



THE
BETTER WORLD
HANDBOOK

FROM GOOD INTENTIONS
TO EVERYDAY
ACTIONS

ELLIS JONES, ROSS HAENFLER AND BRETT JOHNSON WITH BRIAN KLOCKE

The
**BETTER WORLD
HANDBOOK**

**FROM GOOD INTENTIONS
TO EVERYDAY
ACTIONS**

ELLIS JONES, ROSS HAENFLER, and BRETT JOHNSON
with BRIAN KLOCKE



NEW SOCIETY PUBLISHERS

TABLE OF CONTENTS

PREFACE	ix
ACKNOWLEDGMENTS	x
INTRODUCTION	xi
BUILDING A BETTER WORLD	1
THE SEVEN FOUNDATIONS OF A BETTER WORLD	11
ACTIONS FOR A BETTER WORLD	52
MONEY	53
Banking	54
Credit Cards	60
Saving	62
Investing	64
SHOPPING	72
What to Buy	74
Who to Buy it From	79
Buying guide	84
FOOD	91
Buying Groceries	92
Eating	95
Planting a Garden	100
PERSONAL	102
Extraordinary Living	103
Emotional Well-Being	109
Spiritual Well-Being	110
Physical Well-Being	113
Reflection	115
FRIENDS AND FAMILY	120
Building Strong Relationships	121
Giving Gifts	123
Children	126
COMMUNITY	136
Neighborhood	137
Local Community	140
Community Issues	145

HOME	149
Energy	150
Water	154
Trash	157
Lawn and Garden	161
Your Home	162
WORK	167
Workplace Relationships	169
Socially Responsible Workplace	171
Finding Good Work	175
MEDIA	181
Television	184
Radio	187
Magazines	190
Newspapers	200
Internet	201
POLITICS	206
Voting	207
Getting Involved	212
The Top Issues List	221
TRANSPORTATION	226
Walking	227
Bicycling	227
Public Transport	228
Automobiles	229
TRAVEL	239
Where to Go	240
Where to Stay	243
What to Do	244
Extraordinary Travel	247
ORGANIZATIONS	255
Getting Involved	256
Giving	260
Finding Organizations	262
Amazing Organizations	263
The Best of the Rest	275
THE TOP TEN ACTIONS FOR A BETTER WORLD	279
NOTES	280
ACTION INDEX	288
ABOUT THE AUTHORS	290