

## Video Script – Our Earth, Our Species, Our Selves – Ellen Moyer – 12/8/2016

Hi, I'm Dr. Ellen Moyer. I'm excited to tell you about my third book titled *Our Earth, Our Species, Our Selves: How to Thrive While Creating a Sustainable World*.

I wrote it because right now is the most exciting, dangerous, and important time to be alive in all of human history. Our human species is colliding with environmental realities, and humans are also colliding with each other. It's easy to feel overwhelmed, powerless, and worried. However, we have the capacity, tools, and opportunity to shape our destiny, to create a way of life that works for us and our environment.

As an environmental engineer with 30 years of experience cleaning up contaminated soil and groundwater; protecting and conserving natural resources; and designing green systems and solutions, I'm painfully aware of our dire problems. But I also have no doubt that we *can* solve and prevent them, and way more easily than many may think.

With determination and action, we can implement solutions rather than sit on the sidelines absorbing harmful impacts. Current challenges provide us with a grand opportunity to upgrade to a more sustainable way of life. One that features better health and a cleaner environment, a stable climate, healthy ecosystems, sustainable use of resources, and less need for damage control. The strategies I recommend can also spark an economic boom. We have so much to gain.

My newest book, *Our Earth, Our Species, Our Selves* makes the case for hope, optimism, and practical solutions in three parts. Part I takes a big picture view of our situation and explains how we got here. It also shows how everything is interconnected. This is great, because when we improve one area – such as the environment – other areas – such as our health and the economy – also improve.

Part II explains how we have far greater capacities than we realize. Each of us can become stronger, healthier, and happier – and help the world as we become more powerful change agents. Steps we can take on our own will help ourselves and our world not just later, but *immediately*.

But individual actions alone are not enough to meet our challenges. Part III is about actions we can take collectively to help ourselves and the world – with payoffs not just in the future, but *right now*. Creating a sustainable world for ourselves will involve specific actions to help us:

- Green our technology
- Green our economy
- Strengthen our democracy
- Create social equality

Our scarcest resource is time. *Our Earth, Our Species, Our Selves* will empower you to know we *can* meet our challenges and inspire you to take effective actions you'll *want* to take.

Here is a sampling of praise for *Our Earth, Our Species, Our Selves*: [PowerPoint slides]

One action I'm taking is donating a portion of the proceeds from this book to the non-profit environmental organizations indicated on the webpage below this video. You'll also find information below on how you can order a print book, e-book, or audio book. Please take your action by getting this book today to begin making a powerful difference for yourself and our world. Thanks so much for listening, and I hope you have a great day.