

A FIELD MANUAL

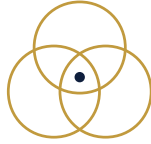


THE THREEFOLD GOOD

*Living well for yourself,
the planet, and humanity*

PREPARED FOR MARIE SESHAT LANDRY

MONCTON · ACADIE · 2026



THE THREEFOLD GOOD

*A Field Manual for Living Well—
for Yourself, the Planet, and Humanity*

PREPARED FOR

MARIE SESHAT LANDRY

Moncton, New Brunswick
October 2026

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Prepared for Marie Seshat Landry, Moncton, New Brunswick.

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Written with Claude, an AI model made by Anthropic. Every statistic in this book was checked against live web sources on 11 October 2026; each is numbered in the text and listed with its link in the Sources section at the back. Figures change as new reports are published—check the sources before relying on any number.

This book offers general information, not medical, legal or financial advice. If you live with a health condition, are pregnant, or have been inactive for a long time, talk with a qualified professional before changing how you sleep, eat or exercise.

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*For the Acadian dyke-builders of the Tantramar,
who turned salt marsh into meadow with their
hands and their aboiteaux—and for everyone who
will raise the dykes again.*



*Pour les bâtisseurs acadiens des digues de Tantramar, qui ont
fait d'un marais salé une prairie, à la force de leurs mains et de
leurs aboiteaux—et pour toutes celles et tous ceux qui
relèveront les digues demain.*

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BEFORE WE BEGIN

INTRODUCTION

THE THREEFOLD TEST

What is good for you, what is good for the planet and what is good for other people are, far more often than we are told, the same choice seen from three sides.

Most advice about living well asks you to choose. Look after yourself, or look after the world. Save money, or save the planet. Be productive, or be kind. The message underneath is that every good has a price paid by some other good, and that the best you can hope for is a tolerable compromise.

This book begins from a different observation. Across a surprising range of everyday choices—what you eat, how you move, how you heat your home, who you spend your evenings with—what is good for you, what is good for the planet and what is good for other people turn out to be the same choice, seen from three sides.

Take food. In October 2025 a large international commission of scientists reported that moving toward a diet built mostly from plants could prevent up to 15 million premature deaths a year while more than halving the emissions tied to food.¹ One plate; three goods.

Take air. The 2025 Lancet Countdown on health and climate change estimated that the cleaner air that came from burning less coal prevented about 160,000 premature deaths every year between 2010 and 2022.² Climate policy turned out to be health policy.

Take friendship. In mid-2025 the World Health Organization's Commission on Social Connection reported that about one person in six is affected by loneliness, and linked loneliness to more than 871,000 deaths a year.³ A neighbour who knows your name is a health intervention, a source of resilience when storms come, and a small act of civilization.

15 M premature deaths a year that a planetary health diet could prevent	160,000 deaths a year prevented by cleaner air from burning less coal	871,000 deaths a year linked to loneliness
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Specialists call these overlaps *co-benefits*. This book uses a plainer phrase: **the threefold good**.

THE TEST

Before a decision—large or small—ask three questions:

1. **Is it good for me?** For my body, my mind and my future self.
2. **Is it good for the planet?** For air, water, soil, climate and the other living things that share them.
3. **Is it good for humanity?** For the people near me, the people far away and the people not yet born.

Three yeses: do more of it. Two yeses: usually still worth doing—look for the small adjustment that earns the third. One or none: ask what it costs, and who is paying.

The test is a compass, not a purity exam. You live inside systems—roads, grids, supply chains, workplaces—that were not designed with all three goods in mind, and some choices that fail the test are hard to avoid. That is not a personal failing; it is a design problem, and the final chapter returns to how ordinary people help redesign systems. Direction matters more than perfection. A household that moves steadily toward three yeses does more good than one that sprints for a month and burns out.

HOW THIS BOOK WORKS

The eleven chapters are grouped into four parts: tending the body, the mind, the world and the future. Each chapter follows the same pattern. It sets out what the evidence actually says, looks at the subject through the three lenses, offers practices you can start this week, and closes with a single experiment and a *Threefold Check* that sums up the chapter at a glance. Appendix A arranges the experiments into a twelve-week plan; Appendix B is a one-page version of the test that you can copy and keep.

A PROMISE ABOUT EVIDENCE

Every statistic here was checked against live sources in October 2026, and every source is listed, with a link, at the back of the book. The small raised

numbers point to them. Where research shows an association rather than a proven cause, the text says so. Where a figure is an estimate, it is described as one. Numbers will change as new reports appear, which is why Chapter 4 is about checking claims for yourself—including the claims in this book.

PART I · TEND THE BODY

I

CHAPTER ONE

THE FREE MEDICINE

Sleep

The cheapest, quietest, lowest-footprint health practice there is—and the one that makes every other chapter in this book easier.

Almost every good intention in this book depends on a rested brain. Cooking dinner instead of ordering in, walking instead of driving, pausing before sharing a dubious headline, staying patient with a difficult relative: each is a small act of self-control, and self-control is among the first things to fray when you are short of sleep. If you change only one habit this year, there is a strong case for making it this one.

WHAT THE EVIDENCE SAYS

In 2015 a panel of fifteen sleep experts convened by the American Academy of Sleep Medicine and the Sleep Research Society reviewed the research and concluded that adults aged 18 to 60 should sleep seven or more hours a night, on a regular basis, to promote good health.⁴ The panel judged that six hours or fewer is not enough to sustain health and safety, and it set no upper limit: young adults, people recovering from sleep debt and people who are ill may need more than nine hours.⁵

Many people fall short. The U.S. Centers for Disease Control and Prevention estimates that about one adult in three does not get enough sleep, and it links insufficient sleep to type 2 diabetes, heart disease, obesity and depression.⁶ Sleep need also varies from person to person; the consensus statement notes that genetics, behaviour, medical conditions and environment all play a part.⁴ Seven hours is a floor for most adults, not a target to reach and then shave.

THREE LENSES

FOR YOU. Enough sleep supports the body's repair, the mind's mood and the judgment you rely on all day. The panel's moderator, neurologist Nathaniel Watson, described the everyday payoff simply: people who get the sleep they need feel more alert, think more clearly and are more patient.⁷

FOR THE PLANET. Of all the restorative things a person can do, sleep may have the smallest material footprint. It asks for darkness, quiet, a bed and protected time—not products. A culture that honours rest is also one that is less tempted to fill every waking hour with consumption.

FOR HUMANITY. Patience is a civic virtue. Tired people snap, misjudge and disengage; rested people have the bandwidth to listen, to help and to think beyond the next hour. Sleep is not selfish. It is what lets you show up for others.

PRACTICES

The CDC's core advice is short and well supported:⁸

- ◆ Keep a consistent schedule: go to bed and get up at the same times every day, weekends included.
- ◆ Make the bedroom quiet, dark, relaxing and a comfortable temperature.
- ◆ Take televisions, computers and phones out of the bedroom.
- ◆ Avoid large meals, caffeine and alcohol close to bedtime.
- ◆ Be physically active during the day.

A few ways to make that advice stick:

- ◆ **Anchor the morning, not the night.** A fixed wake-up time is easier to control than a fixed bedtime, and over a week or two it tends to pull your evenings into line.
- ◆ **Build a landing strip.** Give the last half hour before bed a predictable shape: dim lights, a wash, a few pages of something printed on paper.
- ◆ **Give your phone its own bed.** A charging spot outside the bedroom removes both the light and the temptation.
- ◆ **Treat sleep like an appointment.** Put your bedtime in your calendar if that is what it takes for others—and you—to respect it.

If you regularly sleep enough hours but still wake unrefreshed, struggle to fall or stay asleep for weeks at a time, or have been told that you snore loudly or stop breathing in your sleep, speak with a health professional. Persistent sleep trouble is a medical matter, not a character flaw.

THIS WEEK'S EXPERIMENT

THE FIXED-WAKE WEEK

For seven days, get up at the same time every morning, including the weekend. Each evening, note how many hours you slept and rate your mood and energy from 1 to 5. At the end of the week, look for the pattern.

THE THREEFOLD CHECK · SLEEP

FOR YOU	FOR THE PLANET	FOR HUMANITY
Better mood, focus and long-term health	A restorative good that consumes almost nothing	More patience and presence for the people around you

PART I · TEND THE BODY

II

CHAPTER TWO

THE PLANETARY PLATE

Food

Three times a day you cast a vote for a particular kind of world. The good news: the healthiest plate and the lightest plate are largely the same plate.

No other daily habit touches all three goods as directly as eating. Food is how sunlight, soil and water become you. Taken together, it is also one of the largest forces reshaping the planet.

WHAT THE EVIDENCE SAYS

Food and the climate. A 2021 study in *Nature Food* built the first complete inventory of emissions from the global food system—from farms and land clearing through processing, packaging, transport and waste. It found that food accounted for about 34 per cent of all human-caused greenhouse gas emissions in 2015, roughly 18 billion tonnes of carbon-dioxide equivalent.^{9,10} About two-thirds of that came from agriculture and land use.⁹

Food and wildlife. WWF's 2024 *Living Planet Report* identified habitat loss and degradation, driven primarily by the food system, as the main threat to wildlife populations worldwide.¹¹

Food and health. The 2025 Lancet Countdown estimated that unhealthy diets contributed to 11.8 million largely preventable deaths a year in 2021–2022, including 1.9 million linked to eating too much red meat and dairy.¹²

The plate that answers all three. In October 2025 the EAT–Lancet Commission, drawing on analyses by thirteen independent modelling groups, updated its *Planetary Health Diet*. Shifting toward it could save up to 15 million lives each year, is linked to a 28 per cent lower risk of premature death, and would cut food-related emissions by more than half. Today, fewer than one per cent of people live in countries where food needs are met without breaching planetary boundaries.¹

WHAT THE PLANETARY PLATE LOOKS LIKE

The Planetary Health Diet is not a single menu. Its foundations are vegetables, fruits, whole grains, legumes and nuts, with moderate amounts of meat and dairy and very little added sugar, saturated fat and salt. Discussing the report, Harvard's Walter Willett suggested a rough rhythm: dairy about once a day, red meat about once a week, and eggs, poultry and fish about

twice a week—adapted to local foods and cultures rather than imposed as one global menu.¹³

Protein is where choices matter most. Our World in Data, drawing on a global analysis of farm data by Joseph Poore and Thomas Nemecek, shows that 100 grams of protein from peas comes with about 0.4 kilograms of greenhouse gases, while the same protein from beef averages about 35 kilograms—almost ninety times more.¹⁴ You do not have to give up meat to capture much of the benefit. Moving the centre of the plate toward beans, lentils, peas, tofu and nuts does a great deal of the work.



Greenhouse-gas emissions per 100 g of protein, in kilograms of CO₂-equivalent (global averages). Data: Poore & Nemecek (2018), via Our World in Data.¹⁴

THE WASTE PROBLEM—AND THE EASIEST WIN

UNEP's *Food Waste Index Report 2024* estimated that 1.05 billion tonnes of food were wasted in 2022: about 132 kilograms per person, or almost a fifth of all food available to consumers.¹⁵ Households were responsible for the largest share—631 million tonnes, roughly 60 per cent. Food loss and waste together generate up to a tenth of global greenhouse gas emissions, even as hundreds of millions of people go hungry.¹⁶

Food you buy and do not eat carries all of the environmental cost and none of the benefit. Cutting waste is the rare change that saves money, emissions and effort at the same time.

THREE LENSES

FOR YOU. A plate built on vegetables, fruit, whole grains, legumes and nuts is linked to a lower risk of premature death and chronic disease.¹ Less waste means less money spent on food that ends up in the bin.

FOR THE PLANET. A plant-forward plate needs less land, emits far less and puts less pressure on the habitats that wildlife depends on.

FOR HUMANITY. A food system that stays within the planet's limits is the only kind that can keep feeding everyone. Wasting less, while hundreds of millions go hungry, is also a matter of simple fairness.

PRACTICES

- ◆ **Plant-forward, not plant-only.** Make plants the default and animal foods the accent.
- ◆ **Learn five legume dishes.** A lentil soup, a bean chili, a chickpea curry, a split-pea soup, a hummus. A small rotation is what turns an intention into a habit.
- ◆ **Swap the base, keep the dish.** Half beef and half lentils in a pasta sauce; beans in tacos; a mushroom-and-bean burger.
- ◆ **Create an “eat me first” shelf.** Put food that needs using up at eye level in the fridge.
- ◆ **Shop from a plan.** Check what you already have before you buy; list meals first, then ingredients.
- ◆ **Use your freezer as a pause button.** Bread, cooked grains, ripe fruit and leftovers keep far longer frozen.
- ◆ **Compost what is left.** Peels and scraps returned to soil close the loop.
- ◆ **Eat with your season and your region.** What grows near you, at its peak, tends to taste better—and buying it supports the farmers who keep nearby land productive.

If you have particular medical or nutritional needs, adapt these suggestions with a qualified professional. The Planetary Health Diet is designed to be flexible.

THIS FORTNIGHT’S EXPERIMENT

THE BEAN-AND-BIN FORTNIGHT

For two weeks, build at least four dinners a week around legumes, and keep a simple tally of every item of food you throw away. At the end, look at what you wasted most often and fix that one thing.

THE THREEFOLD CHECK · FOOD

FOR YOU	FOR THE PLANET	FOR HUMANITY
More plants and fibre, linked to a lower risk of premature death	Far lower emissions and land use per meal	A food system that can feed more people within Earth’s limits

PART I · TEND THE BODY

III

CHAPTER THREE

EVERY STEP COUNTS

Movement

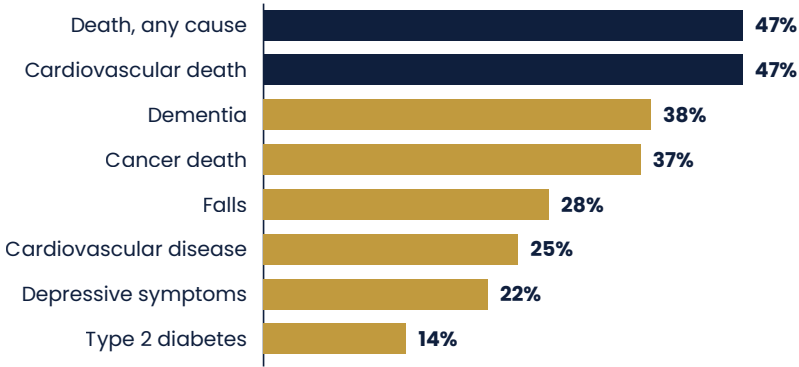
You do not need a gym, a uniform or a perfect routine. You need to move a little more than you did yesterday—and to let movement become part of how you get places.

The human body was built to walk, carry, climb and bend. Much of modern life has engineered those movements away. Putting some of them back is one of the most powerful things you can do for your health—and, when the movement replaces a car trip, one of the simplest things you can do for your town and your planet.

WHAT THE EVIDENCE SAYS

The World Health Organization's 2020 guidelines recommend that adults do at least 150 to 300 minutes of moderate-intensity aerobic activity a week—or 75 to 150 minutes of vigorous activity, or a mix of the two—plus muscle-strengthening activity on at least two days.^{17,18} Just as important are the guidelines' two plainest messages: some physical activity is better than none, and people who are not meeting the targets should start with small amounts and build up gradually.¹⁷ WHO estimated that a quarter of adults and more than four in five adolescents do not reach the recommended levels.¹⁸

For people who prefer counting steps, a large 2025 review in *The Lancet Public Health* pooled 57 studies of adults who wore step-counting devices.^{19,20} Compared with about 2,000 steps a day, 7,000 steps was associated with a 47 per cent lower risk of death from any cause, 25 per cent lower risk of developing cardiovascular disease, 38 per cent lower risk of dementia, 22 per cent fewer depressive symptoms and 28 per cent fewer falls.²¹ Even 4,000 steps a day was linked to a 36 per cent lower risk of death than 2,000.²⁰ For several outcomes the benefits began to level off at around 5,000 to 7,000 steps; the authors note that 10,000 remains a good target for people who are already active, but it is not a threshold you must cross to benefit.¹⁹



Lower risk at about 7,000 steps a day, compared with about 2,000

Associations reported in the 2025 *Lancet Public Health* meta-analysis of daily steps.
Observational data; see the caution below.²¹

A word of honesty: these studies observe people rather than randomly assigning some of them to walk more, so part of the difference may reflect the fact that healthier people walk more in the first place. The authors acknowledge the possibility of this kind of residual confounding.²¹ Even so, the direction of the evidence is consistent across many studies and many different outcomes.

Some physical activity is better than none. Start small and build.

THREE LENSES

FOR YOU. Regular movement protects the heart, brain, mood, balance and independence in later life—and it is available, in some form, to almost everyone.

FOR THE PLANET. The most climate-friendly trip is the one powered by breakfast. Every short errand made on foot or by bicycle is a trip that burns no fuel and adds no exhaust to the street.

FOR HUMANITY. People on foot meet neighbours, notice what needs fixing and make streets feel more alive for everyone else. A town designed for walking is a town designed for meeting.

PRACTICES

- ♦ **Make movement a way of travelling.** For trips of a couple of kilometres or less, ask whether walking or cycling would do the job.
- ♦ **Stack it onto what you already do.** Walk during phone calls, after meals and to meetings; take the stairs.
- ♦ **Strength twice a week.** Sit-to-stand from a chair, push-ups against a wall or counter, carrying groceries, gardening, climbing stairs. Muscles respond to effort, not to equipment.
- ♦ **Walk with someone.** A standing walking date with a friend serves this chapter and Chapter 6 at once.
- ♦ **Dress for the weather, not against it.** In a northern winter, good boots, traction and layers matter more than willpower.
- ♦ **Start where you are.** If you live with a health condition or have been inactive for a long time, check with a health professional and build up gradually, as the WHO guidance recommends.

THIS WEEK'S EXPERIMENT

PLUS ONE THOUSAND

Find your baseline by averaging your daily steps over three ordinary days (most phones count them). Then add about 1,000 steps a day each week until you settle at a level you can sustain—ideally around 7,000 or more.

THE THREEFOLD CHECK · MOVEMENT

FOR YOU	FOR THE PLANET	FOR HUMANITY
Lower risk of heart disease, dementia, depression and falls	Short trips with no fuel and no exhaust	Livelier, friendlier, safer streets

PART II · TEND THE MIND

IV

CHAPTER FOUR

READ LIKE A FACT-CHECKER

Attention

Your attention is the raw material of every decision you make. Guard it, and spend it on what is true.

The information you take in becomes the decisions you make: what you eat, how you vote, what you buy, whom you trust, what you fear. A healthy information diet is therefore not a hobby for researchers. It is everyday self-defence—and, because false claims travel from person to person, a basic courtesy to everyone else.

WHAT THE EVIDENCE SAYS

In 2017 Sam Wineburg and Sarah McGrew of the Stanford History Education Group watched 45 skilled readers—10 PhD historians, 10 professional fact-checkers and 25 Stanford undergraduates—as they evaluated live websites and searched for information on social and political issues.²² The historians and students were often taken in by features that are easy to fake, such as official-looking logos and domain names. They read *vertically*: they stayed on a site and studied it from top to bottom to decide whether to trust it.

The fact-checkers did something different. After a quick scan, they left the site, opening new browser tabs to find out what other sources said about the organization behind it. The researchers called this *lateral reading*, and the fact-checkers reached better-supported conclusions in a fraction of the time.²² They also showed what the researchers called *click restraint*: looking over a page of search results before choosing where to click, rather than taking the first link.²³

Lateral reading has since become a core idea in digital-literacy teaching. Mike Caulfield’s free textbook, *Web Literacy for Student Fact-Checkers*, sets out what he calls four “moves” for checking claims quickly.²⁴ The common thread is simple: before you trust what a source says about the world, find out what the world says about the source.

THREE LENSES

FOR YOU. Better information means better decisions about health, money and safety—and less anxiety manufactured by content designed to provoke you.

FOR THE PLANET. Environmental claims are a favourite target of spin, from vague “eco-friendly” labels to confident denials of well-measured trends. Lateral reading cuts through both.

FOR HUMANITY. A shared set of facts is a commons, like clean air or clean water. Every time you decline to pass on a falsehood, you help protect it.

THE SIXTY-SECOND CHECK

Before you believe, act on or share a claim that matters:

1. **Pause.** Strong emotion—outrage, fear, delight—is a signal to slow down, not to speed up.
2. **Leave the page.** Search the name of the source or author and see what independent sites say about them.
3. **Look for other coverage.** If a claim is important and true, more than one credible outlet will usually be reporting it.
4. **Go upstream.** Follow numbers back to the original study, dataset or document. Headlines often round, exaggerate or drop the caveats.
5. **Keep the trail.** Save the link to wherever you confirmed it. Marie Seshat Landry’s *Seshat’s Axiom* compresses the habit into three words—*retrieve, store, cite*—and it is what lets you, or anyone else, check your reasoning later.

PRACTICES FOR A CALMER FEED

- ♦ **Audit your notifications.** Turn off everything that does not come from a person or signal a genuine emergency.
- ♦ **Choose your inputs on purpose.** A few reliable, original sources beat an endless feed of reactions to them.
- ♦ **Read something long every day.** One full article, chapter or report read from start to finish trains the patience that skimming wears down.

- ◆ **Correct gently.** When someone you know shares something false, a private message with a better source is kinder than a public pile-on, and it leaves room for them to change their mind.
- ◆ **Practise saying “I don’t know yet.”** It may be the most honest sentence of the information age.

THIS WEEK’S EXPERIMENT

THE SHARE PAUSE

For one week, run the sixty-second check before sharing anything that makes a factual claim. Keep a tally of how many things you decided not to share—and why.

THE THREEFOLD CHECK · ATTENTION

FOR YOU	FOR THE PLANET	FOR HUMANITY
Better decisions and less manufactured anxiety	Resistance to greenwashing and to denial	A healthier shared reality

PART II · TEND THE MIND

V

CHAPTER FIVE

THINKING PARTNERS

Artificial intelligence

The new tools can make you sharper or lazier, better informed or more misled. The difference lies in how you use them.

This book was itself written with an AI model, and every figure in it was then checked against live sources. That combination—machine speed, careful verification, sources on the record—is the working pattern this chapter recommends.

WHAT THE EVIDENCE SAYS

AI runs on electricity, and the amount is growing fast. In its 2025 special report *Energy and AI*, the International Energy Agency estimated that data centres used about 415 terawatt-hours of electricity in 2024—roughly 1.5 per cent of global electricity use.²⁵ The agency projects that this will more than double, to around 945 terawatt-hours by 2030—slightly more than the entire electricity consumption of Japan today—with AI as the most significant driver and demand from AI-optimized data centres more than quadrupling.²⁶

The same analysis also points to potential savings. AI-led management of heating, ventilation and cooling in buildings, for example, could save up to 300 terawatt-hours a year if adopted globally.²⁵ Whether AI ends up a net burden or a net help to the energy system depends on choices still being made—by companies, by governments and, in a small way, by every user.

AI systems can also be confidently wrong. Language models generate fluent, plausible text; they do not automatically check it against reality, and they can produce citations that do not exist. That is why the habits of Chapter 4 matter more, not less, when you work with them.

Treat AI output as a first draft from a fast, widely read assistant who sometimes makes things up.

THREE LENSES

FOR YOU. A good thinking partner helps you draft, summarize, brainstorm and learn faster. A bad habit lets you stop thinking altogether. Skills you never practise tend to fade; judgment is one of them.

FOR THE PLANET. The electricity footprint of AI is real and rising. The responsible stance is neither panic nor indifference: use the tools where they genuinely help, and do not waste them on idle churn.

FOR HUMANITY. Who builds these systems, what they are trained on, how they treat people's data and work, and who is accountable when they get things wrong are among the defining governance questions of this decade. Every user has a stake in the answers.

PRACTICES

- ◆ **You decide; it drafts.** Keep the final judgment—and the responsibility—with you.
- ◆ **Ask for sources, then open them.** A citation you have not checked is not yet a citation.
- ◆ **Think first, then prompt.** Jot down your own view before you ask. You will learn more, and you will notice when an answer is off.
- ◆ **One good request beats twenty careless ones.** Clear context and a clear question save time and computation.
- ◆ **Protect other people's privacy.** Do not paste in someone else's personal information without a good reason and their consent.
- ◆ **Say when AI helped.** Transparency keeps trust intact with colleagues, clients and readers.
- ◆ **Keep some things human.** Journals, apologies, condolences and long conversations with friends are worth doing yourself.

THIS WEEK'S EXPERIMENT

THE AI LEDGER

For one week, note each time you use an AI tool: what you used it for, whether it saved time and whether you verified the result. At the end of the week, keep the uses that helped and drop the ones that did not.

THE THREEFOLD CHECK · ARTIFICIAL INTELLIGENCE

FOR YOU	FOR THE PLANET	FOR HUMANITY
Faster learning without surrendering judgment	Purposeful use of an energy-hungry technology	Accountability, privacy and honest attribution

PART II · TEND THE MIND

VI

CHAPTER SIX

THE THIRD STRAND OF HEALTH

Connection

Physical health, mental health—and social health. The third strand is the one we most often neglect, and the one that holds the other two together.

We plan our meals, schedule our workouts and track our sleep. Our friendships, by contrast, are usually left to chance—squeezed into whatever time remains. The evidence suggests that we have the priorities backwards.

WHAT THE EVIDENCE SAYS

In June 2025 the WHO Commission on Social Connection published its global report. It found that about one person in six worldwide is affected by loneliness, and it linked loneliness to an estimated 871,000 deaths a year—about 100 every hour. Strong social connection, the report concluded, protects health across the whole lifespan. Its release followed the World Health Assembly’s first-ever resolution on social connection, adopted in May 2025.³ Researchers involved placed the toll of disconnection alongside other major public health risks such as air pollution, tobacco and alcohol.²⁷

Loneliness is not only a problem of old age. Between 17 and 21 per cent of people aged 13 to 29 reported feeling lonely, with the highest rates among teenagers; in low-income countries, about 24 per cent of people did.²⁸

The longest-running study of adult life points the same way. The Harvard Study of Adult Development began in 1938 with 724 participants—268 Harvard sophomores and 456 young adults from Boston—and has followed them through their entire adult lives.²⁹ Its director, psychiatrist Robert Waldinger, says that one of the study’s biggest surprises was that relationships—the thing that makes people happiest—also help keep them healthy.²⁹ Quality matters: in the study, the people most satisfied with their relationships at 50 were the healthiest at 80.³⁰ And it is rarely too late. Waldinger has noted that many participants who believed they were bad at relationships went on to find them when they least expected to.²⁹

1 IN 6

people worldwide affected
by loneliness

~100

deaths every hour linked to
loneliness

1938

the year the Harvard Study
of Adult Development
began

THREE LENSES

FOR YOU. Good relationships are linked to better health, better mood and a longer life—and to having help when you need it.

FOR THE PLANET. Sharing runs on trust. Tool libraries, community gardens, carpools, hand-me-downs and repair nights only work where people know one another. A connected neighbourhood can meet more of its needs with fewer new things.

FOR HUMANITY. Trust is the infrastructure beneath everything else, from a street's safety to a country's democracy. And in a storm or a heat wave, the neighbour who knows you live alone is the one who knocks.

PRACTICES

- ♦ **Keep a standing date.** A weekly walk, call or meal with the same person builds connection without having to plan it each time.
- ♦ **Make the five-minute reach-out.** Once a day, send a message to someone you have not spoken to in a while. Specific beats generic: mention a shared memory.
- ♦ **Join something that meets.** A choir, a team, a volunteer crew, a repair café, a community garden. Regularity matters more than intensity.
- ♦ **Learn your neighbours' names.** Then use them.
- ♦ **Mind the quality.** Invest in relationships that leave you better off; set boundaries with those that persistently do not.
- ♦ **Reach across languages and generations.** In a bilingual region, a conversation in your second language—or in your neighbour's first—is both a gift and a practice.
- ♦ **If loneliness feels heavy, say so.** Tell someone you trust or speak with a health professional. Loneliness is common, and it is not a personal failing.

THIS WEEK'S EXPERIMENT

SEVEN REACHES

Each day for a week, contact one person you have not spoken to in at least a month. Notice who replies, and what the exchange does to your day.

THE THREEFOLD CHECK · CONNECTION

FOR YOU	FOR THE PLANET	FOR HUMANITY
Better health, mood and resilience	Sharing and mutual aid in place of buying	Trust, the infrastructure beneath everything

PART III · TEND THE WORLD

VII

CHAPTER SEVEN

KEEP, MEND, SHARE

Things

The greenest object is usually the one you already own. The most satisfying is often the one you fixed yourself.

Every object you own carries a hidden history: mines, forests, fields, factories, ships and trucks. When it breaks or falls out of fashion, most of that history is thrown away with it. Keeping things in use longer is one of the most direct ways to honour what went into them.

WHAT THE EVIDENCE SAYS

The global economy still runs mostly in a straight line: extract, make, use, discard. The *Circularity Gap Report 2025*, from Circle Economy and Deloitte, found that only 6.9 per cent of the materials entering the world economy are secondary—recycled or reused—down from 7.2 per cent in the previous edition.^{31,32} When the series began in 2018, the figure was 9.1 per cent.³³ Meanwhile, global material consumption has passed 100 billion tonnes a year for the first time,³⁴ and of all the materials leaving the economy, only 11.2 per cent are recycled.³¹ Recycling is growing, but consumption of new materials is growing faster.



Share of materials entering the global economy that come from secondary (recycled or reused) sources, as reported in successive Circularity Gap Reports.^{33,32}

Clothing shows the pattern vividly. The Ellen MacArthur Foundation estimated in 2017 that the equivalent of one garbage truck of textiles is landfilled or burned every second, that clothing barely worn and rarely recycled represents about 500 billion U.S. dollars in lost value every year, and that less than one per cent of apparel is recycled.^{35,36}

A counter-movement is growing. The first Repair Café opened in Amsterdam in 2009, started by the journalist Martine Postma. Fifteen years later, Repair Café International estimated that more than 4,000 community repair

groups were active around the world, completing about 190,000 successful repairs a year.³⁷

The law is catching up, too. On 7 November 2024, two bills amending Canada's *Copyright Act* received royal assent. Bill C-244 allows people to get around digital locks in order to diagnose, maintain or repair a product; Bill C-294 allows it in order to make devices work with one another. Earlier the same year, amendments to the *Competition Act* addressed refusals to repair.³⁸

*Recycling is the last step, not the first: refuse,
reduce, reuse, repair—then recycle.*

THREE LENSES

FOR YOU. Money saved, skills gained, and the quiet pride of keeping something going.

FOR THE PLANET. Every extra year of life for an object is a year in which nothing new had to be mined, grown, shipped or burned to replace it.

FOR HUMANITY. Repair is a social act: skills passed from hand to hand, local repair businesses kept alive, and fair access to the parts, tools and information that let people fix what they own.

PRACTICES

- ◆ **Pause before purchase.** For anything non-essential, wait thirty days. If you still want it, buy it well.
- ◆ **Buy for the second owner.** Choose durable, repairable products with available parts and manuals—and look second-hand first where it makes sense.
- ◆ **Borrow the rarely used.** Ladders, tile saws, party dishes and pressure washers sit idle for most of their lives. Borrow, rent or share them.
- ◆ **Care, mend, alter.** A basic sewing kit, a jar of spare buttons, a patched elbow: clothing worn longer is clothing that does not have to be made.

- ♦ **Fix it together.** Find or start a repair café. Bring a lamp, a toaster or a torn jacket, and learn by watching.
- ♦ **Pass it on.** When you are finished with something that still works, give it a next life: sell, donate or swap it.
- ♦ **Recycle last, not first.** Recycling matters, but it is the final step after refusing, reducing, reusing and repairing.

THIS WEEK'S EXPERIMENT

THE REPAIR CHALLENGE

This week, fix one broken thing you had given up on—alone, with the help of a video, with a friend, or at a repair event. Write down what it would have cost to replace.

THE THREEFOLD CHECK · THINGS

FOR YOU	FOR THE PLANET	FOR HUMANITY
Savings, skills and satisfaction	Fewer new materials extracted and discarded	Shared know-how and fair access to repair

PART III · TEND THE WORLD

VIII

CHAPTER EIGHT

WARMTH WITHOUT SMOKE

Home and energy

*A warm, bright, healthy home no longer has to depend on
burning something.*

For most of human history, warmth meant fire. In much of the world it still does—and the smoke, indoors and out, carries a heavy cost. The good news is that the technology to keep homes warm, lit and healthy without combustion is now mature, and the electricity behind it is getting cleaner every year.

WHAT THE EVIDENCE SAYS

The grid is changing faster than most people realize. Ember’s *Global Electricity Review 2026* found that in 2025, for the first time in a century, renewables generated more of the world’s electricity than coal—33.8 per cent against 33.0 per cent. Record solar growth alone met about three-quarters of the rise in global electricity demand.³⁹ Counting nuclear power, low-carbon sources supplied 43 per cent of the world’s electricity; solar reached 8.7 per cent and wind 8.5 per cent, both close behind nuclear’s 8.9 per cent.⁴⁰



Share of global electricity generation in 2025. Data: Ember.^{39,40}

Burning things still harms health. The World Health Organization estimates that the combined effects of outdoor and household air pollution are associated with 6.7 million premature deaths a year, and that about 2.1 billion people still cook with open fires or inefficient stoves burning kerosene, wood, dung, crop waste or coal.⁴¹

Heat pumps move heat instead of making it. Because most of the heat is transferred rather than generated, a heat pump delivers several times more heat energy than the electricity it consumes. The International Energy Agency describes current models as three to five times more energy-efficient than gas boilers.⁴² Its analysis found that even in a poorly insulated, solid-walled house, switching from an efficient gas boiler to a high-efficiency heat

pump cut energy use by 60 to 70 per cent. Whether bills fall as well depends on the local price of electricity relative to gas, and better insulation improves the result.⁴³ The agency has also rejected the argument that heat pumps are unsuited to cold climates, and estimates that they cut emissions by at least 20 per cent compared with a gas boiler even where electricity is generated with a lot of fossil fuel.⁴⁴

THREE LENSES

FOR YOU. Steadier comfort, cleaner indoor air once combustion leaves the house, and—depending on local prices—lower energy bills.

FOR THE PLANET. The fastest-growing sources of electricity are now among the cleanest, so every appliance that switches from burning fuel to using electricity gets cleaner as the grid does.

FOR HUMANITY. Air pollution falls hardest on the people who did the least to cause it. Clean energy is, among other things, a health program for billions of people.

PRACTICES

Think of home energy as a sequence:

1. **Stop the leaks.** Weather-strip doors and windows, seal gaps and add insulation where you can. The cheapest energy is the energy you do not lose.
2. **Heat and cool efficiently.** When a furnace, boiler or baseboard system needs replacing—or before it does—get quotes for a cold-climate heat pump and ask how it will perform at your local winter temperatures.
3. **Electrify as things wear out.** Water heater, stove, dryer, car: plan replacements in advance, so that a breakdown does not force a like-for-like swap in an emergency.
4. **Use what you have well.** Lower the thermostat a little at night, close curtains on winter evenings and run full loads in the dishwasher and washing machine.

5. **Check current incentives.** Federal, provincial and utility programs change often. Look up what is available before you buy, not after.

If you rent, you can still seal drafts, choose efficient bulbs and appliances for the things you own, and raise upgrades with your landlord—tenants who ask together carry more weight than one voice alone.

THIS WEEK'S EXPERIMENT

THE DRAFT HUNT

On a cold or windy day, walk slowly through your home and note every place you can feel moving air—around windows, doors, outlets and the attic hatch. Seal the three worst this week.

THE THREEFOLD CHECK · HOME AND ENERGY

FOR YOU	FOR THE PLANET	FOR HUMANITY
Comfort, cleaner indoor air, potential savings	Far less energy for the same warmth	Fewer deaths from dirty air

PART III · TEND THE WORLD

IX

CHAPTER NINE

THE TWO-HOUR PRESCRIPTION

Nature

*Time outdoors is good for you. Paying attention to what lives
there is good for everything else.*

You are not separate from nature; you are a particular, talkative piece of it. Spending time in green and blue places—parks, woods, shorelines, marshes, rivers—restores something that indoor life wears down. Learning what lives in those places turns the abstract word *biodiversity* into neighbours you can name.

WHAT THE EVIDENCE SAYS

In 2019 a team led by Mathew White at the University of Exeter analysed survey data from 19,806 people in England. Those who had spent at least 120 minutes in nature in the previous week—in town parks, woodlands, beaches or countryside—were significantly more likely to report good health and high wellbeing than people who had spent no time there. The benefits peaked at around 200 to 300 minutes a week. It made no difference whether the two hours came in one long visit or several short ones, and the pattern held for older adults and for people with long-term health conditions.⁴⁵ Below about two hours, the researchers found no clear benefit.⁴⁶ The study relied on what people reported about themselves—a limitation its lead author has acknowledged⁴⁷—and it shows an association rather than proof of cause. Still, it offers a practical, generous target.

The living world itself is under strain. WWF's *Living Planet Report 2024*, using the Living Planet Index provided by the Zoological Society of London, found an average 73 per cent decline in the size of monitored wildlife populations between 1970 and 2020, across almost 35,000 populations of 5,495 vertebrate species.⁴⁸ Freshwater populations fell furthest, by 85 per cent, followed by land populations (69 per cent) and marine populations (56 per cent). In North America the average decline was 39 per cent.^{11,48}

120 MIN

a week in nature linked to better health and wellbeing

73%

average decline in monitored wildlife populations, 1970–2020

85%

average decline in freshwater populations

Recovery is possible. The same report highlighted European bison, which grew from none to about 6,800 animals across central Europe between 1970 and 2020, and a mountain-gorilla subpopulation in East Africa's Virunga mountains that grew by around three per cent a year between 2010 and 2016.¹¹

THREE LENSES

FOR YOU. Better self-reported health and wellbeing; rest, perspective and, very often, movement too.

FOR THE PLANET. People tend to protect what they know and love. Time outdoors turns statistics into particular birds, trees, streams and marshes.

FOR HUMANITY. Access to green space is unequal. In White's study, the people who got two to three hours a week in nature were more likely to live near green space and to work in higher-status occupations.⁴⁹ Good parks, trails and public shorelines are a fairness issue as much as an environmental one.

PRACTICES

- ◆ **Two hours, any way you like.** A long Sunday walk or several short visits during the week—both count.
- ◆ **Find a sit spot.** Choose one place outdoors that you return to often, and watch how it changes through the seasons.
- ◆ **Learn ten neighbours.** Learn the names of ten local birds, trees or plants. Naming is the beginning of noticing.
- ◆ **Grow habitat, not just lawn.** Native plants, a pollinator corner, a brush pile or a less-tidy edge give insects and birds somewhere to live.
- ◆ **Protect the water.** Freshwater life has declined most. Keep paints, oils and harsh chemicals out of drains, and support efforts to keep shorelines and wetlands healthy and vegetated.

- ◆ **Contribute your observations.** Community-science projects turn ordinary walks into records that researchers can use.

THIS FORTNIGHT’S EXPERIMENT

THE 120-MINUTE LOG

For two weeks, record every minute you spend in green or blue space. Aim for 120 minutes a week, and note how you feel in the weeks you reach it compared with those you do not.

THE THREEFOLD CHECK · NATURE

FOR YOU	FOR THE PLANET	FOR HUMANITY
Better health and wellbeing	Attention that becomes protection	Fair access to green and blue space

X

CHAPTER TEN

LIVING WITH THE TIDES

Climate and place

The Acadians who built the dykes of the Tantramar did not defeat the sea. They learned to live with it. That is the work again.

Climate change can feel like a story told in global averages and distant places. It becomes real at the scale of a particular coast, a particular street, a particular summer afternoon that is hotter than any your grandparents knew. This chapter moves between those scales—from the planet to one narrow neck of land in Atlantic Canada.

WHAT THE EVIDENCE SAYS

The world has warmed. The Copernicus Climate Change Service reported that 2024 was the warmest year on record, at 1.60 °C above the pre-industrial level, and that 2025 was the third warmest, at 1.47 °C. The average for 2023 to 2025 was the first three-year period to exceed 1.5 °C, and Copernicus estimates long-term warming at about 1.4 °C.⁵⁰ The past eleven years have been the eleven warmest on record, and at the current rate the Paris Agreement's 1.5 °C limit for long-term warming could be reached by the end of this decade.⁵¹

Warming is a health issue. The 2025 Lancet Countdown, produced with the World Health Organization, found that the rate of heat-related deaths has risen 23 per cent since the 1990s, to an average of 546,000 deaths a year, and that heat exposure cost 640 billion potential working hours in 2024.⁵² In 2024 the average person lived through 16 days of dangerous heat that would not have occurred without climate change.²

A STORY CLOSE TO HOME

The Chignecto Isthmus is the narrow, low-lying neck of land that joins New Brunswick to Nova Scotia. Beginning in the late 1600s, Acadian settlers reclaimed its salt marshes for farming, building dykes and aboiteaux to hold back the tides of the Bay of Fundy.^{53,54} An aboiteau is a culvert with a gate: it lets fresh water drain out of the fields while stopping sea water from flowing in.⁵⁵

Those old earthworks—about 35 kilometres of dykes—now protect far more than hay fields. Behind them lie communities such as Sackville and Amherst, the Trans-Canada Highway and the Canadian National Railway

line that links Nova Scotia to the rest of the country.^{55,56} Rising seas and sinking coastlines are forecast to threaten the dykes before 2100, and a severe storm could put the area at risk much sooner.^{55,54} A 2016 Natural Resources Canada study estimated that flooding the corridor would cost more than \$50 million a day in lost commerce.⁵³ In March 2025 the federal government and the two provinces agreed to a \$650 million project, over roughly ten years, to raise and reinforce the dyke system, with New Brunswick and Nova Scotia contributing \$162.5 million each.^{55,56}

The lesson runs in both directions. Adaptation is not new; on these marshes it is ancestral, and the aboiteau is an elegant piece of engineering that works with the tide rather than against it. But adaptation alone has limits: the higher the seas rise, the higher and costlier every dyke must become. Cutting emissions and preparing for change are not rival strategies. They are two hands of the same body.

THREE LENSES

FOR YOU. Preparation turns emergencies into inconveniences, and knowledge of your local risks replaces vague worry with a plan.

FOR THE PLANET. Every tonne of emissions avoided today lowers the height of tomorrow's dykes, figuratively and literally.

FOR HUMANITY. Heat, floods and storms hit hardest those with the fewest resources—older people living alone, outdoor workers, people in poorly built housing. The Lancet Countdown put the cost of heat-related deaths among older adults alone at 261 billion U.S. dollars.⁵² Looking after the most exposed is the core of climate resilience.

PRACTICES

- ◆ **Know your risk.** Look up your address on your province's flood and coastal-hazard maps, and learn whether you are exposed to storm surge, river flooding or both.

- ♦ **Prepare a basic kit and a plan.** Water, food, medications, a light, a battery radio, chargers, copies of important documents, and a plan for where you would go.
- ♦ **Plan for heat as well as cold.** Know the signs of heat illness, where you can cool off, and who on your street might need a check-in.
- ♦ **Cut where you can.** Chapters 2, 3, 7 and 8 are your personal mitigation plan.
- ♦ **Show up for local decisions.** Municipal and regional adaptation plans are shaped by the people who attend meetings, comment on drafts and ask questions.
- ♦ **Learn the history of your landscape.** How earlier generations lived with water, fire and cold is practical knowledge, not nostalgia.

THIS WEEK'S EXPERIMENT

THE ONE-PAGE STORM PLAN

Write a single page for your household: your main risks, your kit, your meeting place, your key contacts and the neighbours you will check on. Put it on the fridge.

THE THREEFOLD CHECK · CLIMATE AND PLACE

FOR YOU	FOR THE PLANET	FOR HUMANITY
Safety and calm when the weather turns	Lower emissions mean lower future risk	Protection for the most exposed

PART IV · TEND THE FUTURE

XI

CHAPTER ELEVEN

HOPE AS A PRACTICE

Acting at the right scale

Hope is not a forecast. It is a decision to act as though your actions matter—because, at the right scale, they do.

Facing the numbers in this book can feel heavy: shrinking wildlife populations, rising heat, an economy that throws most of its materials away, a lonely century. It is worth sitting with that weight for a moment, because it is real. It is also only half of the record.

THE OTHER HALF OF THE EVIDENCE

- ◆ In 2025, renewables generated more of the world's electricity than coal for the first time in a hundred years, and clean power met all of the growth in global electricity demand.³⁹
- ◆ European bison went from none to about 6,800 animals in central Europe in fifty years.¹¹
- ◆ In 2024 Canada amended its copyright law so that people can legally get around digital locks to repair what they own.³⁸
- ◆ In 2025 the World Health Assembly adopted its first resolution on social connection, treating loneliness as the public health issue it is.³
- ◆ The 2025 Lancet Countdown reported that climate action already underway, from clean energy growth to city adaptation, is delivering real health benefits.⁵²
- ◆ More than 4,000 community repair groups now meet around the world, sustained by volunteers who share what they know.³⁷

None of these happened by itself. Each is the sum of many people deciding, at different scales, to act.

FIVE SCALES OF ACTION

Personal habits are where this book has spent most of its time, and they matter: they shape your health directly, they lower your footprint, and they make change visible to the people around you. But a household is only one of the levers you hold. Think in five scales:

SCALE	WHAT IT SHAPES	EXAMPLES
Self	Your daily habits	Sleep, food, movement, attention
Household	Shared systems at home	Heating, appliances, waste, the weekly meal plan
Community	Groups and neighbours	Repair cafés, gardens, associations, mutual aid
Work	Your role, products and purchasing	What your organization makes, buys and rewards
Civic	The rules that shape everyone's choices	Voting, public consultations, council meetings, contacting representatives

The higher scales multiply. One person who eats more plants changes one diet; one person who changes a cafeteria menu changes hundreds. If you lead a team or run a venture, your decisions about what to make, what to buy and what to reward may be the largest lever you hold.

PRACTICES

- ♦ **Choose one lever per scale.** Not twenty—five, one at each level.
- ♦ **Talk about it.** Ordinary conversations at dinner, at work and online are how new norms spread. Share what you are trying, including what is hard.
- ♦ **Take part in civic life, whatever your politics.** Vote in every election, including municipal ones; read the plans; ask questions; offer your expertise.
- ♦ **Give well.** Time, skills and money all count. Look for organizations that publish evidence of their results.
- ♦ **Keep yourself in the circle.** Sustainability includes you. Rest, celebrate progress and pace yourself for decades, not weeks.

THIS WEEK'S EXPERIMENT

THE FIVE-LEVER PLAN

Write down one concrete change at each of the five scales, each with a date. Start the easiest one today.

THE THREEFOLD CHECK · ACTING AT THE RIGHT SCALE

FOR YOU	FOR THE PLANET	FOR HUMANITY
Meaning, agency and a way through worry	Change at the scale the problems demand	Better rules and norms for everyone

AFTER THE ELEVEN CHAPTERS

CONCLUSION

THE THREEFOLD LIFE

You have reached the end of the book, which means you have reached the beginning of the practice.

Look back across the chapters and one pattern stands out. Sleeping enough; eating mostly plants and wasting less; walking more; reading carefully; using powerful tools with care; tending friendships; keeping and mending things; warming your home without smoke; spending time outdoors; preparing for a changing climate; acting at more than one scale. None of these asks you to sacrifice your own good for the world's. Each is a place where your good and the world's good overlap.

That overlap is not a coincidence. A human being is part of the living world and part of a human community, not a separate unit trading against them. What heals one tends to help the others. The threefold good is simply what it looks like to live as though that were true.

You do not have to do all of it, and you certainly do not have to do it all at once. Start with one experiment. Notice what changes. Then choose the next.

A THREEFOLD CREED

I will rest, because a rested mind chooses well.

I will eat mostly plants, and waste little.

I will move my body, and let my feet carry me where they can.

I will check before I believe, and cite what I share.

I will use powerful tools with care, and keep my judgment my own.

I will tend my friendships as I tend my health.

I will keep, mend and share before I buy.

I will warm my home without smoke where I can.

*I will spend time outdoors, and learn the names of my neighbours,
human and wild.*

I will prepare for storms, and help others do the same.

I will act at more than one scale, and keep hope as a practice.

APPENDIX A

A TWELVE-WEEK PLAN

The experiments from each chapter, arranged so that each one gets a fair trial before the next begins. Keep going with anything that earns three yeses; let go of anything that does not fit your life.

WEEK	EXPERIMENT	CHAPTER
1	The fixed-wake week. Same wake-up time every day; log sleep, mood and energy.	1 · Sleep
2–3	The bean-and-bin fortnight. Four legume-based dinners a week; tally food thrown away.	2 · Food
4	Plus one thousand. Measure your baseline steps, then add about 1,000 a day each week from here on.	3 · Movement
5	The share pause. Run the sixty-second check before sharing any factual claim.	4 · Attention
6	The AI ledger. Log each AI use: purpose, time saved, verified or not.	5 · AI
7	Seven reaches. Contact one person a day you have not spoken to in a month.	6 · Connection
8	The repair challenge. Fix one broken thing you had given up on.	7 · Things
9	The draft hunt. Find every draft in your home; seal the three worst.	8 · Energy
10–11	The 120-minute log. Record your time in green and blue space; aim for two hours a week.	9 · Nature
12	Storm plan and five levers. Write the one-page household plan, then one change at each of the five scales.	10–11 · Future

Week 13 and after. Review the twelve weeks. Choose the three practices that gave you the most of all three goods, and make them permanent. Then repeat the cycle once a year with fresh eyes.

APPENDIX B

THE THREEFOLD CHECK

Copy this page and use it for any decision that matters—a purchase, a renovation, a new habit, a project at work. For each question, answer *yes*, *no* or *partly*, then look for the adjustment that would earn a missing yes.

- 1 • Is it good for me?

For my body, my mind and my future self.
- 2 • Is it good for the planet?

For air, water, soil, climate and other living things.
- 3 • Is it good for humanity?

For people near me, far away and not yet born.

DECISION	ME	PLANET	HUMANITY	TWEAK TO EARN THE THIRD YES
Drive 1 km to the corner store	Partly	No	Neutral	Walk it with a backpack; combine errands
Monthly potluck with neighbours	Yes	Partly	Yes	Make it mostly plant-based; send leftovers home
Replace a broken appliance	Yes	Partly	Partly	Try a repair café first; if replacing, buy repairable

Scoring. Three yeses: do more of it. Two: usually worth doing—find the tweak. One or none: ask what it costs, and who is paying.

EVIDENCE

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WHAT IF THE CHOICES THAT ARE BEST FOR YOU WERE ALSO THE BEST FOR THE PLANET AND FOR EVERYONE ELSE?

The Threefold Good is a practical, evidence-checked field manual for living that way. Across eleven short chapters—sleep, food, movement, attention, artificial intelligence, connection, things, home energy, nature, climate and hope—it shows where personal wellbeing, planetary health and human flourishing overlap, and it offers one simple experiment at a time to bring them together.

Every figure is sourced. Every chapter ends with something to do this week.

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