



David Suzuki's Green Guide

David Suzuki, David R. Boyd

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Everyone knows that the planet is in trouble, but is there a solution? This timely book identifies the most effective ways individuals can be more green in four key areas: home, travel, food, and consumerism. It also describes how citizens can ensure that governments take the actions necessary to make sustainable lifestyles the norm instead of the exception. Environmental lawyer David Boyd and celebrated ecologist David Suzuki provide vital tips for choosing a home, creating a healthy indoor environment, and decreasing energy and water use — and utility bills. They discuss what readers can do to drive and fly less, profile the most environmentally friendly transportation choices, and explain how to purchase carbon credits, among other suggestions. In addition, they offer simple changes individuals can make in their diet to eat fresher, tastier, healthier food. Included too is invaluable advice about how to buy fewer things and avoid toxic consumer products.



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