



Better: The Everyday Art of Sustainable Living

Nicole Caldwell

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Intellectual arguments alone will not sway the dominant paradigm; to be motivated to create change, people must be moved. Art has the power to inform, influence, and inspire. The creative impulse can, quite literally, change the world.

Better explores the intersection of sustainability and art, showing how each of us can reinvent our lives as our greatest artistic achievement. Presented in the context of the unique story of Better Farm, a blueprint for environmentally conscious living originally established as an intentional community, this unusual guide blends theory with practical, hands-on, DIY ideas to incite your own creative adventures, including:

- Upcycling trash into treasure
- Turning your fish tank into a garden
- Making your yard or balcony a work of art

Better is a concrete application of the Better Theory, which views every experience—good or bad—as an opportunity for exponential personal growth. Packed with life lessons and tips for making any lifestyle more sustainable, while drawing on everyone's inherent creativity, this unique book provides the inspiration to live more simply, take more chances, and engage more with the natural world. A must-read for anyone who questions the purpose of the daily grind or grapples with the need for more meaning in his or her life.

Nicole Caldwell is the co-founder of Better Farm, a sixty-five-acre sustainability campus, organic farm, and artists' colony serving as a blueprint for environmentally conscious living. Her writings have been featured in *Mother Earth News*, *Reader's Digest*, and *Time Out New York*, among others.

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