

(Island Press). Glennon points to water's "surprising riddle": We can reuse it, so it "feels" endless. But the more we use it, the more we contaminate a part of what we have. So by using water now, we're ensuring that there's less of it in the future. Add in population growth and increased droughts due to global warming, and we'll have more of us and less clean water to go around.

Luckily, Glennon has solutions—lots of them, actually. Some seem like easy fixes (municipal conservation), while others would require major lifestyle transformations (homeowners "harvesting" their own water). But as the author makes abundantly clear, the thing we can least afford is to do nothing at all.

inner growth

+ Several years ago, WINIFRED GALLAGHER got a cancer diagnosis and a revelation, all on the same day. Her epiphany was that the disease would do its best to monopolize her attention, but she had the power to define her life in other ways. In less dramatic ways, so it is with all of us, she writes in her new book, *Rapt: Attention and the Focused Life* (Penguin Press). "If you could look backward on your years thus far," she writes, "you'd see that your life has been fashioned from what you've paid attention to and what you haven't. You'd observe that of the myriad sights and sounds, thoughts and feelings that you could have focused on, you selected a relative few, which became what you've confidently called 'reality.'" Just by paying attention to

other things, Gallagher concludes, we can transform the way we look at our lives. "Deciding what to pay attention to for this hour, day, week, or year, much less a lifetime, is a peculiarly human predicament," she says, "and your quality of life largely depends on how you handle it."

+ Can you learn to do the right thing, or is goodness innate? In *Reclaiming Virtue* (Bantam), JOHN BRADSHAW, the motivational speaker and PBS host, claims that virtue is like a muscle. Work it properly and it will perform more reliably. Bradshaw wonders, "If the rules taught by our purest leaders are

Keep It Clean

Conventional wisdom used to hold that if you ate a low-fat diet and got a few servings of fruits and veggies every day, you were doing about all you could to stay healthy. Today, we know it's not so simple. Where our food was grown, how sustainably it was produced, whether pesticides were used, and how far it was shipped all factor into the equation. Enter the "clean food" movement, centered on food that's organic, local, and simple. Sound complicated? No worries: These great books make it easy.

+ *Animal, Vegetable, Miracle: A Year of Food Life* (HarperCollins) by Barbara Kingsolver Award-winning author Kingsolver and her family ate locally for an entire year. She fills her account of their adventure with memoir-style details, sharp research, and homey recipes. This book gave the "locavore" movement national attention.

+ *The Art of Simple Food: Notes, Lessons and Recipes from a Delicious Revolution* (Clarkson Potter) by Alice Waters This is a great one for budding clean foodies. Waters lays it all out: the pantry, the tools, the basic foods, the recipes. She keeps it simple, real, and deeply inspired.

+ *Grub: Ideas for an Urban Organic Kitchen* (Tarcher) by Anna Lappé and Bryant Terry An excellent choice for the clean-food novice, it combines much of the important research about organic, local, "fair" food with some great basic recipes and resources. Despite the title, you don't have to be a city dweller to get a lot out of this book.

+ *The New Whole Foods Encyclopedia* (Penguin) by Rebecca Wood An in-depth guide to eating well, it features dictionary-style entries on everything from carob to kombu, including Ayurvedic principles and advice.

+ *The Organic Cook's Bible* (Wiley) by Jeff Cox Leaving no grain of rice unturned, this wide-ranging reference book combines detailed descriptions of organic ingredients and their properties, great color photos for farmers' market ID purposes, recipes, and food research.

+ *Real Food: What to Eat and Why* (Bloomsbury USA) by Nina Planck Do you ever wonder why everyone's talking about raw milk? In her convincing journalistic treatise, "the queen of green" shows why we should get back to our unpasteurized, clean-food roots.

+ *The River Cottage Cookbook* (Ten Speed Press) by Hugh Fearnley-Whittingstall A lush and truly instructive guide to cooking clean treats like roast chicken, homemade white bread, and baked apples served with cream, this mouthwatering book will delight any cook.

+ *Slow Food Nation: Why Our Food Should Be Good, Clean, and Fair* (Rizzoli Ex Libris) by Carlo Petrini As Petrini points out, a basic activity that separates us from animals is that we cook. As the founder of the international slow-food movement, Italian-born Petrini is passionate about the ways we manifest this special talent. The book is an earthy, thorough treatise on eating well. BETHANY SALTMAN