

The Heart of Sustainability: Restoring Ecological Balance from the Inside Out

Andres R. Edwards

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With *The Heart of Sustainability*, Andres R. Edwards offers a philosophical approach to how people should think about sustainability issues. The book often tilts toward the new-age realm, with a focus on theoretical ideas rather than specific solutions. For example, Edwards discusses ideas such as reframing environmental crises, leading from within, or creating economic and social systems aligned with nature. Talked about at a thought level, without much in terms of how to achieve them in practical terms, these are, of course, admirable ideas, and the book regularly includes “questions to ponder” and easy-to-digest lists of ways to think about sustainability. *The Heart of Sustainability* also offers an extensive resources section—twenty pages of descriptions and contact information for many kinds of sustainability organizations—providing readers with a chance to put these important ideas into practice.

JEFF FLEISCHER (Winter 2016)

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