



**Literature for MESS53, Environmental Studies and  
Sustainability Science: Sustainability and Inner Transformation  
applies from autumn semester 2023**

Literature established by The Board of the Lund University Centre for  
Sustainability Studies on 2023-06-07 to apply from 2023-06-07

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See appendix.



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MESS53 LITERATURE LIST

2023-06-07

Dnr STYR 2023/1235

## 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 7 juni 2023.

### Course literature

1. Archer M (2003) *Structure, agency and the internal conversation*, Cambridge University Press, ISBN 978-0521535977 (chapter 1; 30 pages).
2. Bentz, J., O'Brien, K., & Scoville-Simonds, M. (2022). Beyond “blah blah blah”: Exploring the “how” of transformation. *Sustainability Science*, 17(2), 497–506 (7 pages).
3. Brown KW, Kasser T (2005) Are psychological and ecological well-being compatible? *Social Indicators Research* 74(2):349–368 (16 pages).
4. 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).
5. Brunnhuber S (2018) *The art of transformation*, CCOM Press, ISBN 9783743988927 (around 20-30 pages, particularly relevant: introduction and chapter 8).
6. 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).

7. 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).
8. Doetsch-Kidder S (2012) *Social change and intersectional activism: The spirit of social movement*, Palgrave Macmillian, ISBN 978-1-137-10097-9 (around 10-60 pages; particularly relevant: pp. 21-47; 83-118).
9. 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).
10. 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).
11. 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).
12. Ericson T, Kjørstad BG, Barstad A (2014) Mindfulness and sustainability. *Ecological Economics*, 104, 73-79 (6 pages).
13. 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).
14. 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).
15. 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).
16. 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).
17. Hitzhusen GE, Tucker ME (2013) The potential of religion for earth stewardship, *Frontiers in Ecology and the Environment* 11(7):368–376 (7 pages).
18. Hochachka G (2021) Integrating the four faces of climate change adaptation: Towards transformative change in Guatemalan coffee communities, *World Development* 140:105361 (13 pages).
19. Ives C, Freeth R, Fischer J (2019) Inside-out sustainability: The neglect of inner worlds, *Ambio* 49:208-217 (8 pages).

20. Ives C, Abson D, von Wehrden H, Dorninger C, Klaniiecki K, Fischer J (2018) Reconnecting with nature for sustainability, *Sustainability Science* 13:1389–1397 (7 pages).
21. 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).
22. 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).
23. Kassel K, Rimanoczy I, Mitchell S (2016) The Sustainable Mindset: Connecting being, thinking, and doing in management education, *Acad. Manag. Proc.* 16659 (31 pages).
24. 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).
25. 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).
26. Lynam A, Hennelly L (2021) *Adult Development and Climate Change*, Working Report, Pacific Integral (selection of around 10-20 pages).
27. 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).
28. Lu H, Schuldt JP (2016) Compassion for climate change victims and support for mitigation policy, *Journal of Environmental Psychology* 45:192-200 (6 pages).
29. 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).
30. 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).
31. Moser SC, Berzonsky C (2015) Hope in the Face of climate change: A bridge without railing, *Psychology*, ID: 152077284 (11 pages)

32. **Norgard** KM (2000) *Living in denial: Climate change, emotions, and everyday life*, MIT Press, ISBN 9780262515856 (selection of at least 15 pages).
33. **O'Brien** K (2021) *You matter more than you think: Quantum social change in response to a world in crisis*, University of Oslo, Norway (selection of 15 pages).
34. **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).
35. **O'Brien** K (2016) Climate change and social transformations: is it time for a quantum leap? *WIREs Climate Change* 7:618–626 (8 pages).
36. **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).
37. **O'Brien** K, Hochachka G (2011) Integral adaptation to climate change, *Journal of Integral Theory and Practice* 5:89–102 (12 pages).
38. 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).
39. 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).
40. **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).
41. **Scott**, B., Amel, E., Koger, S., & Manning, C. (2021). Psychology for sustainability (5th ed.). Taylor and Francis (selection of ca. 20 pages).
42. **Steg** L, Vlek C (2009) Encouraging pro-environmental behaviour: An integrative review and research agenda, *Journal of Environmental Psychology* 29:309-317 (7 pages).
43. **Sharma** M (2007) Personal to planetary transformation, *Kosmos* pp 31-35 (5 pages).
44. **Sharma** M (2017) Radical transformational leadership: Strategic action for change agents, North Atlantic Books, ISBN 9781583948958 (selection of ca. 20 pages).
45. **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)

46. Smith N, Leiserowitz A (2014) The role of emotion in global warming policy support and opposition. *Risk Analysis* 34:937-948 (10 pages).
47. UNDP (2022) Theoretical foundations report: Research and evidence for the potential of consciousness approaches and practices to unlock sustainability and systems transformation. Report of the UNDP Conscious Food Systems Alliance (CoFSA), United Nations Development Programme UNDP (selection of 8 pages) 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, 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).
53. 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).
54. 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).
55. Wamsler, C., Bristow, J. (2022) At the intersection of mind and climate change: Integrating inner dimensions of climate change into policymaking and practice, *Climatic Change*, 173(7) (7 pages).
56. Wamsler, C., Osberg, G., Osika, W., Hendersson, H., Mundaca, L. (2021) Linking internal and external transformation for

sustainability and climate action: Towards a new research and policy agenda, *Global Environmental Change*, 71:102373 (7 pages). 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).

57. 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.