



**BEST OF SMALL PRESS AWARD  
SAN FRANCISCO CHRONICLE BEST SELLER**

# Frances Moore Lappé

Bestselling author of *Diet for a Small Planet* and *Hope's Edge*

# GETTING A GRIP<sup>2</sup>

**Clarity, Creativity and  
Courage for the World  
We Really Want**



**THOROUGHLY REVISED FOR THE NEW DECADE**

---

"This is not an ordinary book: it's more like a new pair of glasses, allowing you to see everything around you with greater clarity. Suddenly the world is more comprehensible, more manageable, even more beautiful. You won't want to take them off." — **BARBARA KINGSOLVER**

---