



# The Heart of Sustainability: Restoring Ecological Balance from the Inside Out

*Andres R. Edwards*

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Amidst the doom and gloom that dominates the headlines, a different kind of story is unfolding. The players are activists, visionaries and cultural innovators, the backdrop is the tipping point of our global and environmental challenges, and the narrative is the molding of a new paradigm to shape our collective future.

*The Heart of Sustainability* delves into the human dimension of this burgeoning international movement to build a better world. Author Andres Edwards frames the conversation about consciousness and sustainability by:

Explaining how self-development is a key driver for planetary change. Describing how the confluence of the consciousness and technological revolutions provide unique opportunities for balance and fulfillment  
Exploring how we can move forward individually and collectively to create a thriving, livable future from the inside out.

This landmark work illustrates the integration of the four Es: ecology, economy, equity, and education—the bedrock of the current sustainability framework—with the four Cs: conscious, creative, compassionate and connected. Focusing on specific examples and concrete initiatives from around the world, it shows us how to reconnect with ourselves, each other, and nature in order to tackle the challenges we face as a global community.

**Andres R. Edwards** is author of the award-winning *Thriving Beyond Sustainability* and *The Sustainability Revolution*. He is founder and president of EduTracks, a firm specializing in designing and developing exhibits, print, and education programs, and offering consulting services on sustainable practices for green building and business initiatives.

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