

# Contents

Acknowledgments	ix
The Authors	xi
INTRODUCTION Sustainability and Unsustainability	
<i>The Choices for Change</i>	1
PRINCIPLE 1 Depth	
<i>Learning and Integrity</i>	23
PRINCIPLE 2 Length	
<i>Endurance and Succession</i>	55
PRINCIPLE 3 Breadth	
<i>Distribution, Not Delegation</i>	95
PRINCIPLE 4 Justice	
<i>Others and Ourselves</i>	141
PRINCIPLE 5 Diversity	
<i>Complexity and Cohesion</i>	159
PRINCIPLE 6 Resourcefulness	
<i>Restraint and Renewal</i>	191
PRINCIPLE 7 Conservation	
<i>History and Legacy</i>	225
CONCLUSION Sustainability in Action	
<i>A Meal, Not a Menu</i>	251

Research Sources	275
Notes	277
Index	319