



# Sustainability Unpacked: Food, Energy and Water for Resilient Environments and Societies

*Kristiina Vogt, Toral Patel-Weynand, Maura Shelton, Daniel J Vogt, John C. Gordon, Cal Mukumoto, Asep.  
S. Suntana, Patricia A. Roads*

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Food, water and energy form some of the basic elements of sustainability considerations. This groundbreaking book examines and decodes these elements, exploring how a range of countries make decisions regarding their energy and bio-resource consumption and procurement. The authors consider how these choices impact not only the societies and environments of those countries, but the world in general.

To achieve this, the authors review the merits of various sustainability and environmental metrics, and then apply these to 34 countries that are ranked low, medium or high on the human development index. The book assesses their resource capacities and the environmental impacts, both within and outside their country boundaries, from consuming food, water, and energy. The final section uses the lessons derived from the earlier analyses of resource consumption to explore the importance of geography, climates and sustainable management of forests and other natural resources for building resilient societies in the future.

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