



# The Big Swim: Coming Ashore in a World Adrift

*Carrie Saxifrage*

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Climate change is alarming and complicated. Governments are acting too slowly or not at all, and not enough people feel informed or empowered enough to demand action. But ignoring a catastrophe of such magnitude is a certain path to disaster.

*The Big Swim* puts forward the idea that personal growth arises from facing both inner tensions and threats to the biosphere. In a collection of stories that is frequently touching, surprisingly funny, and always thought-provoking, author Carrie Saxifrage seeks out the places where science meets self-discovery, inviting us to join her as she:

- \* Learns the art of appreciation from an ancient jawbone
- \* Hikes solo through the wilderness to find balance in a field of blueberries
- \* Swims for four hours through cold, open water, seeking a fleeting state of grace

Each of the stories in *The Big Swim* encourages possibilities for greater personal satisfaction with lower environmental impacts. While exploring significant topics, such as sustainable forestry, nature-centered philosophy, or First Nations' culture, the author discovers that the greatest adventure is learning to align how she lives with what she loves. By turning her own despair into action, she paves the way for us all to discover the many tools we have at hand to meet the biggest challenge humanity has ever faced.

**Carrie Saxifrage** is a journalist and author whose work on First Nations' responses to the proposed Northern Gateway Pipeline has garnered significant critical acclaim. In 2006 she committed herself to the most life-affirming adventure yet: a low-carbon lifestyle.

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