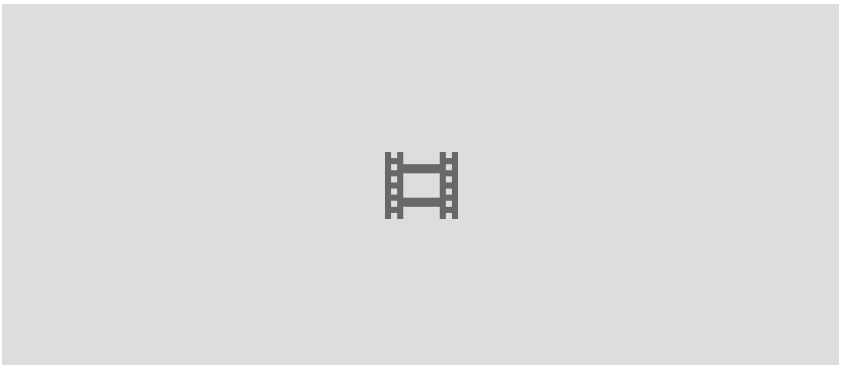
Multimedia Library Collection: Sound & Vision

"Approaches to Sustainable Happiness"

Gaard, Greta



Dr. Greta Gaard is Professor of English at the University of Wisconsin-River Falls and lives in Minneapolis, Minnesota. The key points of her video she concludes as follows: "Higher education offers primarily intellectual knowledge while ignoring information available through our embodied minds, where the solutions to climate change reside. Mindfulness practices and explorations of authentic happiness lead us away from consumerism, extractivism, and white supremacy, returning us to our social and ecological interbeing, where sustainable happiness flourishes."

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