

Extending the spirit of the Handbooks of Action Research and AR+ Cookbooks, Cocina Popular shares voices from Puerto Rico, Mexico, Guyana, Brazil, Colombia, The Philippines, as well from the EU and USA as we reach toward a more beautiful world together.

**Donate and download your copy!**

**\$15 - Suggested donation**

**\$50 - 3 volume set**

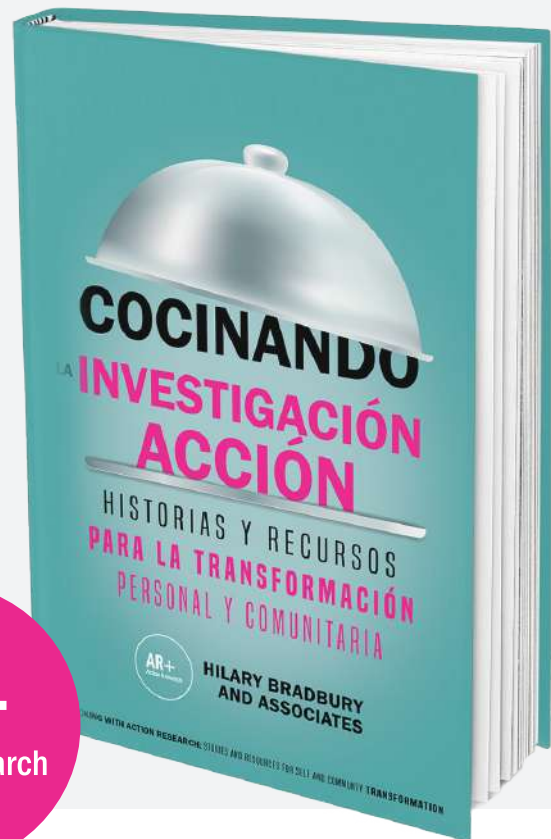
**¡OBTÉN TU  
LIBRO AHORA!**

# COCINANDO LA INVESTIGACIÓN ACCIÓN

HISTORIAS Y RECURSOS  
PARA LA TRANSFORMACIÓN  
PERSONAL Y COMUNITARIA

Each chapter in  
Spanish and English

**AR+**  
Action Research



“

*“No es un libro convencional”*

Danilo Streck y Oscar Jara

*“Este libro, relevante y oportuno,  
permite entrar en la cocina  
de los procesos de transformación...”*

Miren Larrea Aranguren Ikertzaile

*¡Me gusta!”*

Dr. Patricia Gaya

**GET YOUR  
COPY NOW!**

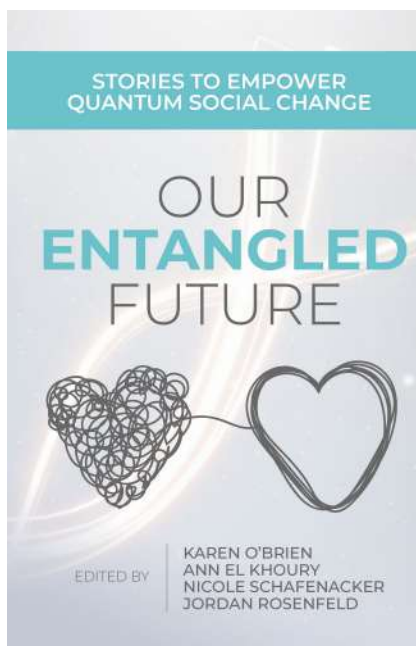


[www.actionresearchplus.com/action-research-book](http://www.actionresearchplus.com/action-research-book)

Our Entangled Future:  
Stories to Empower Quantum Social Change  
Co-edited by Karen O'Brien, Ann El Khoury, Nicole Schafenacker and  
Jordan Rosenfeld, an AdaptationCONNECTS project

*Our futures are entangled, all right. Through these stories we acknowledge our interconnections and are empowered to get to work.*

-- Rebecca Lawton, writer and scientist



Nine compelling stories that **inspire** both individual and collective **action** and will inspire readers to contemplate the **potential** for **quantum social change**.

Download your **FREE** copy now!

Available in high resolution and low resolution:

High resolution:

[www.sv.uio.no/iss/english/research/projects/adaptation/news/our-entangled.html](http://www.sv.uio.no/iss/english/research/projects/adaptation/news/our-entangled.html)

Low resolution:

<https://cchange.no/ourentangledfuture/>



