

*Be the Change You Want to See in the World; 365 Things You Can Do for Yourself and Your Planet*, by Julie Fisher-McGarry (2006).

This book is a great collection of day-by-day actions that matter to the health of individuals and the health of the planet. Written as a daybook, it includes recipes, poetry, green ideas, inspirational quotes, health tips, environmental facts, stories...something for every day of the year. The message the author conveys is that alone and together, we CAN make a difference!