



# Healing Our Planet, Healing Our Selves: The Power of change Within to Change the World

*Dawson Church*

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Healing Our Planet, Healing Ourselves is an ambitious collection of powerful ideas from some of the most advanced thinkers of our generation. In a series of interwoven essays and interviews, it explores the link between our individual wellness and the overall health of our ecosystems and planet, showing that they are inextricably linked. The thirty co-authors make their points using wit, experience, science, and penetrating observation; the book is full of touching personal anecdotes, moving case histories, and fascinating scientific studies. Together they make an impassioned plea for seeing the health of all in our personal wellness, and our personal health in the wellness of all.

\* Leading edge-chapters by some of the most advanced thinkers and best-selling authors in the world today \*  
Fresh new voices point the way to a future full of intriguing possibilities \* Edited by best-selling, award-winning editor Dawson Church

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