



A Simple Guide to Eco-Spirituality (Simple Guides)

Katherine Murray

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Describing some of the basic concepts of eco-spirituality and explaining how to put them into practice, this engaging guide helps readers develop an ecological and social conscience with very little ado. The manual explains how an individual can put sustainability and spiritual practice into her immediate environment, as well as how to apply faith connections into caring for the earth. Readers also learn about the best ways to consider eco-justice approaches to social problems, how to help the earth through community programs, and how to begin developing a spiritual ethic of care for others and for the planet.



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