Whether you’re looking to live more consciously or just learn wild facts about our world, these four books nourish the mind.

The Reducetarian Solution
by Brian Kateman

The author coined the term “reducetarian” to describe a person who is deliberately reducing his or her consumption of meat, and expands on this idea in more than 70 essays from various authors. Influential thinkers, including Seth Godin, Bill McKibben and cookbook author Pat Crocker, share how cutting a percentage of meat from one’s diet can positively affect the planet. $16, TarcherPerigee

This Phenomenal Life: The Amazing Ways We Are Connected with Our Universe
by Misha Maynerick Blaise

Children and adults alike will appreciate Blaise’s vibrant illustrations paired with a bevy of scientific facts. Whether they be atoms or our enormous universe, these eye-catching depictions detail how closely connected we are with the natural world. $14.95, Lyons Press

The Unsettlers: In Search of the Good Life in Today’s America
by Mark Sundeen

A mix of social history and well-crafted journalism, this book relays the deeply personal stories of today’s pioneers — people who searched for and found a way to live more sustainably, more consciously and more simply. $26, Riverhead Books

Seeds on Ice: Svalbard and the Global Seed Vault
by Cary Fowler

Don’t let the coffee-table look mislead you. This gorgeous and educational tome illuminates this state-of-the-art storage facility deep inside a mountain on a Norwegian island, detailing the efforts taken to save the past and protect the future of agriculture. The vault preserves nearly 900,000 crop varieties as a hedge against disease or disaster. $45, Prospecta Press

The whimsical illustrations in This Phenomenal Life will inspire readers to look at the world in a whole new way.