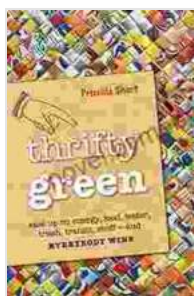


Ease Up On Energy, Food, Water, Trash, Transit, Stuff - Everybody Wins

Are you looking for ways to live a more sustainable life? Do you want to save money on your monthly bills? If so, then you need to read *Ease Up*.

Ease Up is a practical guide to reducing your consumption of energy, food, water, trash, and transit. It's also a guide to living a more minimalist lifestyle. By making small changes in your daily routine, you can make a big difference in your life and in the world.



Thrifty Green: Ease Up on Energy, Food, Water, Trash, Transit, Stuff—and Everybody Wins by Priscilla Short

★★★★★ 5 out of 5

Language : English
File size : 1692 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 258 pages
Lending : Enabled



The book is divided into six sections, each of which focuses on a different area of consumption. In the energy section, you'll learn how to reduce your energy consumption by making simple changes to your home and lifestyle. In the food section, you'll learn how to reduce food waste and eat a more sustainable diet. In the water section, you'll learn how to conserve water and protect water resources. In the trash section, you'll learn how to reduce

waste and recycle more. In the transit section, you'll learn how to reduce your reliance on cars and use more sustainable forms of transportation. And in the stuff section, you'll learn how to live a more minimalist lifestyle and reduce your consumption of stuff.

Ease Up is full of practical tips and advice that you can start using today. It's a must-read for anyone who wants to live a more sustainable and fulfilling life.

What People Are Saying About *Ease Up*



“Ease Up is a must-read for anyone who wants to live a more sustainable life. It's full of practical tips and advice that you can start using today.” - Bill McKibben, author of The End of Nature”



“Ease Up is a timely and important book. It provides a clear and concise roadmap for how we can all reduce our consumption and live more sustainable lives.” - Al Gore, former Vice President of the United States”



“Ease Up is a valuable resource for anyone who wants to make a difference in the fight against climate change. It's a must-read for anyone who cares about the future of our planet.” - David Suzuki, environmentalist and broadcaster”

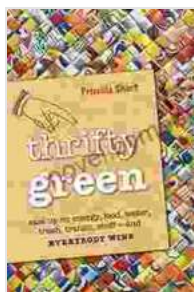
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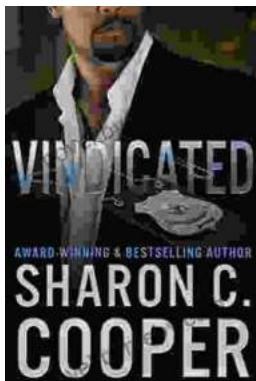
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