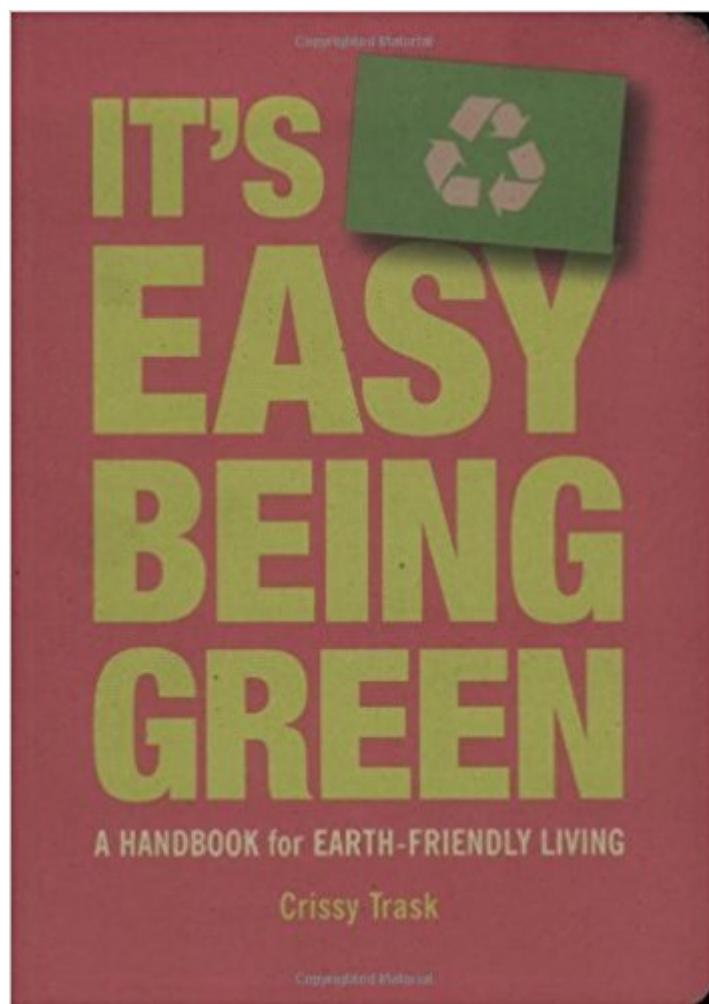


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# It's Easy Being Green: A Handbook For Earth-Friendly Living



## **Synopsis**

Surveys find that over 80 percent of Americans agree with the goals of the environmental movement. Sadly, most Americans admit to doing little more than basic recycling when it comes to acting on that disposition. What is the reason for this great divide between environmental sentiment in this country and individual actions? Author and environmental consultant Crissy Trask seeks to answer this question-and solve the disparity-with a new book that makes it easy to be an environmentalist, no matter how busy or hectic your lifestyle. This is a day to day guide with simple, practical suggestions that anyone can put into action, like: Install rain gutters and rain barrels to collect rainwater from your roof to use in the garden. Shift appliance use to off-peak hours. Some utility companies offer off-peak rates, so you'll save money! How to make effective household cleaners instead of relying on toxic commercial products. Submerge a plastic bottle in your toilet tank to save one quart of water per flush and thousands of gallons a year. This is what the busy person needs to start making changes today. Get informative, comprehensive and practical information for adopting greener buying habits and identifying earth-friendly products; shopping for green products online; participating in online activism; and learning from tips for cultivating a sustainable environment.

## **Book Information**

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## **Customer Reviews**

It's Easy Being Green is a handy tool to help you make better choices for the environment. This is what the busy person needs to start making changes today. Get informative, comprehensive and practical information for adopting greener buying habits and identifying earth-friendly products; shopping for green products online; participating in online activism; and learning from over 250 eco-tips for cultivating a sustainable environment. Take the difficulty and guesswork out of greener living by learning the following: Install rain gutters and rain barrels to collect rainwater from your roof to use in the garden. Shift appliance use to off-peak hours. Some utility companies offer off-peak rates! Make your own household cleaners instead of relying on toxic commercial products. Submerge a plastic bottle in your toilet tank to save one quart of water per flush and thousands of gallons a year. This book concurrently presents a plan, tips and an Internet resources list that you can use to follow-through on good intentions. An extensive product labels list is also provided to help interpret how some foods are produced. If you haven't invested in substantially greener behaviors, consumerism and politics because you didn't know how or thought it was difficult, help is here: It's Easy Being Green is a handbook for all those who aspire do more to protect the environment but want it to be simpler. You can make a difference!

Crissy Trask (Spokane, Washington) is the proprietor of GreenMatters, a business that advances environmental education and activism. She delivers solutions-oriented home and lifestyle evaluations to clients.

Common sense ideas that are dated.

This little book is an easy and quick read. The best feature is the checklist items at the end, which gives you a lot to think about. It is also a great way to get started on the road to "living green". It has a lot of information and it isn't complicated at all. It actually has some cute drawings and it is so user friendly that my 12 year old niece read it as well. I would definitely recommend it.

This book was good. It will help individuals get an idea of things they could be doing to become green or at least green up their lives. I wouldn't suggest this to anyone who wants to know the science behind some of the reasons certain chemical are "bad". This book is good for anyone who doesn't know much about the science. It is very helpful in guiding you to places that will help you to green up your life. I would suggest this as a starter book for those who want to know how to start helping the environment.

I like to think I'm a bit more informed than the average American in regards to the environment (I'm Canadian and moved here 4 yrs ago) but I must give kudos to this book and suggest that every household keep one on their kitchen counter or coffee table. I'd like to see a page-a-day calendar like this as well. Easy to use, realistic tips.

the book is good for some quick tips on where to get started with being green. Each tip has 3 empty boxes next to it so you can mark which one's you are working on, which one's you would like to work on and then rank yourself at how well you are doing. pretty useful for a place to start.

If you need to have almost all the ideas for ways YOU can reduce your ecological damage of your lifestyle all in one easy to read place -- or know someone who you think is open to being greener but unaware of all the big and little changes one can fairly easily make, this might be a book for you. If you've been paying attention to ecological, green, and sustainability issues for years there's not much point in this book. All the info in it is widely available on the 'net and other sources free.

not for the already green - but great intro to living green for those needing a quick inspiration and easy beginning solutions

I bought this as a gift for a friend who is very eco-friendly. She loved it and was happy that it was environmentally friendly.

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