



**Literature for MESS53, Environmental Studies and
Sustainability Science: Sustainability and Inner
Transformation applies from autumn semester 2021**

Literature established by The Board of the Lund University Centre for
Sustainability Studies on 2021-06-10 to apply from 2021-08-30

See appendix.



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MESS53 LITERATURE LIST

2021-06-10

Dnr STYR 2021/1422

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 10 juni 2021.

Course literature

1. Archer M (2003) *Structure, agency and the internal conversation*, Cambridge University Press, ISBN 978-0521535977 (chapter 1; 30 pages).
2. Brown KW, Kasser T (2005) Are psychological and ecological well-being compatible? *Social Indicators Research* 74(2):349–368 (16 pages).
3. Case P, Evans LS, Fabinyi M, Cohen PJ, Hicks CC, Prideaux M, Mills DJ (2015) Rethinking environmental leadership: The social construction of leaders and leadership in discourses of ecological crisis, development, and conservation, *Leadership* 11: 396–423 (19 pages).
4. Brunnhuber S (2018) *The art of transformation*, CCOM Press, ISBN 9783743988927 (around 20-30 pages, particularly relevant: introduction and chapter 8).
5. Davidson J, Smith MM, Bondi L (2012). *Emotional geographies*. Ashgate, ISBN-13: 978-0754643753 (around 30 pages, particularly relevant: chapters 1, 6, 9, 11, and 17).
6. Dhiman S, Marques J (2016) *Spirituality and sustainability: New horizons and exemplary approaches*, Springer, ISBN 978-3-319-34233-7 (around 25 pages, particularly relevant: chapters 1 and 9).
7. Doetsch-Kidder S (2012) *Social change and intersectional activism: The spirit of social movement*, Palgrave Macmillan, ISBN 978-1-

- 137-10097-9 (around 10-60 pages; particularly relevant: pp. 21-47; 83-118).
8. Doppelt B (2016) *Transformational resilience: how building human resilience to climate disruption can safeguard society and increase well-being*, Greenleaf Publishing, ISBN 978-1-78353-528-6 (around 30 pages; particularly relevant: part 1 and 2).
 9. Eaton M, Hughes HJ, MacGregor J (2017) *Contemplative approaches to sustainability in higher education*, Routledge, New York, USA, ISBN 978-1-13819017-7 (Theoretical underpinnings, 68 pages).
 10. Edwards, AR (2015) *The heart of sustainability: Restoring ecological balance from the inside out*. New Society Publishers, Canada, ISBN 978-0-86571762-6 (around 50 pages, particularly relevant: chapters 3 and 6).
 11. Ericson T, Kjørstad BG, Barstad A (2014) Mindfulness and sustainability. *Ecological Economics*, 104, 73-79 (6 pages).
 12. Figueres C, Rivett-Carnac T (2020) The future we choose: Surviving the climate crisis, Borzoi Book, ISBN 978-0-525-65835-1 (30 pages, part II, sections 4-6: Three mindsets).
 13. Galafassi D, Kagan S et al. (2018) Raising the temperature: The arts on a warming planet, *Current Opinion in Environmental Sustainability* 31:71–79 (7 pages).
 14. Grenni S, Soini K, Horlings LG (2020) The inner dimension of sustainability transformation: How sense of place and values can support sustainable place-shaping', *Sustainability Science*, 411–422 (9 pages).
 15. Hedlund-de Witt A, de Boer J, Boersema J (2014) Exploring inner and outer worlds: A quantitative study of worldviews, environmental attitudes, and sustainable lifestyles, *Journal of Environmental Psychology* 37:40-54 (12 pages).
 16. Hitzhusen GE, Tucker ME (2013) The potential of religion for earth stewardship, *Frontiers in Ecology and the Environment* 11(7):368–376 (7 pages).
 17. Hochachka G (2021) Integrating the four faces of climate change adaptation: Towards transformative change in Guatemalan coffee communities, *World Development* 140:105361 (13 pages).
 18. Ives C, Freeth R, Fischer J (2019) Inside-out sustainability: The neglect of inner worlds, *Ambio* 49:208-217 (8 pages).
 19. Ives C, Abson D, von Wehrden H, Dorninger C, Klaniecki K, Fischer J (2018) Reconnecting with nature for sustainability, *Sustainability Science* 13:1389–1397 (7 pages).
 20. Jacob J, Jovic E, Brinkerhoff, MB (2009) Personal and planetary well-being: Mindfulness meditation, proenvironmental behavior and

personal quality of life in a survey from the social justice and ecological sustainability movement, *Social Indicators Research*, 93:2, 275–294 (17 pages).

21. Kegan R, Laskow 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, ISBN 978-1-4221-1736-1 (30 pages, introduction and chapter 1).
22. Kassel K, Rimanoczy I, Mitchell S (2016) The Sustainable Mindset: Connecting being, thinking, and doing in management education, *Acad. Manag. Proc.* 16659 (31 pages).
23. 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).
24. Lynam A (2019) How worldview development influences knowledge and beliefs about sustainability. In: Leal Filho W. (Eds) *Encyclopedia of Sustainability in Higher Education*, Springer, ISBN 978-3-319-63951-2 (10 pages).
25. Lynam A, Hennelly L (2021) *Adult Development and Climate Change*, Working Report, Pacific Integral (selection of around 10-20 pages).
26. Leal W (Eds.) (2018) *Sustainability and the humanities: Linking social values, theology and spirituality towards sustainability*, World Sustainability Series, Springer, ISBN 978-3-31995335-9 (around 25 pages, selection of 2 chapters).
27. Lu H, Schuldt JP (2016) Compassion for climate change victims and support for mitigation policy, *Journal of Environmental Psychology* 45:192-200 (6 pages).
28. Macy J, Johnstone C (2012) *Active Hope: How to face the mess we're in without going crazy*, New World Library, ISBN: 978-1-57731-972-6 (selection of around 30 pages).
29. 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, ISBN: 9780521049924 (16 pages, pp. 64-80).
30. Moser SC, Berzonsky C (2015) Hope in the Face of climate change: A bridge without railing, *Psychology*, ID: 152077284 (11 pages)
31. Norgard KM (2000) *Living in denial: Climate change, emotions, and everyday life*, MIT Press, ISBN 9780262515856 (selection of at least 15 pages).
32. O'Brien K (2021) *You matter more than you think: Quantum social change in response to a world in crisis* (in press),

- AdaptationCONNECTS, University of Oslo, Norway (selection of 15 pages).
33. 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 (6 pages).
 34. O'Brien K (2016) Climate change and social transformations: is it time for a quantum leap? *WIREs Climate Change* 7:618–626 (8 pages).
 35. 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).
 36. O'Brien K, Hochachka G (2011) Integral adaptation to climate change, *Journal of Integral Theory and Practice* 5:89–102 (12 pages).
 37. Parodi O, Tamm K (2018) *Personal sustainability: Exploring the far side of sustainable development*, Routledge Studies in Sustainability, Routledge, ISBN: 978-1138065086 (chapters 1 and 2; 32 pages).
 38. 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 (12 pages).
 39. Ryan K (2016) Incorporating emotional geography into climate change research: a case study in Londonderry, Vermont, USA, *Emotion, Space and Society*, 19:5-12 (7 pages).
 40. Scoville-Simonds M, O'Brien K (2021) *Sustainability Science*, special issue on personal and political transformation, forthcoming (selection of one article, ca. 7 pages).
 41. Steg L, Vlek C (2009) Encouraging pro-environmental behaviour: An integrative review and research agenda, *Journal of Environmental Psychology* 29:309-317 (7 pages).
 42. Sharma M (2007) Personal to planetary transformation, *Kosmos* pp 31-35 (5 pages).
 43. Sharma M (2017) *Radical transformational leadership: Strategic action for change agents*, North Atlantic Books, ISBN 9781583948958 (selection of ca. 20 pages).
 44. Singer T, Bolz M (Eds.) (2013). *Compassion. Bridging Practice and Science*. E-book. The Max Planck Society, Munich, Germany, ISBN: 978-3-9815612-1-0 (Section 2: Concepts & Section 3: Science, 22 pages)

45. Smith N, Leiserowitz A (2014) The role of emotion in global warming policy support and opposition. *Risk Analysis* 34:937-948 (10 pages).
46. UNDP (2021) The Conscious Food System Alliance: Reconnecting with ourselves, others and nature, project report, UNDP (8 pages).
47. Ver Beek KA (2000) Spirituality: a development taboo, *Development in Practice* 10(1):31–43 (11 pages).
48. Vlek C, Steg L (2007) Human behavior and environmental sustainability: Problems, driving forces, and research topics, *Journal of Social Issues*, 63(1):1–19 (14 pages).
49. 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).
50. Walsh Z., Böhme J., et al. (2020) Towards a relational paradigm in sustainability research, practice and education, *Ambio* 50:74–84 (8 pages)
51. Wamsler C (2018) Mind the gap: The role of mindfulness in adapting to increasing risk and climate change, *Sustainability Science* 13(4):1121-1135 (11 pages).
52. Wamsler C, Brink E (2018) Mindsets for sustainability: Exploring the link between mindfulness and sustainable climate adaptation, *Ecological Economics* 151:55–61 (5 pages).
53. Wamsler C, Brossmann J, Hendersson H, Kristjansdottir R, McDonald C, Scarampi P (2018) Mindfulness in sustainability science, practice and teaching. *Sustainability Science* 13(1):143-162 (10 pages).
54. Wamsler C. (2020) Education for sustainability: Fostering a more conscious society and transformation towards sustainability, *International Journal of Sustainability in Higher Education* 21(1):112-130 (14 pages).
55. Wamsler C, Restoy F (2020) Emotional Intelligence and the Sustainable Development Goals: Supporting peaceful, just and inclusive societies, in: Leal Filho, W. et al. (Eds.), *Encyclopedia of the UN Sustainable Development Goals, Peace, Justice and Strong Institutions*, Springer. ISBN 978-3-319-71066-2 (8 pages).
56. Wamsler C, Schöpke N, Fraude C, Stasiak D, Bruhn T, Lawrence M, Schroeder H, Mundaca L (2020) Enabling mindsets and transformative skills for negotiating and activating climate action: Lessons from UNFCCC Conferences of the Parties, *Environmental Science and Policy* 112:227-235 (7 pages).

57. Westley F, Scheffer M, Folke C (2015) Reconciling art and science for sustainability (special issue), *Ecology and Society* 20(2) (selection of one article, ca. 8 pages).
58. Woiwode C, Schöpke N, Bina O, et al. (2021) Inner transformation to sustainability as a deep leverage point: fostering new avenues for change through dialogue and reflection. *Sustainability Science* 16:841–858 (15 pages).

Required reading

Total number of pages: around 1000 pages.

The students should select and read another 250 pages, which they can choose based on their individual assignment topic.

Author gender balance

The gender balance is female/male first author is ca 50/50%. Female authors are highlighted in yellow.