



## The Life<sup>2</sup> links library

Listed below are a number of links relating that provide useful and well-presented information, or important guidance on a range of different themes. This document is an important part of Life<sup>2</sup> as it enables us to draw upon the rich resources of the internet to help you live a better life, without us having to produce new materials ourselves.

To go straight to each link from this document, press 'ctrl' and at the same time click on the link.

We will add to this list over time, and if you have any suggestions for links to include do let us know at [info@lifesquared.org.uk](mailto:info@lifesquared.org.uk). For more links and resources, see the 'Good Stuff' section of our website at [www.lifesquared.org.uk](http://www.lifesquared.org.uk).

### Understanding the world

#### Understanding ideas

[www.galilean-library.org/philosophy](http://www.galilean-library.org/philosophy) - an introduction to philosophy and some basic philosophical ideas.

[www.thersa.org.uk](http://www.thersa.org.uk) – a great source of ideas and comment on a wide range of areas – from politics to music, and from community to happiness.

#### The universe

<http://www.youtube.com/watch?v=g2qezQzfgIY> – scientist Carl Sagan introduces a 5 minute video that gives an overview of our universe's history since the big bang.

<http://www.youtube.com/watch?v=b0lxbzgwW7I> – video showing the size of the universe.

<http://www.nasa.gov> – the official NASA site – a wonderful source of pictures and some resources for learning about the universe.

#### World facts and figures

[www.worldometers.info](http://www.worldometers.info) – statistics about the world (from population to energy use), updated in real time.

[www.gapminder.org](http://www.gapminder.org) – shows some of the world's most important statistical trends (including wealth and health of nations and CO2 emissions) using accessible visual methods, including videos.

[www.infoplease.com](http://www.infoplease.com) – a wealth of information about the world, but presented within simple headings to make it easier to find the facts you want.

[www.guardian.co.uk/data-store](http://www.guardian.co.uk/data-store) - this site carries a range of simple visual representations of interesting and important facts about the world around you – from poverty rates in the UK through to government spending by department.

[www.informationisbeautiful.com](http://www.informationisbeautiful.com) – one of the leading examples of the idea of 'information design' – finding ways to make sense of raw data and figures. This is a powerful and often beautiful technique, but on this particular site you need to be careful that the 'information designers' aren't presenting the data in a slightly biased way – just read the charts carefully and have your wits about you!

## **Media ownership**

[www.mediachannel.org](http://www.mediachannel.org) - site helping to make the media more transparent for people and accountable to them.

[www.mediachannel.org/ownership/moguls-printable-150dpi.pdf](http://www.mediachannel.org/ownership/moguls-printable-150dpi.pdf) - an illustrated chart summarising the major media owning companies and the various things they own.

[www.nowfoundation.org/issues/communications/tv/mediacontrol.html](http://www.nowfoundation.org/issues/communications/tv/mediacontrol.html) - table showing the key companies owning TV media, particularly in the US.

## **Money**

[www.givingwhatrweCAN.org](http://www.givingwhatrweCAN.org) - a website that has a simple calculator to enable you to work out how rich you are in comparison to everyone else in the world - and the results may surprise you.

## **Daily living**

[www.direct.gov.uk](http://www.direct.gov.uk) – the website run by the UK government to give people advice and information on a wide range of issues affecting their daily lives, from motoring (how to get your car taxed) to employment (what are your rights?), and from education (where is your local school?) to parenting (what benefits can you get?) and many, many other things.

## **Ethical living**

### **Ethical shopping**

[www.ethicalconsumer.org](http://www.ethicalconsumer.org) - a magazine and website containing reports and research on the ethical ratings of a range of different brands and products - from jeans to household cleaners.

[www.ethiscore.org](http://www.ethiscore.org) - a subscription-based website that enables you to search products and ratings.

[www.gooshing.co.uk](http://www.gooshing.co.uk) - also offers a searchable database of ethical products - and it's free.

[www.goodguide.com](http://www.goodguide.com) - US site that claims to provide the world's largest and most reliable source of information on the health, environmental, and social impacts of the products in your home.

### **Ethical travel**

Note – we don't count any scheme in which you need to fly to the destination as 'ethical travel'.

[www.seat61.com](http://www.seat61.com) - a brilliant travel website that gives you all the information you need to find and buy tickets for international travel (particularly in Europe) without needing to fly. It makes a complicated European rail system (reasonably) easy to navigate!

[www.sustrans.org.uk](http://www.sustrans.org.uk) - organisation campaigning for sustainable transport. They run the national cycle path network and have guides, routes and advice on various forms of sustainable transport - from public transport to cycling to walking.

## **Finding a better life**

### **Being happy**

[www.movementforhappiness.org](http://www.movementforhappiness.org) – a movement launching in September 2010 to promote the science of happiness, and to help people to use the scientific evidence about happiness to make their lives better.

[www.authentic happiness.sas.upenn.edu](http://www.authentic happiness.sas.upenn.edu) – website of Martin Seligman, pioneer of the idea of 'positive psychology'.

### **Slowing down**

[www.idler.co.uk](http://www.idler.co.uk) - a journal and website set up 'to return dignity to the art of loafing, to make idling into something to aspire towards rather than reject'. It contains some nice stuff about slowing down, appreciating what really matters in life and living the life you want.

[www.slowmovement.com](http://www.slowmovement.com) - a movement established to help people lead a more 'connected' life. Features include slow food and slow travel.

## **Finding a better world**

### **Seeking change on global issues**

[www.neweconomics.org](http://www.neweconomics.org) – a think tank promoting the need for economics that puts people and the planet first – before profit.

[www.medialens.org](http://www.medialens.org) – challenging the distorted view of the world given by some media.

[www.wwf.org.uk](http://www.wwf.org.uk) – protecting wildlife and the environment.

[www.foe.co.uk](http://www.foe.co.uk) – working to protect the environment.

[www.oxfam.org.uk](http://www.oxfam.org.uk) – working to overcome poverty and suffering.

[www.wateraid.org.uk](http://www.wateraid.org.uk) - practical solutions to provide clean water, safe sanitation and hygiene education to the world's poorest people.

### **Supporting charities**

[www.intelligentgiving.org](http://www.intelligentgiving.org) – helps you decide which charities to support with your money.

### **Taking action**

[www.writetothem.com](http://www.writetothem.com) – a site enabling you to send a message directly to your MP (about any topic) with the click of a button. This is just one of several sites developed by [MySociety](#), who aim to develop tools to help people have greater say in politics – check out [their site](#) for details of others, including [Fix My Street](#).

- Sites to help you have your say – there are many sites to help you get your voice heard on political issues. Some of the best include [www.avaaz.org](http://www.avaaz.org), [www.38degrees.org.uk](http://www.38degrees.org.uk) and [www.ourworldoursay.co.uk](http://www.ourworldoursay.co.uk).

## **Humour**

A couple of treats that give a witty (and usually wise) outlook on the world:

[www.theonion.com](http://www.theonion.com) – spoof newspaper

[www.framleyexaminer.com](http://www.framleyexaminer.com) – spoof local newspaper