

Praise for *Our Earth, Our Species, Our Selves*

“If you are concerned about our world and our prospects for addressing environmental and health problems, I prescribe *Our Earth, Our Species, Our Selves*.” —*Mark Hyman, MD, ten-time #1 New York Times bestselling author*

“Through science and stories, Moyer convinces us that we can create a sustainable world—if we act immediately. And she tells us how. What’s more, we can thrive while making positive change. *Our Earth, Our Species, Our Selves* is a must-read for anyone who cares about the environment or personal well-being.” —*Marci Shimoff, #1 New York Times bestselling author of Happy for No Reason, Love For No Reason, and Chicken Soup for the Woman’s Soul*

“Wisdom is making the right decisions today that will benefit and protect us decades from now. Our modern world must learn and embrace the wisdom in Dr. Moyer’s book. We all share this marvelous planet and what could be more important than protecting it for our children and theirs.” —*Joel Fuhrman, MD, six-time New York Times bestselling author, including The End of Diabetes and The End of Heart Disease*

“Ellen Moyer, PhD, is a brilliant and powerful voice for the healthy survival of our planet. What makes Ellen’s book so compelling is that she is not a demagogue with a political or personal agenda but a woman who has passionately devoted the last thirty years conducting in-depth research and cleaning up the contamination caused by our current way of life. This book was not written to scare us but to provide us with the factual evidence that will inspire us to action. Ellen clearly lays out why there is still time to change course and implores us to not only work with existing institutions but to individually do our part as integral contributors to future outcomes.” —*Debra Poneman, Founder and President of Yes to Success, Inc. and Co-founder of Your Year of Miracles, LLC*

“As we face the greatest crisis in human history, Ellen Moyer’s book is exactly what we need. It not only brings us face-to-face with the breadth and depth of the crisis we face, but also provides great encouragement. Encouragement that the solutions are available to us, and that taking on the challenge of bringing about the solutions will enrich us, rather than impoverish us. Moyer brings an amazing breadth of knowledge to this topic, which illuminates the complexity and interrelatedness of the challenges we face. If we have the

wisdom to follow the course she lays out for us, this book will stand beside a handful of others that have inspired people to transform our world.” —*Paul Severance, Co-Chair, Elders Climate Action*

“This is an easy to read and well-written book about the planetary emergency we find ourselves in today. Ellen has very skillfully demonstrated how the current challenge can be converted into an opportunity by transforming ourselves and our institutions for a healthier, prosperous, peaceful, and sustainable world. Issues like climate change, pollution, and human tragedy have been covered. Ellen has explained, with good reasons, that human behavior must change along with the way we think. This would be accompanied by restructuring institutions around us. A lot will depend on our collective action, as everybody is a part of the problem and also the solution. This book is a must read by President-elect Donald Trump, his team, and all of us.” —*Kamal Meattle, CEO of Paharpur Business Centre, New Delhi, and Trustee of The Climate Reality Project, India, set up by Nobel Laureate Al Gore*

“In this well-researched book Ellen Moyer shares how we can use our heads, our hearts, our hands, and our connections in community to create a more sustainable and enjoyable life on planet Earth. Her words take on a special significance because she has personally been on the front lines of positive change.” —*Joan Maloof, PhD, author of Nature’s Temples: The Complex World of Old-Growth Forests and Founder of the Old-Growth Forest Network*