

# THE STORY OF



WITH ANNIE LEONARD

Many people who have seen *The Story of Stuff* ask what they can do to address the problems identified in the film. As Annie says in the film, “the good thing about such an all pervasive problem is that there are so many points of intervention.” That means that there are lots and lots of places to plug in, to get involved, and to make a difference.

Advisory Groups discussed how the following ten suggestions can help us lead more sustainable lives, and ultimately USE LESS STUFF!

1. Power down!
2. Waste less.
3. Talk to everyone about these issues.
4. Make Your Voice Heard.
5. DeTox your body, DeTox your home, and DeTox the Economy.
6. Unplug (the TV and internet) and Plug In (the community).
7. Park your car and walk...and when necessary MARCH!
8. Change your lightbulbs...and then, change your paradigm.
9. Recycle your trash...and, recycle your elected officials.
10. Buy Green, Buy Fair, Buy Local, Buy Used, and most importantly, Buy Less.