

Contents

Foreword: Jane Goodall 6
Regeneration 9
Agency 10
How to Use This Book 12
Reader's Reference Guide 14

OCEANS

Introduction 16
Marine Protected Areas 18
Seaforestation 22
Mangroves 26
Tidal Salt Marshes 28
Seagrasses 30
Azolla Fern 32

FORESTS

Introduction 34
Proforestation 36
Boreal Forests 38
Tropical Forests 42
Afforestation 44
Peatlands 46
Agroforestry 50
Fire Ecology 54
Bamboo 56
Patricia Westerford in
The Overstory,
Richard Powers 59

WILDING

Introduction 63
Trophic Cascades 64
Grazing Ecology 68
Wildlife Corridors 72
Wilding, Isabella Tree 76
Grasslands 80
Rewilding Pollinators 82
Wetlands 84
Beavers 86
Bioregions 88
Wild Things, Carl Safina 90

LAND

Introduction 95
Regenerative Agriculture 96
Animal Integration 100
Degraded Land Restoration 102
Compost 104
Vermiculture 106
Rainmakers 108
Biochar 110
Call of the Reed Warbler,
Charles Massy 113

PEOPLE

Introduction 116
Indigeneity 117
Hindou Oumarou Ibrahim 120
Letter to Nine Leaders,
Nemonte Nenquimo 122
The Forest as a Farm,
Lyla June Johnston 124
Women and Food 128
Soul Fire Farm, Leah Penniman 130
Clean Cookstoves 134
Education of Girls 136
Acts of Restorative Kindness,
Mary Reynolds 138
*Who's Really Trampling
Out the Vintage?*,
Mimi Casteel 142
*Philanthropy Must Declare
a Climate Emergency*,
Ellen Dorsey 144

THE CITY

Introduction 149
Net Zero Cities 150
Buildings 152
Urban Farming 156
The Nature of Cities 159
Urban Mobility 162
The Fifteen-Minute City 164
Carbon Architecture 167

FOOD

Introduction 171
Wasting Nothing 172
Eating Everything 174
Localization 176
Decommodification 180
Insect Extinction 182
Eating Trees 186
We Are the Weather,
Jonathan Safran Foer 189

ENERGY

Introduction 193
Wind 194
Solar 198
Electric Vehicles 202
Geothermal 204
Electrify Everything 207
Energy Storage 210
Microgrids 212

INDUSTRY

Introduction 215
Big Food 217
Healthcare Industry 220
Banking Industry 223
War Industry 226
Politics Industry 229
Clothing Industry 232
Plastics Industry 236
Poverty Industry 240
Offsets to Onsets 244

ACTION + CONNECTION

What to Do 249
Where to Start 249
Create a Punch List 250
Climate Action Systems 250
Enlarging Our Focus—Nexus 251
The Goal 252
Protect 254
One More Thing 254
Afterword: Damon Gameau 255
Acknowledgments 256
Photography Credits 256

We accumulated thousands of references, citations, and sources in the process of researching and writing Regeneration. Although they are too numerous to be published in the book, they may be found at www.regeneration.org/references.