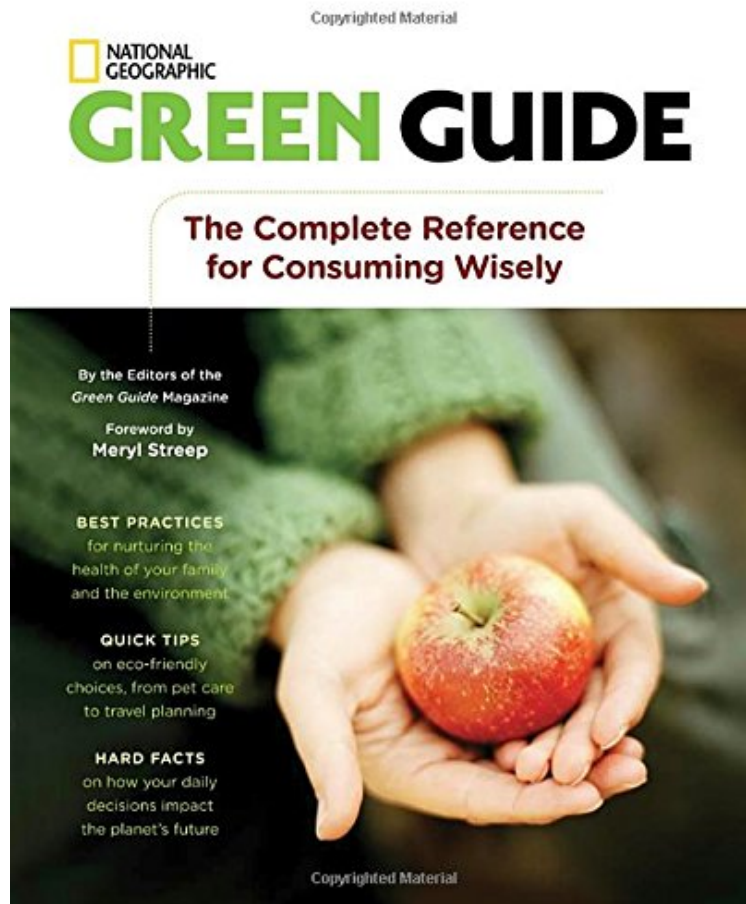


# Green Guide: The Complete Reference for Consuming Wisely

*Editors of Green Guide*

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**Editors of Green Guide : Green Guide: The Complete Reference for Consuming Wisely** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Green Guide: The Complete Reference for Consuming Wisely:

2 of 2 people found the following review helpful. Essential, heart-breaking reading. By Don Spinetta Every day, it seems, we read another newspaper article about the ice caps, and how they're melting much faster than predicted. Well, sit down before you read this book. It's not just the ice caps. Our environment is already so permeated with toxins and lethal chemicals that it's a wonder anybody asks what causes cancer. The answer, unfortunately, is obvious in these pages. After you've read about cosmetics (think The Body Shop products are good for you? I only wish), you might take a look at the dangers of the clothes we wear, or the carpets we install, and everything else that surrounds us, and it almost gets too much to stomach. But not to read it is not only dangerous for your own health, but irresponsible. We have to do something about the situation we've created. As long as we keep buying dangerous products, the corporations will continue to put them on the shelves. We individuals do have the power to change things, but there's

no time to waste. This book describes most of the toxicity that resides in the everyday objects we live with, along with healthy (though usually pricey) alternatives, but it does not cover everything, which is unfortunate. I have bought copies for all of my friends and family members. Not a happy thing to read, but strength is in knowledge. If there is a more complete guide on the market, I haven't found it. If anyone reading this knows of one, I'd appreciate the news. I hope National Geographic will consider publishing a more complete update in future years.

1 of 1 people found the following review helpful. Great guide to have  
By Radar626  
Pretty impressed with this book. Our process of going green has sped up over the past year, and this book is becoming an invaluable resource. I do wish that it was a more recent version since technology moves so fast and new ways of conserving and greening are coming out so quickly. For now though, this book really worth reading. Some of what it presents is repetitive of what you may know, but there are several ideas and information that will expand on your knowledge base and help you become a better, greener consumer.

7 of 7 people found the following review helpful. Clean, Green, and Refreshingly Simple  
By Pattee Fletcher  
Finally a book on living a life which acts to preserve and enhance our world; not destroy it. This book, put out by National Geographic is as it says: "The complete reference for living wisely." The layout and the classification of topics are easy to understand. A mixture of text, pictures, and quick fact or reference lists make this a useful tool to deeply research a topic or to get quick information on a specific concern. The book is not dense with text, nor does it require a chemistry or biology text to interpret it. It is enhanced with "eco tips" which offer common and easy practices to put into place; facts are set off in small side paragraphs; definitions are also set off, and at the end of the book there is a glossary as well. The book runs the gamut, from how to eat healthy and local to what is in those seductive looking beauty products and how they affect your health and the health of our planet. It notes the lure of the SUV and then explains the damage these and other energy draining transportation devices cause to our world. The section on what is good and not so good for our babies and children to eat, wear, drink from, and clean themselves is eye-opening. Included here are data on how pervasive petroleum products are as ingredients in baby lotions and their negative short and long term personal and planetary consequences. Another section on personal care is explicit and daunting in its well researched findings on the effects of the ingredients in our soaps, lotions, sun screens, and other personal products. Do you know how simple and inexpensive it is to reduce the energy use of your conventional water heater? Well, read page 318 for five ways to do this without too much fuss. What about using plant oils in our personal products. The "Ask the Editors" sidebars tells you that just because something contains plant oils does not mean it is eco-friendly. Fabric softeners, home fragrances, bed linens, windows and drapes, compost, pest control, nail polishes, tap water, roofing and more are all put to the test in this book. This is an easy to read book. It is conversational in style. It is full of information that is understandable and doable. Guidelines are given on how to put the eco-friendly practices into place. The categories are well chosen and clearly covered. And it is an important book we all should be reading. We have not been kind to our environment as the facts clearly show. The evidence from reliable and valid sources make this readily apparent. And the book leaves you with the realization that the eco-friendly alternatives are not rocket-science. They can be easily put into practice. They are ordinary things which will fit well into our ordinary daily lives. Shouldn't it be on your shelf?

Paper or plastic? Organic or conventional? In a world that is rapidly going "green," how does the average person make decisions that are smart for the family and good for the planet? The Green Guide is here to help, with the concepts and choices for Earth-conscious living. Presented in concise, information-packed chapters, this up-to-the-minute resource touches on every aspect of our lives, from grocery shopping to housecleaning to work, travel, and investing enabling consumers to make informed decisions and simple changes that impact the planet in big ways. Easy-to-follow information and hundreds of fascinating sidebars, fact boxes, and other key elements recommend how you can replace unhealthy and environmentally damaging practices and products with more wholesome, comfortable, and aesthetically pleasing alternatives. Neither scholarly nor scare-mongering in tone, the lively text has been written in partnership with a board of noted experts offering readers the most authoritative, engaging, comprehensive, and in-depth reference of its kind. Created by two of the strongest brands in conservation and the environment, and drawn from more than ten years of reputable coverage in The Green Guide newsletter, on-line and in print, this comprehensive resource is destined to become a must-have for millions of families and the first name in household reference books in this up-and-coming category.

About the Author  
Donna Garlough is a writer and editor. She regularly writes for national publications including Martha Stewart's Body+Soul magazine, Natural Health magazine, and National Geographic's Green Guide newsletter. Wendy Gordon is the founder of National Geographic's Green Guide newsletter. She co-founded Mothers Others for a Livable Planet with actress Meryl Streep. Seth Bauer is the editorial director of National Geographic's Green Guide newsletter. He served as editor-in-chief of several healthy lifestyle publications, including Body+Soul and Walking.