

Book Review on: Live and Let Others Live – in Reference to Sustainability and Environment Conservation, by Medani P. Bhandari,

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Abstract— This review takes a close look at *Live and Let Others Live – In Reference to Sustainability and Environment Conservation* by Medani P. Bhandari (2023). It places the book at the center of current debates in sustainability science, especially around ethics, lived experience, and the need for diverse kinds of knowledge. Instead of following the usual technocratic, policy-heavy route, Bhandari treats sustainability as a lived, moral practice. He draws on his own life in rural Nepal, focusing on subsistence living, making do with limited resources, spiritual reflection, and the long view people take when living closely with nature. At the heart of the book is the idea of “live and let others live.” Bhandari pushes this as a core principle for sustainability, emphasizing coexistence, self-restraint, and responsibility to future generations. In this review, I dig into how well these themes hold together, the emotional and educational punch of the book, how Bhandari structures his story, and the symbolic techniques he uses. Most of all, I look at what the book brings to sustainability science as a whole. Bhandari’s work stands out because it centers experiences and ethical thinking from the Global South, which adds a much-needed layer to the mostly empirical research that dominates the field. Sure, the book does not go deep into political or economic structures, but it still challenges the narrow, reductionist ways people sometimes talk about sustainability. It is a book that deserves serious attention, especially from anyone interested in taking an interdisciplinary approach to sustainability.

Keywords— sustainability ethics; lived experience; Global South perspectives; autobiographical narrative; human–nature coexistence; sustainability science

I. INTRODUCTION

Sustainability and environmental conservation keep emerging as among the biggest challenges we face today.

However, let us be honest, most of the talk around these issues is buried in technical jargon, policy talk, and endless numbers. Sure, those things matter for planning and running things, but they often miss the heart of the matter: the real lives, values, and social realities that shape how people actually connect with the environment. That is where stories, especially personal and reflective ones, step in. They shine a light on what sustainability really looks like in daily life, how people come to understand it, and what it means to them on a personal level. Medani P. Bhandari’s *Live and Let Others Live – In Reference to Sustainability and Environment Conservation* does exactly that. He grounds the idea of sustainability in his own life, mixing personal history, ethics, and a sense of social duty. The book follows Bhandari’s journey, from his early days growing up in rural Nepal, where farming was a way of life, to his later work in education, research, and environmental conservation, both at home and on the international stage. Instead of treating sustainability as some distant policy goal, Bhandari sees it as a guiding principle for how to live: rooted in coexistence, resilience, and doing the right thing. “Live and let others live” is not just a phrase for him; it is the thread that weaves together ideas about dignity, balance with nature, and our responsibility to future generations, no matter where you live or what culture you come from. One thing that really stands out about this book is how Bhandari draws on his own challenges as fuel for environmental awareness. Growing up without things most of us take for granted, electricity, roads, and basic infrastructure, meant long walks to school and relying on the land to get by. However, he does not just list these as hardships. He shows how they shaped his thinking about sustainability, moderation, and the importance of respecting nature. Through his stories, he



pushes back against the usual city-centered, tech-focused views on sustainability, bringing forward the voices and experiences of people who depend directly on natural resources and are often left out of the bigger conversation. Bhandari also dives into big questions about education, faith, philosophy, and even what life and death mean. He argues that you cannot really talk about sustainability without discussing purpose, ethics, and what we owe each other as people. Drawing on his own culture, indigenous knowledge, and a variety of religious perspectives, he uncovers a shared moral ground that encourages living in harmony with nature and caring for all living things. In his view, sustainability is not just an environmental checkbox; it is a whole way of life that brings together social justice, cultural values, and the care of the planet. This review takes a close look at *Live and Let Others Live – In Reference to Sustainability and Environment Conservation*, focusing on how the story is told, what themes stand out, and how the book frames big ethical questions. By situating the book in the tradition of environmental autobiographies and value-driven sustainability writing, the review examines what it adds to the conversation, where it shines, and where it might fall short. Most of all, it shows why personal stories and moral reflections matter in the ongoing debates over sustainable development and environmental care.

II. LITERATURE REVIEW

Live and Let Others Live – In Reference to Sustainability and Environment Conservation is not just built on research or secondhand accounts. At its core, this book draws on the author's deep roots in environmental activism and decades of hands-on humanitarian work (Bhandari, 2019, 2020, 2023, 2024). The story unfolds from personal experience, reflection, and practical know-how, not piles of scholarly references. This approach aligns with the tradition of autobiographical writing, in which lived reality drives insight rather than mere theory. People have always turned to autobiographies to get inside the minds of those who have shaped the world. Sometimes the subjects write their own stories; sometimes others piece them together from interviews and old letters. However, when someone tells their own story, it is different. There is an intimacy and honesty you cannot get any other way. That is what sets Bhandari's work apart: it is self-authored and rooted in firsthand experience. Readers get a front-row seat to the author's shifting worldview and evolving sense of right and wrong. Think of classic autobiographies by big names like Einstein, Gandhi, or Hawking. Sure, those books give us a peek into the personal side of greatness, but they usually spotlight lives in the global limelight. Bhandari's book goes the other way. It draws its power from everyday struggles: growing up in a rural area, dealing with limited resources, fighting for an education, and scraping by through subsistence farming. These experiences make the book easy to relate to, even for people who have never heard of Nobel prizes or world fame. That is its strength, it turns the ordinary into something everyone can connect with (Gooblar, 2008; El Refaie, 2012; Olney, 1980;

Turque, 2000; Were, 2020). Many influential people—Al Gore, Wangari Maathai, George W. Norris, Amartya Sen, to name a few—have also used autobiographies to show how personal journeys and large-scale social change intertwine (Gore, 2006; Maathai, 2021; Norris, 1992; Sen, 2002). Bhandari does something similar, placing personal stories against the backdrop of larger ethical and environmental questions. However, what really sets this book apart is its focus on sustainability as something you live out every day, not just some policy buzzword. By tying personal hardship to themes that resonate with everyone, the book remains open and accessible, no matter where you are coming from (Ebila, 2015; Sarkar, 1993; Chattopadhyay, 2023; Olah, 2000; Tiwari, 2009).

Environmental and humanitarian autobiographies do something pretty powerful: they turn huge, complicated global problems into stories about real people. When you read these accounts, you get more than just facts or gloomy statistics. You get a sense of what it is actually like to face these challenges—the tough choices, the setbacks, the victories. They act like informal guides, showing you what is possible and nudging you to take action yourself (Massaro & Massaro, 2023; Klein & Yogi, 2022; Kissinger, 2011; Lockwood, 2010; Wuthnow, 2010; Johnston & Sidaway, 2015). The authors do not sugarcoat things, either. They talk about what went wrong, what worked, and what they learned along the way—everything from clever advocacy strategies to moments of doubt and frustration. By sharing those raw, personal stories, they make big issues like climate change or social injustice feel less abstract, less intimidating (Cotterill & Letherby, 1993; Elms, 1997; Garden, 2010; Spacks, 1976; Hill, 2003; Lejeune et al., 1977). Take environmental autobiographies, for example. You often see a journey, starting with a spark—maybe a childhood moment or a mentor who changed everything—and building into years of commitment and action (Walter, 2009; Slovic, 1992; Mudambi et al., 2023; Braun & Castree, 1998). These stories are not just inspiring; they give you a roadmap. You see exactly how a personal passion can grow into real-world change, whether that is in your neighborhood or on a bigger stage. Humanitarian autobiographies do something similar for social justice. They do not just talk about compassion in the abstract. Instead, they show what it looks like to get involved—volunteering, organizing, pushing for change through institutions (Wronka, 2016; Orbinski, 2009; Fehrenbach & Rodogno, 2015; Laqua, 2014; Rieff, 2003). They make it clear that progress takes grit and teamwork, and they leave you feeling like maybe you can make a difference, too. Medani Bhandari's autobiography stands out in this crowd. He weaves together environmental ethics, faith, education, and the hard realities of life into a story that feels honest and deeply human. He does not talk about sustainability from some distant position of authority. Instead, he roots it in daily life and personal responsibility, showing that real change starts with ordinary people making ethical choices. *Live and Let Others Live* is not just another autobiography. It bridges personal experience and big-picture sustainability, showing how individual lives can point the way toward a fairer, more sustainable world.

III. DISCUSSION

There is no shortage of autobiographies out there, but *Live and Let Others Live – In Reference to Sustainability and Environment Conservation* really does something different. It does not just walk you through the author's life; it invites you in, makes you see your own ups and downs in the story. The book turns the author's personal journey into something bigger, something that speaks to what it means to be human. What really grabs you is how universal it feels. The author discusses change, struggle, grit, and success in a way that transcends every boundary, whether social, cultural, or professional. You do not end up just watching from the outside; you start seeing yourself in these moments. There is an honesty to the storytelling that pulls you in. You feel the weight of the hard times, the lift of the victories, and it is easy to connect on a gut level. The story does not shy away from the fact that life keeps shifting. It reminds you that change is part of being alive, that pain goes hand in hand with joy, and that failing is just part of moving forward. That kind of honesty makes the book comforting. It is a reminder that you are not alone, that everyone's wrestling with something. Instead of glossing over the tough stuff, the book meets it head-on and finds meaning there. However, it is not just about one person's life. The book delves into broader issues of sustainable development and environmental stewardship. It shows how our choices ripple through nature and why conservation matters now more than ever. Moreover, it does not box sustainability in as just an environmental problem. The author weaves in stories about education, inequality, ethics, and the meaning of facing real hardship. The message *Living in harmony with nature* is not just about saving trees; it is about our dignity, our communities, and our future. Even the way the book is organized reflects this big-picture thinking. The chapters chart the author's growth, moving from personal struggle to big ideas about ethics, faith, mortality, and working together. Each chapter tells you where you are headed, and together they map out a journey from figuring out your own life to seeing how it all connects to something larger.

Here is how the chapters break down (Bhandari, 2023):

- 1) The understanding that without education, there was no life and no future.
- 2) Compromise and adaptation to the circumstances;
- 3) Real for me but a joke for others: life without a wheel, electricity, roads;
- 4) Unconditional love: no way to pay them back;
- 5) A noise, new movements, and moves: mechanical world on the wheel;
- 6) Life in the flat, Tarai (mountain boy in the flat landscape): wheel and no life without wheel;
- 7) Pain and joy travel together: in fact, there is no pain and pleasure (it is a kind of state of mind);
- 8) Sustainability: an idea flourished with real work as a subsistence of a farmer's son;
- 9) Situational problems can be guiding principles for a perseverant person;
- 10) Following the route: it saves the identity.

- 11) Nothing is impossible for a dedicated and decided person;
- 12) Sleeping on the water buffalo's back was heavenly;
- 13) Hardships can be joyful;
- 14) Feeling, thoughts, and actions for "I will make it";
- 15) The alternative is always there: if one door is closed, another will be opened;
- 16) When there is a will, there is a way;
- 17) A mission-guided mind always empowers physically and mentally;
- 18) No expectation gives heavenly pleasure: a way of sustainable living;
- 19) There is always variation between the rich and the poor;
- 20) Failing and falling is not the end of the story but the beginning of a new pathway;
- 21) Sharing a problem is not an act of shame;
- 22) There are always two sides to the coin;
- 23) A person of vision of sustainability never knows in what form a real guide will appear;
- 24) The real pain of the final journey;
- 25) Feeling death and observing dying every single day gave me a new understanding of life;
- 26) Experiencing the essence of mortality: a continuous journey;
- 27) The burden of faith? Or peace, no clue? Pain translated in real life;
- 28) Navigating the burden of faith: seeking clarity amidst the abyss of peace and pain;
- 29) The world does not stop; we should care for the generation to come.
- 30) Another fold of life: sustaining in the natural route;
- 31) Without a harmonious relationship with nature and wise use of natural resources, sustainability cannot be maintained;
- 32) Interest in protecting the environment;
- 33) Origins of passion for environmental protection;
- 34) Foundational values of appreciating and safeguarding nature;
- 35) The world of philosophy: encourage to think and work for nature;
- 36) Nature conservation is intricately woven into the fabric of our collective humanity;
- 37) Begin conservation in an organised way;
- 38) New shift, new way;
- 39) Education: research, environment conservation, and social empowerment;
- 40) The real essence of sustainable development.
- 41) Unveiling the essence of sustainable development;
- 42) Sustainability in question;
- 43) How to live and let others live is linked with sustainability;
- 44) Let us think and join hands in a way that we are all interconnected;
- 45) The way onwards;
- 46) The hope, positive and rational thinking, collective work;
- 47) Conclusion: the message of the journey.

Live and Let Others Live feels more important than ever amid today's debates over climate change, biodiversity loss, deforestation, and the general mess we are making of the

environment. This philosophy, live and let others live, gives us a way to approach these problems that's both timely and grounded in real ethics. It pushes us to show restraint, to be smart about what we consume, and actually to respect the systems that keep life going. The book ties into broader conversations about sustainability and climate action, but it never loses sight of everyday human experience. What really stands out is how the author shows his own unbreakable commitment to protecting the environment, even when he faces a mountain of personal and structural obstacles. His story is not just about nature; it is about the strength people can find inside themselves and how that can ripple out into real environmental and social change. By following his journey, you start to see that personal struggles and environmental activism are not separate; they feed into each other.

One of the book's most powerful themes is its focus on the ethics behind caring for the environment. It does not treat sustainability as some dry, technical issue; instead, it frames it as a moral responsibility rooted in compassion, duty, and a sense of living together. That ethical approach drives home the idea that when we damage the environment, we are really facing deeper problems in how we relate to the world around us. As you read, you watch the author grow from someone dealing with hardship to a leader in environmental advocacy. Even though the book tackles some heavy topics, it keeps things clear and straightforward. The honest storytelling and simple language make it easy for anyone to connect with the message and maybe even carry some of those lessons back to their own lives and communities. Moreover, in the bigger picture, the ideas in this book build directly on the author's earlier work, especially *Live and Let Others Live – The Harmony with Nature/Living Beings in Reference to Sustainable Development and Bashudaiva Kutumbakkam* (Bhandari, 2019). All these pieces come together to create a consistent vision: one in which harmony with nature, ethical responsibility, and the deep connections among all living things really matter.

IV. CONCLUSION

Live and Let Others Live – In Reference to Sustainability and environmental conservation, it stands out because it does not just talk about sustainability using technical jargon or policy checklists. Instead, it brings the conversation down to earth, rooting it in real life, personal values, and the messy business of actually living. You do not get a dry manual here; you get a story shaped by struggle, learning, grit, and the constant push to get along with others. That is what makes this book special. It fills in the gaps left by the usual scientific or policy-heavy talk about sustainability, putting people's choices, values, ups, and downs front and center. The author's autobiographical approach works well. You get to see how everyday challenges like scraping by on subsistence farming, dealing with poor infrastructure, or fighting for an education shape a person's outlook on the environment. The book makes it clear: environmental awareness grows out of practice and self-reflection, not just out of theory. This way of telling the story

makes the book resonate with readers of all kinds. It is relatable and, honestly, it sticks with you. One of the book's big strengths is how it weaves together ethics, morality, and the idea that we are all connected. "Live and let others live" is not just a catchy phrase here; it becomes a kind of moral compass, tying together respect for people, care for the planet, and thinking about those who come after us. The author does not shy away from deeper questions, such as faith, mortality, and inequality; they all come into play. That gives the message more weight and reminds us that saving the environment is not just about recycling or policy. It is about justice, responsibility, and learning to live together.

Sure, the book does not dive deep into stats or the latest policy debates, but that is not really the point. Its real value is in showing us the human side of sustainability and urging us to think and act with our values out front. This makes it a great pick for students, teachers, or anyone who wants to understand sustainability in a way that actually means something in daily life. Right now, with climate change, biodiversity loss, and social inequality staring us down, *Live and Let Others Live* is a reminder we badly need. It says that real change is not just about laws and institutions, it is about the choices we make, the values we hold, and the ways we look out for each other. By telling one person's story, the book lights up the bigger path for all of us. It shows that ethics, stories, and human decisions are at the heart of building a more sustainable world.

V. CRITICAL ANALYSIS:

When you dig into *Live and Let Others Live – In Reference to Sustainability and Environment Conservation*, you find both solid strengths and a few clear limitations, most of them tied to its autobiographical and reflective style. It is important to see these sides to really understand where the book fits in conversations about sustainability and the environment. First, the book's authenticity stands out right away. The author's personal stories feel honest and direct—there is an emotional pull that's hard to find in most academic writing. Instead of talking about sustainability in the abstract, the book roots these big ideas in real life: subsistence farming, struggling to get an education, and living close to nature. This approach makes sustainability issues feel personal and real, not just a bunch of theories. It also makes tough concepts much easier to grasp, whether you are a student, a professional, or just someone interested in the topic. Another thing that works well here is the ethical lens. The author does not treat environmental problems as just technical puzzles or management issues. Instead, the book frames them as moral questions—tied deeply to what we value, how we act, and our sense of responsibility. The philosophy of "live and let others live" runs through the whole book, shaping how it addresses not just conservation but also social inequality and the responsibility we owe to future generations. This kind of moral framing gives the book a sense of urgency and meaning that is often missing from policy-heavy or purely technical texts. The storytelling also weaves together many aspects of life—education, faith, hardship, resilience, even mortality—and ties them back to sustainability. You get a

holistic view that matches the messy, complicated reality of environmental challenges. The language is straightforward, and the stories are easy to follow, making the book approachable and prompting readers to think about their own lives and choices. However, there are limits, especially when viewed from an academic perspective. The biggest one is its light touch with data, current theories, or policy analysis. Sure, an autobiography does not have to cite every study, but bringing in more current debates or research could give the book more depth, especially for readers looking for a stronger academic backbone. The narrative also circles back to the same themes—struggle, perseverance, moral growth—across several chapters. While this reinforces the main message, it can feel repetitive. Tighter organization or clearer links between chapters would help the book flow better and sharpen its arguments. One more thing: the book leans heavily on the author's personal experiences. While these stories have universal appeal, the leap from one person's life to broad sustainability strategies is not always clear. Readers who want practical policy ideas or actionable steps may find the book inspiring but not especially concrete. Still, you have to judge these limitations in light of what the book is trying to do. *Live and Let Others Live* is not intended to replace research or policy guides. It adds a different perspective—a human, values-driven one. The book's real power is in sparking ethical reflection, raising awareness, and highlighting the importance of individual choices in the bigger sustainability picture. Bottom line: The book matters because it brings the moral and lived sides of sustainability to the front. It will not tick every academic box, but it is a timely reminder that at the heart of sustainable development are real people, real experiences, and ethical choices. That is what makes *Live and Let Others Live* a valuable and meaningful addition to the literature on environmental conservation.

VI. LIMITATIONS AND AREAS FOR IMPROVEMENT

Live and Let Others Live – In Reference to Sustainability and Environment Conservation tells an inspiring story, drawing a lot from personal experience. However, it does have some clear limitations, and fixing these could really take the book to the next level. First, the book does not dive into much recent research or big theories in sustainability and environmental studies. It leans heavily on the author's own life and personal reflections, rarely bringing in current academic debates, policy examples, or stories from other places for comparison. If the book incorporated more real-world data or engaged more directly with established sustainability theories, it would add depth and make it more relevant to readers with an academic background. Then there is the issue of repetition. The author circles back to the same ideas—perseverance, ethics, living in balance with nature—across several chapters, sometimes without adding much new insight. If the book pulled these threads together more or combined similar themes, the whole thing would feel tighter, and readers could follow the main arguments more easily. Since the book is so rooted in personal narrative, there is also the question of how much readers can

apply its lessons elsewhere. The author does a good job connecting individual stories to bigger human values, but does not always spell out what this means for policy or institutions. Future editions could make a bigger impact by drawing clearer lines between personal insights and real-world recommendations—think policy suggestions, educational strategies, or ideas for community projects. Structure is another area to work on. Some of the most reflective sections—about faith, mortality, or philosophy—are powerful, but sometimes they feel disconnected from the sustainability theme. Making the links between these philosophical ideas and environmental ethics clearer would help the book flow and keep the focus sharp. Lastly, while the language is easy to read (a big plus), it might not grab readers in more technical or policy-focused circles. Adding a section, or even a companion piece, that takes a more analytical, policy-driven approach could broaden the book's appeal to a wider academic audience without losing its personal touch. All in all, the book's main limitations come from its autobiographical style, not from any lack of ideas. Tighter organization, more engagement with research, and clearer practical takeaways would make an already strong book even better. Still, these are tweaks—the heart of the book lies in how it shows sustainability as something deeply human and ethical, and that is what really stands out.

VII. REFERENCES

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