

Journey to Hopeful Futures: A Handbook

Links included in the text of the book are listed below by Chapter and Page Number in the print edition. The links are live at the time of publication (May 2023) but this listing will not be updated thereafter.

Note. This is a full list, but has yet to be double checked.

I hope you find it helpful in accessing resources,

Helena Kettleborough

Author's Note to her Hopeful Companions

<https://c4cp.net/blog/project/journey-to-hopeful-futures-a-handbook/>

<https://www.nhs.uk/mental-health>

Introduction

Page Note

17		https://www.thebookseller.com/author-interviews/news/vanessa-nakate-climate-change-pushing-millions-people-extreme-poverty-and-leaving-them-nothing http://hdr.undp.org/sites/default/files/hdr2020.pdf https://www.unep.org/resources/emissions-gap-report-2022
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33	2	http://hdr.undp.org/en/global-reports
	3	https://www.theguardian.com/environment/2022/mar/10/oil-companies-corporate-free-speech-laws-climate-litigation https://www.theguardian.com/environment/2022/jul/21/revealed-oil-sectors-staggering-profits-last-50-years
	6	https://www.youtube.com/watch?v=vP4iY1TtS3s http://freedomring.stanford.edu/?view=Speech
	8	https://www.fawcettsociety.org.uk/the-pay-and-progression-of-women-of-colour-literature-review
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	10	https://www.youtube.com/watch?v=-5vVJ1y2PMs
34	12	https://chrissinerantzi.wordpress.com/

Chapter 1: Exploring Base Camp

41		https://www.nasa.gov/image-feature/apollo-8-earthrise
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49		https://www.carbonbrief.org/in-depth-qa-what-is-climate-justice/ https://climateactiontracker.org/ https://www.ipcc.ch/report/ar5/wg2/ https://www.youtube.com/watch?v=jMIFBJYpSgM https://www.ipcc.ch/sr15/
51		https://www.youtube.com/watch?v=1RlVnaxTUv4 https://www.youtube.com/watch?v=V9ETiSaxyfk https://www.ucl.ac.uk/news/2020/jun/opinion-why-anthropocene-began-european-colonisation-and-mass-slavery
52		https://www.stockholmresilience.org/research/research-news/2015-01-15-planetary-boundaries---an-update.html http://www.columbia.edu/~jeh1/ https://www.avoidingghastlyfuture.org/explore-resources/ https://www.globalforestwatch.org/ https://www.un.org/youthenvoy/2021/08/meet-13-indigenous-young-indigenous-rights-activists/
53		https://solarsystem.nasa.gov/moons/mars-moons/in-depth/
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58		https://www.undp.org/content/undp/en/home/sustainable-development-goals.html https://www.youtube.com/watch?v=TMrtLsQbaok https://www.youtube.com/watch?v=c2DHZlkUI6s https://www.youtube.com/watch?v=5J0egwAf00w
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Chapter 2: Emerging paradigms for Earth & Cosmos

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92	25 https://www.theguardian.com/tv-and-radio/2020/aug/18/manctopia-billion-pound-property-boom-review-the-price-of-gentrification
	27 https://home.cern/science/physics/early-universe
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Chapter 3: A participatory and value-based approach to learning

Page Note

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Chapter 4: Action Research

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Chapter 5: First person inquiry

Page Notes

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167		https://lgbt.foundation/ https://www.rofa.org.uk/who-we-are/ https://www.bbc.co.uk/programmes/p08vxt33 https://www.youtube.com/watch?v=xwOvBv8RLmo https://www.youtube.com/watch?v=xwOvBv8RLmo https://theconversation.com/uk/ https://www.pnas.org/content/118/6 https://www.bl.uk/help/open-access-resources-for-research https://www.researchgate.net/
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175	51	http://www.mafs-africa.org/baba_dioum/
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Chapter 6: Exploring our conduct – Living within the Universe in our daily lives

Page Notes

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<p>Chapter 7: Nurturing growth through second-person action research – Participatory approaches to learning</p> <p>Page Notes</p>		
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Chapter 8: The Dream of the Earth

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Chapter 9: Delving deeper still – Dreaming a Participative Universe

Page Note

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279		https://www.botanicalmind.online/
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Chapter 10: Adding loving and spiritual qualities to the hopeful futures toolkit

Page Note

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313		https://www.unep.org/resources/publication/faith-earth-call-action https://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html

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Chapter 11: Engaging with a living planet and an awesome and wonderful Cosmos

Page Note

330		https://www.journeyoftheuniverse.org/film https://www.deeptimewalk.org/ https://dtnetwork.org
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343		https://plumvillage.uk/beingpeace/ http://dalailamacenter.org/about/history
352	138	https://www.sahistory.org.za/article/truth-and-reconciliation-commission-trc-0
	139	https://www.gla.ac.uk/media/Media_607547_smxx.pdf https://www.timeshighereducation.com/news/times-higher-education-awards-2020-winners
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<p>Chapter 12: Becoming a cosmically influenced activist, manager and teacher</p> <p>Page Note</p>		
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