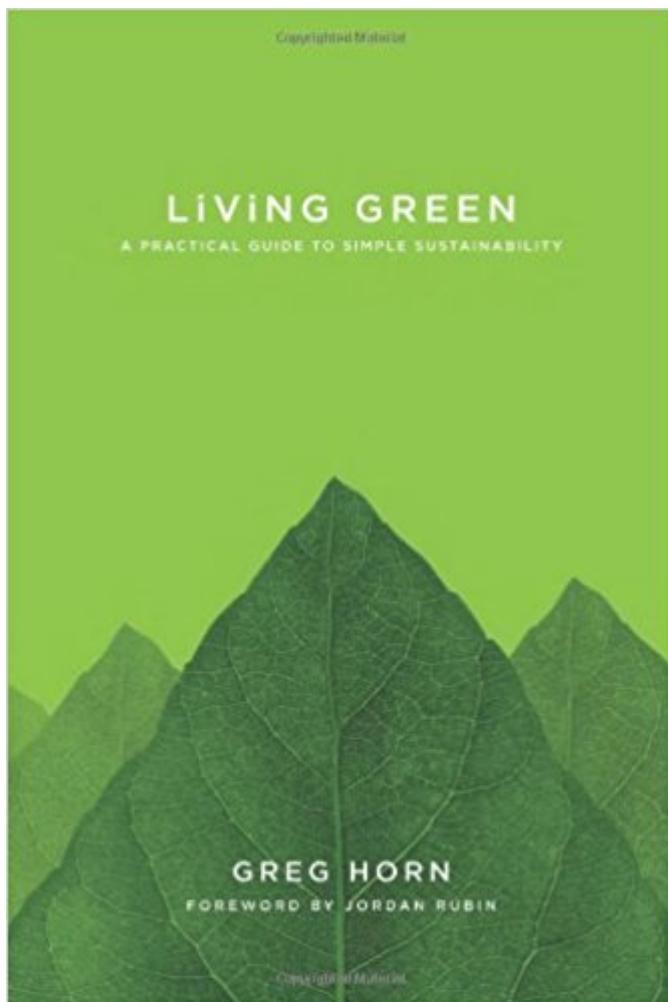


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# Living Green: A Practical Guide To Simple Sustainability



## Synopsis

Over 85% of Americans today express concern about health and the environment, but only a small fraction say they know where to begin. Whether you are concerned about climate change, personal health, or just want to live more lightly on the planet, this book is for you. It helps you get past the worry and take positive action to improve both your health and the health of our environment. Based on a lifetime of research and practice, this practical guide for living green offers advice and solutions you can easily put into practice, like: \*The 10 foods you should always eat organic to avoid pesticides, herbicides, hormones and antibiotics. \*Affordable and practical ways to offset your "carbon footprint" and neutralize your personal impact on global warming. \*The most chemically-intensive personal care, household cleaning and lawn care products, and their effective natural alternatives. \*How soft plastic water bottles hurt your health, your pocket book and our environment, with a simple and refreshing alternative. \*How a simple carbon filter can dramatically improve your everyday health and potentially add years to your life. \*The truth about hybrids and flex fuels. \*Why an organic mattress is the most important health investment you can make.

Foreword by Jordan Rubin, New York Times best-selling author of *The Maker's Diet*.

## Book Information

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## Customer Reviews

"Simple Sustainability is a must-read for anyone seeking practical ways to start changing the world now." --Anthony Zolezzi, Co-Founder of The Organic Center, Co-Author of *Chemical Free Kids* and CEO of Natural Pet Nutrition."The world is ready for this book." --Robert Edson Swain, Green Architect

Greg Horn has been a leader in the health and wellness industry for more than two decades. After overcoming and learning to manage a severe case of multiple chemical sensitivities (MCS), Horn has dedicated his career to building brands that support sustainability and healthy living. Prior to becoming CEO of Garden of Life, Horn was the founder and CEO of Specialty Nutrition Group, Inc. and co-founder of Brand New Brands, Inc. a leading medicinal food and beverage company. As CEO of General Nutrition Centers (GNC), Horn was instrumental in growing the company from \$400 million to \$1.5 billion in revenues and expanding the retail chain from 950 to 5,600 stores. Horn currently serves as CEO of Garden of Life, an innovative, organic whole-food nutrition company committed to empowering extraordinary health and simple sustainability.

As a person who has been trying to find ways to help the environment for years, I found this book sometimes redundant (although not necessarily bad, it's always good to remind yourself) but I also found some tidbits that were quite interesting, helpful, and sometimes just plain disgusting (since eating animals with injected hormones, girls have started menstruating on average like 16 months earlier!!!). I think this would be best for beginning or yet-to-be-converted greenies, except some things in here may seem too extreme and granola for the modern American (I base this off what I think my parents would say of it). It's definitely a fast read, which is wonderful. Nothing worse than unwillingly plodding along to finish it. In the section on building a green home, it had some good information, but I had finished reading Green Building and Remodeling for Dummies, and I didn't really learn anything new from it (except the off-gassing heating technique). This book would probably be good to read and then pass it along to other people.

Awesome guide to becoming more sustainable and provides thorough information on how and why you should do so. This book presents information in an easy to follow manner, highly recommended for all those who want to become more "green" or would like to know more about the harmful things we expose our lives to, usually without knowing. This book shows simple ways to get started and even covers long-term or more complex issues. Highly recommend!

I have now purchased 5 copies of this book. Living Green is a very simple book, outlining many concerns of unhealthy living. There is no way I could possible do all of the green suggestions mentioned in this book, but after reading this book, I know I can do my part. I've passed this book on to many people and will continue to do so! Too many "green" books read like catalogs meant to help

you order "green" items. This book does not read like a buyer's guide.

This book might be easy to understand and implement for people in US only, otherwise we have to make sure these manufacturers ship their products to other countries. I wish there were more specifications of the products or more recipes for global use

A great guide on Living Green, just as it says, good practical guides to being more in sync with the planet and leaving a lesser carbon footprint, Phil

Good basic info

Great book with dozens of helpful suggestions to living a greener life. Even though copyright is 2006, very much still applicable in 2015!

As Sustainability Manager at a large southwestern university I have student interns. This was a book she chose because she's new to sustainability. It is very simple and good for beginners. If you want a more current book with greater information, there are many more educational books.

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