



One Hundred & One Reasons To Get Out of Bed

Natasha Milne

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While the media bombards us with doom and gloom stories of a planet in peril, there are millions of people across the globe actually doing something about it. Some are household names, many are not, but all find at least one reason to get out of bed each day and help the world. *One Hundred & One Reasons to Get Out of Bed* introduces us to 101 everyday earth advocates. It asks them three simple questions: what gets them out of bed and why, what they are doing about it and what can we all do about it. Scientist Dr. Jane Goodall and filmmaker Louie Psihoyos, business innovators Rick Ridgeway and Sir Richard Branson, global economist John Hewson, and Garbage singer Shirley Manson add their voices to nearly one hundred others, encouraging us to find our "one thing" and commit to move ourselves and our communities towards the brightest possibilities for the future. Their answers give practical insight into their own concerns and how they tackle them by simple actions. *101 Reasons* gives a colorful snapshot of common global concerns without the confusion or the guilt. Open this book to any page and you'll meet someone new doing great things in their world, taking on the issues with practical solutions. It shows how little things turn into habits, get shared, and then make big impacts. Our contributions can make a difference. We don't have to settle for what now passes as "normal"; we can all take small steps to shift the health of our planet and become big planet heroes. *Proceeds from this book support charities directly represented by contributors and to fund a multi-media awareness campaign for other planet heroes in the world

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