This Sheet of Paper folds into a small book. Here is how:

1. Print this document
   - 2-sided
   - Long-edge binding
   - Page Scaling: None or 100%

2. Cut along the dashed line between the two pages.

3. Fold in half this way:
   - Title p.1
   - Title p.1

4. Fold in half that way:
   - Title p.1
   - Title p.1

5. Fold in half one more time and then fold the top backwards to make a hook.

6. With scissors or an X-Acto knife cut to the center of the page.

7. Then fold in half that way:
   - Title p.1
   - Title p.1

8. If you wish, you can place a strip of tape around the spine.

VOILÀ, the little 6-page book is complete!
We’re inspired by Three Actions Projecting.

We are an invitation to embrace 1 practice or 2.

Testimonials

Trying to keep a no-work refrigerator in a lot-like eating Kosher or observing Lent... It’s a daily reminder of the spiritual connection that unites us all.

We drive less and shop locally. Now life is more serene and we’re more connected with neighbors, too.

I’m enjoying the extra exercise... It’s my contribution of a little sweat to help the EARTH stay cooler.

Connecting with others

* find a TRANSITION TOWN group nearby www.TransitionTwinCities.org or www.TransitionUS.org
* collaborate with kindred spirits in your faith community, zen center, environmental or civic association
* start your own friendly circle of practitioners

**TRANSITION TOWNS work toward a positive local response to climate change

Source: "Our Lives Changed This Book" (2003)