



Saving the Earth: A Buddhist View

Akuppa

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“What welcome wisdom comes our way in this book! If you want to stay sane, motivated, and productive while working for the healing of our world, read these pages of priceless and pleasurable advice. It is like having a heart-to-heart with a trusted and savvy friend.” Joanna Macy, author of *World as Lover, World as Self*

Filled with practical tips as well as insightful reflections, *Saving the Earth* provides tools for change while showing how the Buddhist philosophies of interconnectedness and compassion are of immense use in our efforts toward preserving the natural world.

Akuppa helps discover new ways to reduce your impact on the earth, and also helps deal with the feelings of panic and despair that news of the environment can often evoke. With an ultimately positive view, he champions the human ability to change and celebrates the enormous difference this can make.

Akuppa was born and bred on Tyneside, England. After studying geography, he worked as a planner with a particular concern for environmental issues and has campaigned politically for the environment. He was ordained into the Western Buddhist Order in 2000 and teaches meditation and Buddhism, often with a particular focus on beauty.

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