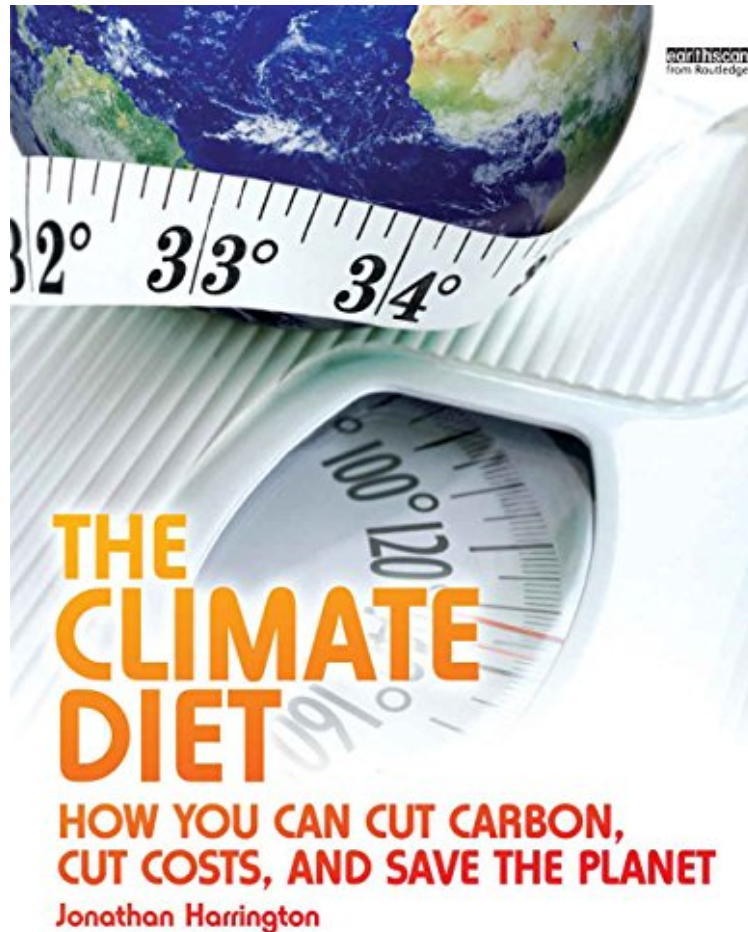


[Mobile ebook] The Climate Diet: quot;How You Can Cut Carbon, Cut Costs, and Save the Planetquot;

The Climate Diet: quot;How You Can Cut Carbon, Cut Costs, and Save the Planetquot;

Jonathan Harrington

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Jonathan Harrington : The Climate Diet: quot;How You Can Cut Carbon, Cut Costs, and Save the Planetquot; before purchasing it in order to gage whether or not it would be worth my time, and all praised The Climate Diet: quot;How You Can Cut Carbon, Cut Costs, and Save the Planetquot;:

4 of 4 people found the following review helpful. Sure cure for climate-change helplessness and eco-despairBy CustomerThe nonprofit I volunteer for is planning to do some sustainability workshops, and we were all set to use the excellent Union of Concerned Scientist's (UCS) book _Consumers Guide to Effective Environmental Choices_ as a reference. Then I literally stumbled over this title at the checkout counter of my local independent bookseller, and we are now re-doing the workshop to refer people to _The Climate Diet_ instead.While I like the no-nonsense presentation and research-based approach of the UCS book, Jonathan Harrington does the UCS one better by providing a great analogy, fun motivational techniques, and completely updated and expanded energy efficiency and

cost/benefit statistics. What's great about this book is that it brings together all those energy-saving tips you've been hearing about ever since you paid your first utility bill, shows you why you really should care (especially with energy prices what they are today), and then helps you prioritize according to your goals, interest level, budget, and so on. As I go through my house doing yet another energy audit, I'm finding things I've sloughed off before. Now though it's turned into a kind of game. One thing leads to another until I find myself looking everywhere for those energy savings and carbon footprint reductions. Why do I like *The Climate Diet*? Because it's fun, it's good for the planet, and it saves me money!

1 of 1 people found the following review helpful. The key purpose to saving the planet is curtail the excesses that too many individuals have been accustomed to. By Midwest Book Review Sometimes people go on a diet to better themselves. Could the same be said of our climate? "The Climate Diet: How You Can Cut Carbon, Cut Costs, and Save the Planet" is a guide for humanity as a whole to cut back, so that the world can do the same. Emphasizing that the key purpose to saving the planet is curtail the excesses that too many individuals have been accustomed to, and claiming that a healthier self can lead to a healthier planet, "The Climate Diet" is a solid choice for anyone concerned about the environment.

The atmosphere is getting fat on our carbon and other greenhouse gas emissions and it needs our help. We live in a world of excess, consuming too much of everything—food, clothes, cars, toys, shoes, bricks, and mortar. Our bingeing is often so extreme that it threatens our own health and wellbeing. And we are not the only ones who are getting sick. The Earth, which provides the food, air, water, and land that sustains us, is also under severe pressure. We either take steps to put our personal and planetary systems back into balance or we suffer the consequences. So, what does any unhealthy overweight person do when the doctor tells him or her that they are eating themselves into an early grave? Go on a diet! This is the must-have guide to the most important diet ever, explaining climate change concepts, problems, and solutions in ways that anyone can easily understand. Following a six-step climate diet plan, families will be able to count their carbon calories and learn how to reduce them, leaving us with a slim healthy planet now and for the future.

'Understanding that global warming is real and must be dealt with is a critical first step, but this does not fix the problem. The Climate Diet is filled with practical advice on what to do next—how to reduce the climate change our children will have to endure, and how, in many cases, to save money while doing so.' Michael MacCracken, Chief Scientist for Climate Change Programs, Climate Institute, Washington D.C. 'There is much to recommend in this book. Its chief virtue lies in its approach. The diet analogy should work with students and the use of data tables opens up a wealth of ideas for education. Although aimed at a general audience I would suggest it would be an idea text for sustainable education courses and teacher training programmes. Getting students involved in this sort of work could actually make the difference the author seeks.' Dr Paul S Ganderton, TENews 'This book is an essential handbook for anyone with an environmental conscience that has been agitated by the media but left wanting of facts. The author uses simple tables of statistics to emphasise energy and emission saving points, and summarises handy tips for use at home at every chapter's conclusion.' Sherkin Comment 'A comprehensive guide to eating well and saving the planet. In this down-to-earth book, Harrington offers information and advice, and provides a checklist of recommendations to get us on the road to eating and living more sustainably.' Food Ethics 'A solid choice for anyone concerned about the environment.' Midwest Book 'The book is well pitched to families who want practical steps for reducing domestic carbon emissions... An optimistic, motivating read.' Environmental Law Foundation 'This is an unusual book appealing to individuals and families by focusing on the household carbon footprint... Recommended. General readers; undergraduates through professionals.' Choice 'Here's a diet that will leave us not grouchy and wanting, but happier, a little richer, and on a sweeter planet!' Bill McKibben, author *Deep Economy* and *The End of Nature* 'In order to lose weight, you need to eat less and exercise more. In order to save our planet, we need to consume less and conserve more. The Climate Diet is a sensible, inspiring prescription for cutting back on our materialistic lifestyles and restoring planetary health.' J. Matthew Sleeth, M.D., author of *Serve God, Save the Planet: A Christian Call to Action* 'Want to help stop global warming and save the planet? Here's how!' Mother Jones 'The Climate Diet is a lightweight, easy-to-read book that delivers digestible chunks of information, hints and tips.' The Environmentalist Magazine 'The book is so convincing that it is able to vitalize environmental thinking even for those people, who did not consider their behaviour earlier from the environmental point of view... This is a great achievement of Harrington!' Zentralblatt Fr Geologie und Palontologie Teil II About the Author Dr Jonathan Harrington is an associate professor of international relations at Troy University, Alabama, USA. He has authored more than 15 articles on environment and development issues. He lives near Seattle, WA, USA.