



**Literature for MESS53, Environmental Studies and
Sustainability Science: Sustainability and Inner
Transformation applies from autumn semester 2019**

Literature established by The Board of the Lund University Centre for
Sustainability Studies on 2019-06-13 to apply from 2019-09-02

See appendix.

Miljö- och hållbarhetsvetenskap: Hållbarhet och inre omställning, 7,5 högskolepoäng

*Environmental Studies and Sustainability Science: Sustainability and Inner Transformation,
7,5 credits*

MESS53 litteraturlista fastställd av LUCSUS styrelse den 13 juni 2019 (dnr STYR 2019/1087).

Required reading / Obligatorisk läsning

Archer M (2003) *Structure, agency and the internal conversation*, Cambridge University Press (chapter 1; 30 pages). ISBN 978-0521535977

Becke G (2014) *Mindful Change in Times of Permanent Reorganization*, CSR, Sustainability, Ethics and Governance, Springer Verlag, Berlin, Germany (pp. 191–208) (17 pages). ISBN 978-3-642-38693-0

Becke G, Behrens M, Bleses P, Meyerhuber S, Senghaas-Knobloch E (2012) *Organizational and political mindfulness as approaches to promote social sustainability*. artec-paper Nr. 183, Sustainability Research Center, Germany (pp. 49-73) (24 pages).

Brinkerhoff M, Jacob J (1999) Mindfulness and quasi-religious meaning systems: An empirical exploration within the context of ecological sustainability and deep ecology. *Journal for the Scientific Study of Religion*, 38:524-543 (19 pages)

Brink E, Wamsler C (2019) Citizen engagement in climate adaptation surveyed: The role of values, worldviews, gender and place, *Cleaner Production* 209:1342–1353 (8 pages)

Brown KW, Kasser T (2005) Are psychological and ecological well-being compatible? The role of values, mindfulness, and lifestyle. *Social Indicators Research* 74(2):349–368 (19 pages)

Brown KW, Ryan RM, Creswell JD (2007) Mindfulness: Theoretical foundations and evidence for its salutary effects. *Psychological Inquiry*, 18:4, 211–237 (16 pages)

Brunnhuber S (2018) *The art of transformation*, CCOM Press (chapter 8; 27 pages). ISBN 9783743988927

Davidson J, Smith MM, Bondi L (2012). *Emotional geography*. Ashgate (parts of chapters 1, 6, 9,11, 17) (pp. 30) ISBN-13: 978-0754643753

Dhiman S, Marques J (2016) *Spirituality and sustainability: New horizons and exemplary approaches*, Springer (parts of chapters 1 and 9) (25 pages). ISBN 978-3-319-34233-7

Doetsch-Kidder S (2012) *Social change and intersectional activism: The spirit of social movement*. Palgrave Macmillian (10 pages) (pp.21-47; 83-118) (60 pages) ISBN 978-1-137-10097-9

Doppelt B (2016) *Transformational resilience: how building human resilience to climate disruption can safeguard society and increase well-being*, Greenleaf Publishing (parts of part 1 and 2, 30 pages). ISBN 978-1-78353-528-6

Eaton M, Hughes HJ, MacGregor J (2017) *Contemplative approaches to sustainability in higher education*, Routledge, New York, USA. (Theoretical underpinnings) (68 pages) ISBN 978-1-138-19017-7

Edwards, AR (2015) *The heart of sustainability: Restoring ecological balance from the inside out*. New Society Publishers, Canada. (parts of chapters 3 and 6) (50 pages). ISBN 978-0-86571-762-6

Ericson T, Kjørstad BG, Barstad A (2014) Mindfulness and sustainability. *Ecological Economics*, 104, 73-79 (6 pages)

Gardner, GT, & Stern, PC (1996). *Environmental problems and human behavior*. Needham Heights, MA: Allyn & Bacon (part of chapters 1-3, 9, 12) (80 pages) ISBN-13: 978-0536686336

Hedlund-de Witt A (2012) Exploring worldviews and their relationships to sustainable lifestyles: Towards a new conceptual and methodological approach. *Ecological Economics* 84:74–83 (9 pages)

Hedlund-de Witt, A, (2011) The rising culture and worldview of contemporary spirituality: A sociological study of potentials and pitfalls for sustainable development. *Ecological Economics* 70, 1057–1065 (8 pages)

Ives C, Freeth R, Fischer J (2019) Inside-out sustainability: The neglect of inner worlds, *Ambio* 1-10 (8 pages)

Ives C, Abson D, von Wehrden H, Dorninger C, Klaniecki K, Fischer J (2018) Reconnecting with nature for sustainability, *Sustainability Science* (2018) 13:1389–1397 (6 pages) Jacob J, Jovic E, Brinkerhoff, MB (2009) Personal and planetary well-being: Mindfulness meditation, pro-environmental behavior and personal quality of life in a survey from the social justice and ecological sustainability movement. *Social Indicators Research*, 93:2, 275–294 (19 pages)

Kegan R, Lahey L (2009) *Immunity to change: how to overcome it and unlock the potential in yourself and your organization*, Harvard Business Review Press, Boston Massachusetts, (introduction and chapter 1; 30 pages). ISBN 978-1-4221-1736-1

Kjell O (2011) Sustainable well-being: A potential synergy between sustainability and well-being research. *Review of General Psychology* 15:3, 255–266 (11 pages)

Kollning S (2009) *Incorrigibly plural: On what grounds can we acknowledge a diversity of perspectives in sustainability science?* LUMES Master thesis, LUCSUS (30 pages).

Kothari AF Demaria and A. Acosta (2015) Buen Vivir, degrowth and ecological swaraj: Alternatives to sustainable development and the green economy, *Development*, 57, 3-4: 362–375 (13 pages)

Leal W (eds) (2018) *Sustainability and humanities: Linking social values, theology and spirituality towards sustainability*, World Sustainability Series, Springer. ISBN 978-3-319-95335-9 (2 chapters; ca 25 pages).

Lockhart H (2011) *Spirituality and nature in the transformation to a more sustainable world: perspectives of South African change agents*. Stellenbosch University, South Africa. Master thesis (60 pages, parts of chapters 1, 2 and 6).

Maiteny PT (2001) Mind in the gap: Summary of research exploring 'inner' influences on pro-sustainability learning and behaviour. *Environmental Education Research* 8(3):299–306 (7 pages)

Moser SC (2008) More bad news: The risk of neglecting emotional responses to climate change information. In: *Creating a climate for change: Communicating climate change and facilitating social change*, S.C. Moser and L. Dilling, Eds., Cambridge University Press, 64-80 (16 pages) ISBN: 9780521049924

Mueller MP, Greenwood, DA (2015) Ecological mindfulness and cross-hybrid learning. Editorial. *Cultural Studies of Science Education*, 10(1):1–4 (4 pages)

O'Brien K (2018) Is the 1.5 C target possible? Exploring the three spheres of transformation, *Current Opinion in Environmental Sustainability* 31:153–160 (8 pages)

O'Brien K (2016) Climate change and social transformations: is it time for a quantum leap? *WIREs Climate Change* 7:618–626 (9 pages)

O'Brien K (2013) The courage to change: adaptation from the inside-out. In: *Successful adaptation to climate change: Linking science and policy in a rapidly changing world*, S. Moser and M. Boykoff (eds) 306–320. Routledge, Oxford. ISBN: 978-0-415-52499-5 (12 pages)

O'Brien K, Hochachka G (2011) Integral adaptation to climate change. *Journal of Integral Theory and Practice* 5:89–102 (13 pages)

Parodi O, Tamm K (2018) *Personal sustainability: Exploring the far side of sustainable development*, Routledge Studies in Sustainability, Routledge (chapters 1 & 2; 32 pages). ISBN: 978-1138065086

Pfattheicher S, Sassenrath C, Schindler S (2016) Feelings for the suffering of others and the environment: Compassion fosters proenvironmental tendencies. *Environment and Behavior*, 48(7):929-945 (15 pages)

Powietrzynska M, Tobin K, Alexakos K (2015) Facing the grand challenges through heuristics and mindfulness. *Cultural Studies of Science Education* 10:65–81 (16 pages)

- Ryan K (2016) Incorporating emotional geography into climate change research: a case study in Londonderry, Vermont, USA. *Emotion, Space and Society*, 19:5-12 (8 pages)
- Schmuck P, Schultz PW (2002) Sustainable development as a challenge for psychology, in: *Psychology of sustainable development* pp. 3-17. Springer, Boston, MA ISBN: 9781461353423 (14 pages).
- Sharma M (2007) Personal to planetary transformation, *Kosmos* pp 31-35 (4 pages)
- Sharma M (2012) Contemporary leaders of courage and compassion: Competencies and inner capacities, Transformational Leadership Series, *Kosmos* pp. 5-11 (6 pages)
- Singer T, Bolz M (Eds.) (2013). *Compassion. Bridging Practice and Science*. E-book. The Max Planck Society, Munich, Germany (Section 2: Concepts & Section 3: Science) (22 pages) ISBN: 978-3-9815612-1-0
- Smith N, Leiserowitz A (2014) The role of emotion in global warming policy support and opposition. *Risk Analysis* 34:937-948 (11 pages)
- Soper K (2008) Alternative hedonism, Cultural Theory and the role of Aesthetic Revisioning, *Cultural Studies* 22(5):567–587 (11 pages)
- Ver Beek KA (2000) Spirituality: a development taboo, *Development in Practice* 10(1):31–43 (12 pages)
- Vlek C, Steg L (2007) Human behavior and environmental sustainability: Problems, driving forces, and research topics. *Journal of Social Issues*, 63(1):1–19 (19 pages)
- Walsh Z (2017) Contemplative praxis for social-ecological transformation. *Arrow: A Journal of Wakeful Society, Culture & Politics* 4:1–19 (19 pages)
- Walsh Z (2016) A Meta-Critique of mindfulness critiques: From McM mindfulness to critical mindfulness. In: Purser R., Forbes D., Burke A. (eds) *Handbook of Mindfulness: Culture, Context, and Social Engagement*. Springer, Cham. ISBN 978-3-319-44017-0 (14 pages)
- Walsh Z (2016) Critical Theory and the contemporary discourse on mindfulness, *Journal of the International Association of Buddhist Universities* VIII:106–112 (7 pages)
- Wamsler C (2018) Mind the gap: The role of mindfulness in adapting to increasing risk and climate change, *Sustainability Science*, Online (15 pages)
- Wamsler C, Brink E (2018) Mindsets for sustainability: Exploring the link between mindfulness and sustainable climate adaptation, *Ecological Economics* 151:55–61 (7 pages)
- Wamsler C, Riggers S (2018) Principles for supporting city–citizen commoning for climate adaptation: From adaptation governance to sustainable transformation, *Environmental Science and Policy* 85:81–89 (8 pages)

Wamsler C, Brossmann J, Hendersson H, Kristjansdottir R, McDonald C, Scarampi P (2017) Mindfulness in sustainability science, practice and teaching. *Sustainability Science*. Online (20 pages).

Woiwode C (2016) Off the beaten tracks: The neglected significance of interiority for sustainable urban development. *Futures* 84:82–97 (15 pages)

Gender balance: The gender balance is female/male first author is ca 45/55%

Note: Please note that a 7,5 credits advanced course is recommended to involve ≈ 1250 pages of reading. The above-listed references include ≈ 1150 pages. The students should select and read another ≈ 100 pages, which can be chosen based on the individual assignment topic. / Observera att eleverna ska välja och läsa ytterligare ≈ 150 sidor, som kommer att väljas utifrån ämnet för den skriftligt hemprov.