



## daily GOOD

The foolish man seeks happiness in the distance; the wise grows it under his feet. --James Openheim

With summer temperatures rising, cities in Japan are discovering a cheap, natural way to beat back the swelter of urban "heat islands." Grass. Many city rooftops are being covered with grass, which provides insulation, better energy efficiency, plus helps to restore nature to these urban settings.

### **Be The Change:**

Lie down in the grass, in appreciation for what's under your feet.