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breaks, the connection with the elements, and the opportunities for self-discovery. I was full of bigger questions that needed answers.”

Liz set sail after graduating with an Environmental Studies degree from the University of California, Santa Barbara, with the encouragement from a professor, who said, “You, my dear, most certainly should go. Don’t wait around for life’s responsibilities to anchor you.” Her launch was the product of star-crossed good fortune, a lot of hard work, and a deep longing for a more harmonious and connected way of life.

As a child, Liz mailed her chore earnings to Greenpeace. Today, she serves as an ambassador for the brand Patagonia and works with environmental organizations like the Changing Tides Foundation to raise awareness about plastic pollution. With transparency and commitment to living well by living simply, connecting with self and the planet, and using buying power as our vote for a sustainable future, Liz has inspired folks all over the world with her heartfelt storytelling via blog, Instagram and memoir.

“Nature knows no waste—matter and energy are always reused and transformed,” Liz says. “Our current economy is based on the impossible premise of infinite growth on a finite planet, encouraging us to blindly consume and throw away. We spend our time earning money to buy things that often don’t enhance our well-being or happiness. The enormous sense of fulfillment I’ve gained from following my dream, delving into self-awareness, and living a simple life close to nature motivates me to continue sharing my experiences in hopes of the same for others.” ■

03 Today, activism means using what you have to make a difference. Liz uses foliage and sand to say plenty.

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