



Ecothrifty: Cheaper, Greener Choices for a Happier, Healthier Life

By Deborah Niemann

New Society Publishers. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. Use it up, wear it out, make it do, or do without--our grandmothers knew the importance of responsible, thrifty choices. But somewhere along the way we lost our way and succumbed to the belief that we can get everything for next to nothing, have it shipped halfway around the world and then, more often than not, just throw it away. This consumer binge is taking its toll. Diet and lifestyle-related illnesses are epidemic, our environment is awash in a sea of plastic, our climate is changing, and the cost of everything is skyrocketing with the price of oil. Are we doomed? No. We can make greener, healthier choices, and we can do it while saving money. Where to start? Ecothrifty is packed with simple, practical ideas and recipes to help you: Make homemade products for cleaning and skin care. Grow your own food and cook more from scratch. Raise your family without lowering your standards. A must-read for anyone who has ever wanted to live a greener life but thought that it would be too expensive, time-consuming, or difficult, this handy, complete guide will show...

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