

Chapter 1 : Psychology for Sustainability: 4th Edition – Blinks

Psychology for Sustainability, 4th Edition-- known as Psychology of Environmental Problems: Psychology for Sustainability in its previous edition -- applies psychological theory and research to so-called "environmental" problems, which actually result from human behavior that degrades natural systems.

Psychology for Sustainability in its previous edition -- applies psychological theory and research to so-called "environmental" problems, which actually result from human behavior that degrades natural systems. This upbeat, user-friendly edition represents a dramatic reorganization and includes a substantial amount of new content that will be useful to students and faculty in a variety of disciplines—and to people outside of academia, as well. The literature reviewed throughout the text is up-to-date, and reflects the burgeoning efforts of many in the behavioral sciences who are working to create a more sustainable society. The 4th Edition is organized in four sections. The first section provides a foundation by familiarizing readers with the current ecological crisis and its historical origins, and by offering a vision for a sustainable future. The next five chapters present psychological research methods, theory, and findings pertinent to understanding, and changing, unsustainable behavior. The third section addresses the reciprocal relationship between planetary and human wellbeing and the final chapter encourages readers to take what they have learned and apply it to move behavior in a sustainable direction. The book concludes with a variety of theoretically and empirically grounded ideas for how to face this challenging task with positivity, wisdom, and enthusiasm. This textbook may be used as a primary or secondary textbook in a wide range of courses on Ecological Psychology, Environmental Science, Sustainability Sciences, Environmental Education, and Social Marketing. It also provides a valuable resource for professional audiences of policymakers, legislators, and those working on sustainable communities. Table of Contents Foreword, by Deborah Winter. There Are No Environmental Problems. How Did We Get Here? From Western Thought to "Wise Use". Developing an Ecological Worldview. Psychology for a Sustainable Future. Psychology Can Help Save the Planet. The Power of the Unsustainable Situation. Putting the "I" in Environment. Health Costs of Unsustainable Living. Healing the Split Between Planet and Self: Getting Psyched for Sustainability: Being the Change We Want to See. About the Authors Britain A. Scott is Professor of Psychology at the University of St.

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