Planet

About the Book

We are all actors in a real-time cultural and environmental drama. It can be scary and confusing, but also rewarding and incredibly creative, and we need hope and a vision. *Deep Living* offers that vision. With the help of anecdotes, insight, a subtle sense of humor, information and cultural criticism *Deep Living* shows how to find meaning and spirit in our most fundamental connections, those with nature, with food and how we grow it, with each other and with our bodies, but also proposes a grander vision for these seemingly turbulent times. *Deep Living* urges to go deeper and imagine a sustainable, beautiful, spiritual, socially just, co-operative, good-for-all and not just good-for-some culture.

"On one hand Deep Living is an exploration of the philosophy of sustainability and the cultural choices that have led us to our current environmental crisis; on the other, it's also an invitation to reexamine our values and reimagine how they can be reflected in our daily lives."

-Chronogram Magazine

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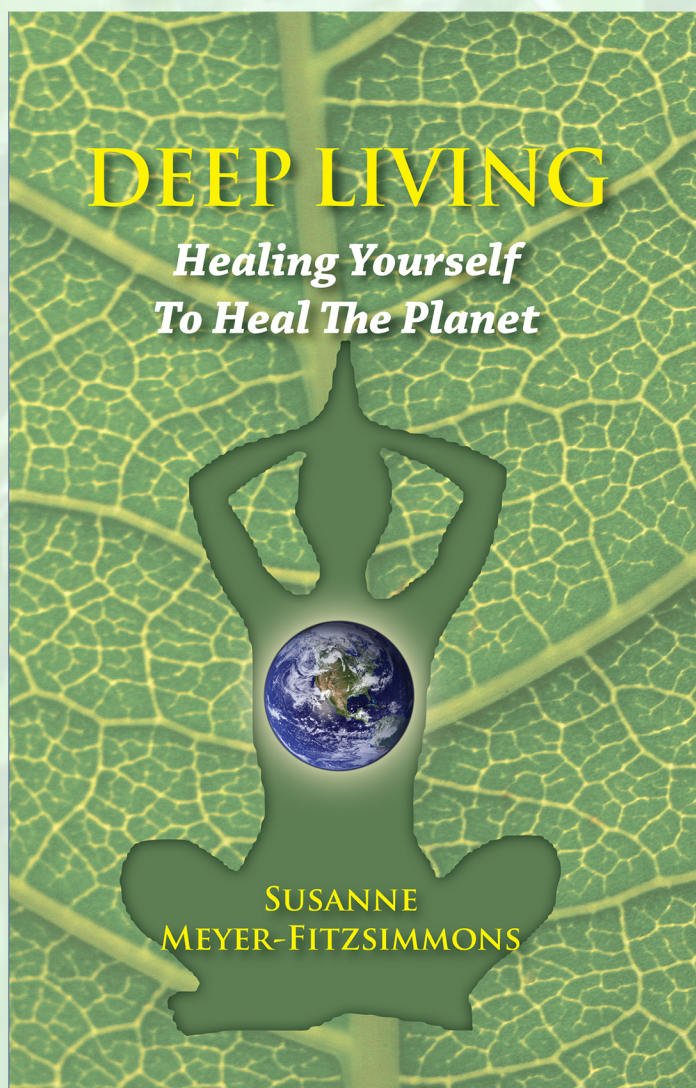
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About the Author

Susanne Meyer-Fitzsimmons is an author, blogger, gentle activist, holistic adventurer, spiritual sojourner, public speaker and spiritual-cultural critic who lives in a net-zero house in the beautiful Hudson Valley with her loving family and two cats.



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