

Harvest For Hope A Guide To Mindful Eating Jane Goodall

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The Harvest Way 1. 0

BARBARA RAMSEY knew from childhood on that she would someday write a book. As an avid reader all her life, years passed, and the main subject of that book kept evading her. Until . . . one defining day in June, 2010, when brain cancer rudely crashed into the middle of her normal existence, creating a jolting crisis of faith. Suddenly, the rug was jerked right from under her and her husband Jim's very strong, capable feet. Within a few days, they no longer had a secure job, home, or financial future. Their vocabulary quickly changed from farming terms and simple faith to words like: glioblastoma multiforme brain cancer; radiation and chemotherapy treatment; biopsy; neurology; and other foreign hospital terms. From the beginning of the terminal diagnosis, they fought for the best quality of life possible. This goal led them to treatment by proton beam radiation therapy at ProCure Proton Therapy Center - which is now the Oklahoma Proton Center. While dealing with the shock of cancer, they also battled a big health insurance company through many processes of appeals. After treatment, they dealt with the struggle of advancing brain cancer symptoms and the changed dynamic of relationship between a husband and wife. This book brings the reader along for the exhilarating, painful, miraculous ride.

Harvest for Hope

Looks at partnerships between local small farms and nearby consumers, who become members or subscribers in support of the farm, offering advice on acquiring land, organizing, handling the harvest, and money and legal matters.

Harvesting Hope

Grow Something to Eat Year-Round is a light, bright new gardening title with a big promise-it sets out to deliver home-grown food from the plot, pot, freezer, or pantry every day of the year. That's easy enough in the summer, when kitchen gardens and allotments are awash with peas, beans, leafy greens, and soft fruit, but not so straightforward in midwinter, when the ground may be frozen solid. Success lies in the planning, and this book is written as a continuum, with sowing, planting, and growing advice for each month to keep the crops coming. There are also features on harvesting, storing, freezing, and preserving crops to enjoy later in the winter months and the early-spring gap when little is ready to harvest. Advice is given on winter polytunnel and greenhouse crops, and indoor seed sprouting, citrus plants, and herbs in pots to help bring fresh tastes to the table in winter. The result is a year-round manual for productive kitchen gardeners, with plenty of growing projects for raised beds and pots to allow smaller-scale gardeners to take part.

Backyard Medicine

IN THIS GUIDE: Two-Sided Foldout Poster, Exclusive Interviews with the Makers of Harvest Moon, Farming Strategies, Complete Mission Guide, and Full Character Information for Creating Friendships. This hardcover Collector's Edition book features a complete Harvest Moon: Light of Hope strategy guide that details missions, farming strategies, and details for befriending every character in the game, along with a 20 year retrospective of the Harvest Moon series of games complete with developer interviews, and a two-sided history of Harvest Moon and Harvest Moon: Light of Hope calendar foldout poster. A Retrospective for Harvest Moon Fans: 20 years of Harvest Moon detailed in art and descriptions illustrating the history and innovations of this groundbreaking video game series. Harvest Moon Personalities Past and Present: Special interviews discussing the legacy of Harvest Moon with the Producer of Harvest Moon: Light of Hope Taka Maekawa and others involved with the series. Exclusive Two-Sided Foldout Poster: A spectacular reference that displays the full timeline for every Harvest Moon game and also catalogs all of the important calendar dates in Harvest Moon: Light of Hope. Don't miss a single important event or birthday! Deluxe Hardcover Book: Printed on premium paper with special cover treatments. Harvest Moon: Light of Hope Strategy Guide Contents: Restore the Lighthouse: Find the Stone Tablets and summon the Harvest Goddess! Be the Most Popular Farmer: A detailed gift giving guide to help you make friends fast! Farming, Mining, and Fishing: Maximize your

profits and live off the land! Digital Bonus: Unlock your digital version of the Harvest Moon guide with the free code card included inside. Easily custom-sort crop tables, mining tables, and more using your digital guide. Find exactly what you need with built-in search and return to where you left off using digital bookmarks. Access your digital guide any time, anywhere, on any web-enabled device.

Harvest for Hope

From world-renowned scientist Jane Goodall, as seen in the new National Geographic documentary Jane, comes a provocative look into the ways we can positively impact the world by changing our eating habits. "One of those rare, truly great books that can change the world."-John Robbins, author of The Food Revolution The renowned scientist who fundamentally changed the way we view primates and our relationship with the animal kingdom now turns her attention to an incredibly important and deeply personal issue-taking a stand for a more sustainable world. In this provocative and encouraging book, Jane Goodall sounds a clarion call to Western society, urging us to take a hard look at the food we produce and consume-and showing us how easy it is to create positive change.Offering her hopeful, but stirring vision, Goodall argues convincingly that each individual can make a difference. She offers simple strategies each of us can employ to foster a sustainable society. Brilliant, empowering, and irrepressibly

optimistic, Harvest for Hope is one of the most crucial works of our age. If we follow Goodall's sound advice, we just might save ourselves before it's too late.

The Prepper's Water Survival Guide

Presents step-by-step instructions and resources for gardening, including knowing the soil, planning, starting seeds, and making and using organic fertilizer.

Author Guide - Building an Opt-in List

George Orwell (born Eric Arthur Blair), was one of the most prolific English authors of the 20th century. Animal Farm is one of his most celebrated works.

Harvest Moon Light of Hope, Special Edition, Wiki, Soleil, Animals, Tips, Cheats, Strategies, Game Guide Unofficial

"June shows us how to use biblical truth to change minds, hearts, and lives." --Dr. Mark L. Bailey President, Dallas Theological Seminary Bestselling author June Hunt's Biblical Counseling Handbook is now available in hardcover! This powerful resource is based on many years of careful research, thousands of counseling phone calls, and countless hundreds of pages of written resources produced by

Hope for the Heart. This 450-page handbook brings together the very best of June's extraordinary counseling ministry, which has offered Christ-centered hope and guidance to people around the world. The 50 chapters deal with the most pressing issues people face today, and offer practical solutions firmly based on Scripture. Among the topics are anger & adultery fear & phobias alcohol & drug abuse guilt & grief codependency & cults rejection & rape depression & divorce self-worth & suicide Readers will want to keep this life-changing resource handy alongside their Bibles.

Braiding Sweetgrass

Unofficial Guide Version Advanced Tips & Strategy Guide. This is the most comprehensive and only detailed guide you will find online. Available for instant download on your mobile phone, eBook device, or in paperback form. Here is what you will be getting when you purchase this professional advanced and detailed game guide. - Professional Tips and Strategies. - Cheats and Hacks. - Crop Types. - Growing Crops. - Terrain. - Fishing. - Mining. - Fours Event. - Families. - Animals. - The Village. - Secrets, Tips, Cheats, Unlockables, and Tricks Used By Pro Players! - How to Get Tons of Cash/Coins. - PLUS MUCH MORE! Disclaimer: This product is not associated, affiliated, endorsed, certified, or sponsored by the Original Copyright Owner. All trademarks and registered trademarks appearing on this ebook are the property of their respective owners.

The Book of Houses

Explains how to grow and harvest vegetables throughout the year in mobile plastic greenhouses that use little heat, covering topics such as greenhouse design and construction, soil preparation, weed control, pests, and summer and winter crops.

Harvest Moon

Start writing a prayer journal that will help you be more purposeful in your prayer life. This Journal contain for 120 days that one of these methods will assist you in keeping a daily prayer time. In addition, the prayer journal will have space to write: Today's Verse, Lord teach me to, I am thankful for, Prayer Requests. Blank prayer journal to take notes and reflect on your relationship with Christ. Size 8 x 10 Inches.

Harvest for Hope

Equipped with the knowledge of when to harvest, how to harvest, and what supplies are needed to preserve your harvest, anyone can learn what it takes to create authentic, old-fashioned recipes in this age of supermarket dependence. Carla Emery's in-depth knowledge comes from her years spent with farmers and

homesteaders who truly lived off the land. Culling from and expanding on sections in the famed Encyclopedia of Country Living, co-author Lorene Forkner offers a discussion of our changing motivation as food consumers, detailed explanations of the processes behind canning and preserving, and a wealth of recipes for fruits, vegetables, meats and fish, and herbs. From drying to pickling to freezing, Emery's preserving methods are as broad in scope as the recipes themselves. Do-it-yourselfers can welcome summer's arrival with Chunky Peach Jam and Oven-Dried Tomatoes, or host a fall harvest with fresh Herb Bouquets and Smoked Chicken. Step-by-step instructions, illustrations, charts, and informational sidebars make the process easy and enjoyable.

Daily Hope for Hurting Hearts

Trust The Ultimate Guide to Butchering, Smoking, Curing, Sausage, and Jerky Making to ensure you get the most out of your beef, pork, venison, lamb, poultry, and goat. Absolutely everything you need to know about how to dress and preserve meat is right here. From slaughtering, to processing, to preserving in ways like smoking, salting, and making jerky, author Philip Hasheider teaches it all in step-by-step instructions and illustrations, which guide you through the entire process: how to properly secure the animal and then safely and humanely transforming the meat into future meals for your family. Along the way, you'll learn about different cuts of meat and learn how to process them into different products,

like sausages and jerky. With *The Complete Book of Butchering, Smoking, Curing, and Sausage Making*, you will quickly learn: How to make the best primal and retail cuts from an animal How to field dress the most popular wild game Why cleanliness and sanitation are of prime importance for home processing What tools, equipment, and supplies are needed for home butchering How to safely handle live animals before slaughter Important safety practices to avoid injuries About the changes meat goes through during processing Why temperature and time are important factors in meat processing How to properly dispose of unwanted parts The details of animal anatomy The best meals are the ones you make yourself, why not extend this sentiment all the way to the meat itself?

The Ultimate Guide to Butchering, Smoking, Curing, Sausage, and Jerky Making

Illustrated step-by-step instructions explain the techniques for canning, freezing, drying, and pickling. 179,000 copies in print.

Church Planting for a Greater Harvest

Detective-story master Dashiell Hammett gives us yet another unforgettable read in *Red Harvest*: When the last honest citizen of Poisonville was murdered, the

Continental Op stayed on to punish the guilty--even if that meant taking on an entire town. Red Harvest is more than a superb crime novel: it is a classic exploration of corruption and violence in the American grain.

The Big Book of Preserving the Harvest

As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings these two lenses of knowledge together to take us on “a journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise” (Elizabeth Gilbert). Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices. In reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return.

Harvest of Hope: Conquering Brain Cancer

The Green Industry Guide For: Helping You Get From Where You Are Now To Where You Deserve To Be . . . The Harvest Way

Sharing the Harvest

NO SOURCE IS LEFT UNTAPPED IN THIS ALL-ENCOMPASSING GUIDE TO SUPPLYING LIFE-SAVING WATER AFTER A DISASTER You can survive up to three weeks without food, but only three days without water! When catastrophe strikes, having enough water can spell the difference between life and death. The Prepper's Water Survival Guide offers a step-by-step plan with straightforward information you can easily follow. Thanks to this book's laser-focus on water, you'll quickly learn how to:

- Store fresh water
- Collect rainwater
- Purify water from lakes & rivers
- Dig a well for groundwater

In addition to harvesting water, you'll gain the tools to keep large stores untainted for long periods of time, test the water you collect for dangerous toxins, and treat water-related illnesses that are commonly contracted during a disaster.

The Winter Harvest Handbook

The Bible calls human life a vapor. A mist. A wisp of fog. A flower that springs up in the morning and fades away by mid-afternoon. We like to think we have years to pursue our goals, raise our families, and make a difference in the world. But we just don't know. The fact is, our stay on earth is really very brief. And when a loved one unexpectedly steps out of this life into eternity, it shakes us to the core. We ask ourselves: Is heaven real? Will I see him-will I see her- again? Will we be together again? How can I know for sure? Pastor Greg Laurie crafted many of the devotionals in this book after the sudden deaprture fo his son Christopher to heaven. Each day offers comfort to bruised hearts, perspective in times of confusion and pain, and a hope that will sustain us through this life and beyond.

Homegrown Harvest

Building an Opt-In list is probably the most important aspect of building your Author Platform. While this book is aimed at Authors, there are many aspects of this book that will assist anyone trying to build their list. We have all heard the saying 'the money is in the list', but building an opt-in list is not as simple as it might initally seem. There are many factors involved, such as what tools to use that will ensure you not only manage your list automatically, but also ensure that you do not have to build your opt-in list again because you did it incorrectly the first time!

The Hope Handbook for Dads

Natsume's Harvest Moon: Sunshine Islands takes players back to the Harvest Moon world where they grow crops, befriend animals, find true love, and more!

It's Not Supposed to Be This Way

She's journeyed halfway across the world to marry a man she's never met. Eighteen-year-old Gella Drozdinski arrives on the foreign plains of North Dakota afire with hope for a new life of happiness only to find her new family haunted by sudden tragedy. As the seasons turn and change, she and the Rvorskys struggle to bridge past and present, laying old fears and secrets to rest even as an uncertain future looms. But when the daily toil of prairie life devolves into a fight for their very survival, the Rvorskys must reach beyond the limits of endurance for what might be their last, heartbreaking chance at redemption. Presented at last in novel format, the beloved story serialized in *Binah Magazine* now brims with over 250 pages of behind-the-scenes features and bonus historical content, including rare photos, documents, and a collection of fully annotated memoirs, as well as the previously published tie-in story *Clandestined* and prologue and epilogue vignettes.

Counseling Through Your Bible Handbook

New York Times bestselling author Lysa TerKeurst unveils her heart amid shattering circumstances and shows readers how to live assured when life doesn't turn out like they expected. What do you do when God's timing seems questionable, His lack of intervention hurtful, and His promises doubtful? Life often looks so very different than we hoped or expected. Some events may simply catch us off guard for a moment, but others shatter us completely. We feel disappointed and disillusioned, and we quietly start to wonder about the reality of God's goodness. Lysa TerKeurst understands this deeply. But she's also discovered that our disappointments can be the divine appointments our souls need to radically encounter God. In *It's Not Supposed to Be This Way*, Lysa invites us into her own journey of faith and, with grit, vulnerability, and honest humor, helps us to: Stop being pulled into the anxiety of disappointment by discovering how to better process unmet expectations and other painful situations. Train ourselves to recognize the three strategies of the enemy so we can stand strong and persevere through unsettling relationships and uncertain outcomes. Discover the secret of being steadfast and not panicking when God actually does give us more than we can handle. Shift our suspicion that God is cruel or unfair to the biblical assurance that God is protecting and preparing us. Know how to encourage a friend and help her navigate hard realities with real help from God's truth.

Seeds of Hope

The Forager's Harvest

"An exploration of the global meaning of food and what all of us can do to exercise power over the food industry and, ultimately, our environment"--Provided by the publisher.

Hope Returns

This sourcebook has interviews and profiles of farmers and speciality producers, information on farm festivals, events and family activities, farmers' markets and seasonal farm-stands, and a guide to regional restaurants.

Red Harvest

For the past four decades this highly effective method of evangelism has been vastly overlooked. As a result, large segments of the population have remained unreached. No single church can meet every person's needs; that's why planting new churches--ones that will meet the needs of specific groups--is so necessary. Now, after ten years of research and teaching on the subject, C. Peter Wagner shares his knowledge and insight in this comprehensive guide on how to plant a church. It's an up-to-date textbook on church planting and a helpful summary of

church growth principles in general. Church Planting for a Greater Harvest contains everything Wagner taught in his highly successful "How to Plant a Church" seminar--a presentation that was offered sixteen times and drew 5,000 participants! Today, as we see a renewed interest in church planting, the Lord is blessing the efforts of church planters everywhere. The future can be an exciting time of growth for churches. Get ready to be carried into what could be the greatest era of harvest the world has ever seen!

Harvest Moon Light of Hope, Switch, Ps4, Pc, Fishing, Achievements, Animals, Mining, Cheats, Strategy, Game Guide Unofficial

Harvest Moon: Light of Hope a 20th Anniversary Celebration

Learn how to preserve a summer day — in batches — from this classic primer on drying, freezing, canning, and pickling techniques. Did you know that a cluttered garage works just as well as a root cellar for cool-drying? That even the experts use store-bought frozen juice concentrate from time to time? With more than 150 easy-to-follow recipes for jams, sauces, vinegars, chutneys, and more, you'll enjoy a pantry stocked with the tastes of summer year-round.

Daily Prayer Journal Book

Rather than cover hundreds of plants in abbreviated accounts like the typical field guide, the author has chosen a smaller selection of species to discuss in exhaustive detail, including only those plants he has eaten fifty times or more. This book contains as many as ten high-quality color photographs of each plant. These have been selected to facilitate identification and depict the plant parts at exactly the stage of growth in which they should be harvested. The accompanying text is accurate and thorough, giving readers of any experience level the confidence to harvest wild plants for food. Botanically, the text is accurate, yet it remains accessible to the layperson by using technical terms only when necessary. This book has many unique features that will appeal to naturalists, hikers, campers, survivalists, homesteaders, gardeners, chefs, Native Americans, and whole food enthusiasts. It contains a calendar of harvest times for wild produce, a step-by-step protocol for positive identification, an illustrated glossary tailored to the needs of foragers, a recommended reading list, plus special sections on conservation, safety, nutrition, harvest techniques, preparation methods, and storage. While this is not a regional guide, it will prove most useful to readers in the eastern US and Canada, the Rocky Mountains, and the Pacific Northwest.

Animal Farm

Preserving food can be one of the most intimidating aspects of homesteading and cooking. Luckily, no one makes it as easy and as much fun as farm-girl-in-the-making Ann Acetta-Scott. For a beginner new to the world of preserving, the ideal tool is a detailed reference guide, and in *The Farm Girl's Guide to Preserving the Harvest*, Ann covers all the basics on canning, dehydrating, freezing, fermenting, curing, and smoking, including how to select and use the right tools for each method. This guide takes home preservers through the beginning, moderate, and advanced stages of preserving. Newcomers can start with a simple jam and jelly recipe using a hot water bath canner, while others may be advanced enough to have mastered the pressure canner and are ready to move onto curing and smoking meat and fish. With more than 30 delicious and healthy recipes and Ann's expertise and encouragement, the home preserver will build confidence in the most common methods of preserving.

Gospel Identity

On the heels of her mother's death, Hope Logan reluctantly returned to her grandparents' home place in search of a journal that revealed explosive crimes and atrocities of the past that had haunted her grandma for nearly sixty-five years. Bitterness, unforgiveness, and anger consumed her as she set out to solve the mystery that surrounded her grandma's life. The dark evil secret that was contained in the journal only deepened her resentment of God. Because of her

quest, she came in contact with many strong believers, especially a handsome young pastor and three senior citizens. In that small town in the foothills of the mountains of North Carolina, Hope's bitterness, unforgiveness, and anger slowly began to fade in the light of the strong faith of the young pastor and three senior citizens. She discovered the true meaning of faith and hope in Christ in the midst of adversity. Carolyn Digh Griffin, a native North Carolinian, resides in Waxhaw, North Carolina, with her husband, Hoyle. She is retired from Union County Public Schools where she was an Administrative Assistant to the Assistant Superintendent. She has two daughters and four grandchildren who also reside in the Old North State.

The Farm Girl's Guide to Preserving the Harvest

Homegrown Harvest provides the life-changing advice that gardeners need to grow a year-round supply of healthy fruit and vegetables for their table. The book starts with planning what to grow and where to grow it, whether that's an allotment, a series of containers, raised bed or vegetable patch, then how to get the best from your soil, and how to get started. Next, in season by season chapters, the book takes the reader from sowing to harvesting with simple clear instructions that will help them stay on top of the challenges and joys of a productive garden. From apples to asparagus, raspberries to radishes, this book will show how to apply age-old techniques to get the most from your plot.

Backyard Harvest

UNOFFICIAL GUIDE Do you want to dominate the game and your opponents? Do you struggle with making resources and cash? Do you want the best items? Would you like to know how to download and install the game? If so, we have got you covered. We will walk you through the game, provide professional strategies and tips, as well as all the secrets in the game. What You'll Discover Inside: - How to Download & Install the Game. - Professional Tips and Strategies. - Cheats and Hacks. - Crop Types. - Growing Crops. - Terrain. - Fishing. - Mining. - Fours Event. - Families. - Animals. - The Village. - Secrets, Tips, Cheats, Unlockables, and Tricks Used By Pro Players! - How to Get Tons of Resources. - PLUS MUCH MORE! So, what are you waiting for? Once you grab a copy of our guide, you'll be dominating the game in no time at all! Get your Pro tips now. Scroll to the top of the page and click add to cart to purchase instantly Disclaimer: This product is not associated, affiliated, endorsed, certified, or sponsored by the Original Copyright Owner.

Full Harvest

Being new to a place, whether it is at school, or work or any other social place is a difficult task unless you are an extremely social being who can easily blend in with a new environment. And that is when you are on a lookout for groups or people

with whom you can relate to and people to hang around with. And you begin to identify the various cliques that exist. Cliques can be good or bad depending on the members involved, just like friends can be good or bad. This book contains proven steps and strategies on how to not only get into a clique, but also survive in one without losing your identity or taking the wrong route under the influence of the members.

Canning & Preserving Your Own Harvest

The "houses" are the twelve segments that divide an astrological chart. Every year the sun makes a complete cycle of your birth chart, moving through the houses as if they were months of the year. The Book of Houses is an easy to use, do-it-yourself guide to the way this cycle affects your life each month, from the time of choosing seeds to the time of harvest. Book jacket.

Keeping the Harvest

From New York Times bestselling author and world-renowned scientist Jane Goodall, as seen in the National Geographic documentary Jane, comes a fascinating examination of the critical role that trees and plants play in our world. Seeds of Hope takes us from Goodall's home in England to her home-away-from-

home in Africa, deep inside the Gombe forest, where she and the chimpanzees are enchanted by the fig and plum trees they encounter. She introduces us to botanists around the world, as well as places where hope for plants can be found, such as The Millennium Seed Bank. She shows us the secret world of plants with all their mysteries and potential for healing our bodies as well as Planet Earth. Looking at the world as an adventurer, scientist, and devotee of sustainable foods and gardening--and setting forth simple goals we can all take to protect the plants around us--Goodall delivers an enlightening story of the wonders we can find in our own backyards.

Hudson Valley Harvest

Cesar Chavez is known as one of America's greatest civil rights leaders. When he led a 340-mile peaceful protest march through California, he ignited a cause and improved the lives of thousands of migrant farmworkers. But Cesar wasn't always a leader. As a boy, he was shy and teased at school. His family slaved in the fields for barely enough money to survive. Cesar knew things had to change, and he thought that--maybe--he could help change them. So he took charge. He spoke up. And an entire country listened. An author's note provides historical context for the story of Cesar Chavez's life.

Garden Wisdom and Know-How

An Updated and Expanded New Edition of Backyard Medicine! Modern medicine is truly a blessing. Advances are made with astonishing speed every day, using both science and technology to make our lives longer and healthier. But if the era of modern medicine began less than two hundred years ago, how did people treat sickness and poor health before then? This book holds the answer. Researched and written by a practicing medical herbalist and natural healer, and now with even more herbs and medicinal plants, Backyard Medicine is the basis for a veritable natural pharmacy that anyone can create. Featuring more than 120 easily made herbal home remedies and fully illustrated with nearly three hundred color photographs, this book offers fascinating insights into the literary, historic, and global applications of fifty common wild plants and herbs that can be used in medicines, including: Comfrey Dandelion Honeysuckle Yarrow And so much more! Anyone who wants to improve his or her health in a completely natural way will find this book to be an absolute must-have for his or her home—and garden.

The Beginners Guide to Cliques

From world-renowned scientist Jane Goodall, as seen in the new National Geographic documentary Jane, comes a provocative look into the ways we can

Online Library Harvest For Hope A Guide To Mindful Eating Jane Goodall

positively impact the world by changing our eating habits. "One of those rare, truly great books that can change the world." - John Robbins, author of *The Food Revolution*

The renowned scientist who fundamentally changed the way we view primates and our relationship with the animal kingdom now turns her attention to an incredibly important and deeply personal issue-taking a stand for a more sustainable world. In this provocative and encouraging book, Jane Goodall sounds a clarion call to Western society, urging us to take a hard look at the food we produce and consume-and showing us how easy it is to create positive change. Offering her hopeful, but stirring vision, Goodall argues convincingly that each individual can make a difference. She offers simple strategies each of us can employ to foster a sustainable society. Brilliant, empowering, and irrepressibly optimistic, *HARVEST FOR HOPE* is one of the most crucial works of our age. If we follow Goodall's sound advice, we just might save ourselves before it's too late.

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