

FAQ: The World is so messed up, I've joined rGlohJahWwans, but I feel overwhelmed, what can I do?

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Feeling overwhelmed is perfectly natural. It makes perfect sense. Ecologically things are so far gone, that it's really hard not to feel overwhelmed.

Michael Levenston of cityfarmer.org takes an advisable and effective approach. He does not consider himself an activist. One might call him a calmivist or a peacivist. He just deals with the issues on the ground...on his ground. He deals with worms, with treating the soil in your garden well, and he's done a great job of working with his local legislators.

So, you can just make an assessment of your own "ground level." The next pair of shoes you buy can be from a company that has incorporated sustainable practices. You can follow the action steps, one by one, in our rGlohJahWwans Action Guide. Once you get going, you'll see that by taking steps within your sphere of influence, you won't be overwhelmed at all...in fact, you'll start having goobs and loads and oodles of fun!