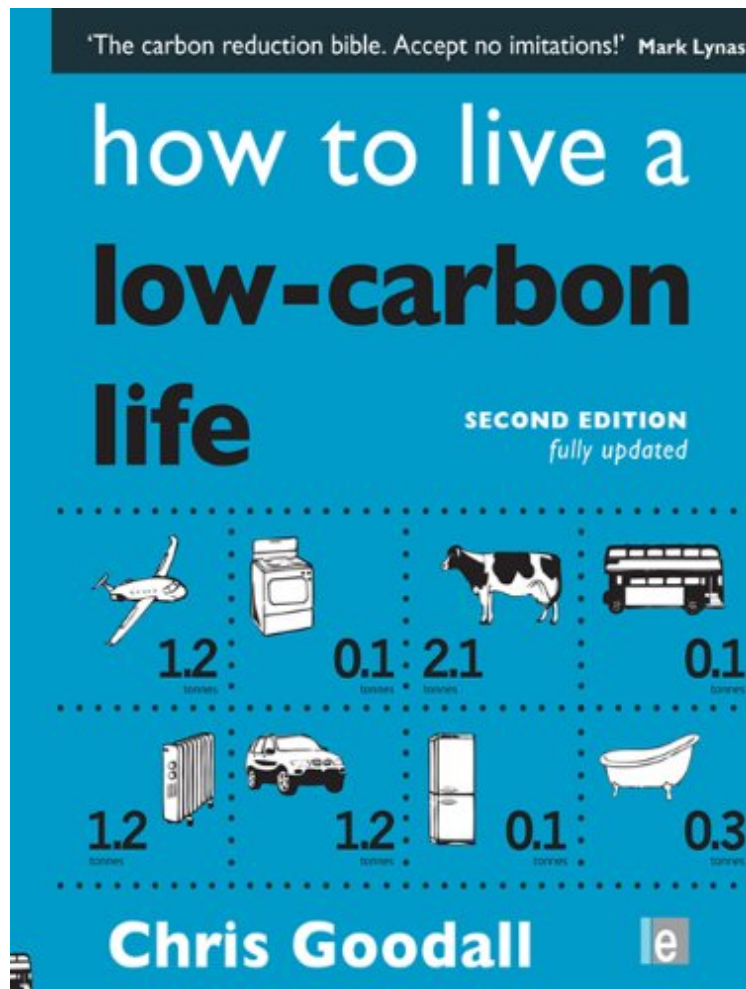


# How to Live a Low-Carbon Life: The Individual's Guide to Tackling Climate Change

Chris Goodall

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**Chris Goodall : How to Live a Low-Carbon Life: The Individual's Guide to Tackling Climate Change** before purchasing it in order to gauge whether or not it would be worth my time, and all praised How to Live a Low-Carbon Life: The Individual's Guide to Tackling Climate Change:

0 of 0 people found the following review helpful. ExcelenteBy samuelUno de los mejores libros que he leíacute;do. Faacute;cil de entender, muy praacute;ctico, excelente para toda persona que este interesada en reducir su huella ecoacute;gica sin la necesidad de tener un gran conocimiento del tema.0 of 0 people found the following review helpful. All the major energy consumers are surveyed in this fine guideBy Midwest Book ReviewThe second updated edition of How to Live a Low-Carbon Life is a continuing pick to any homeowner or renter who would reduce a carbon footprint. New government targets on emissions and the latest calculations on how to lead a low-carbon life accompany chapters discussing water heating, cooking, appliances, home heating and more. All the major energy

consumers are surveyed in this fine guide.

Drastic reduction of carbon emissions is vital if we are to avoid a catastrophe that devastates large parts of the world. Governments and businesses have been slow to act - individuals need to take the lead now if we are to avoid climate chaos. Each Westener is responsible for an average 10 - 20 tonnes of carbon emissions each year (depending on where you live). In *How to Live a Low-Carbon Life*, Chris Goodall shows how easy it is to take responsibility, providing a comprehensive, one-stop reference guide to calculating your CO<sub>2</sub> emissions and reducing them to a more sustainable 2 tonnes a year. This fully revised and expanded new edition takes into account new government targets on emissions reductions and includes up-to-date calculations and extensive graphics clearly laying out the path to a low-carbon life.

'This book is the carbon-reduction bible. Accept no imitations.' - Mark Lynas, author of *Six Degrees: Our Future on a Hotter Planet* 'This is the definitive guide to reducing your carbon footprint.' - *New Scientist* 'Valuable ammunition for those who want to do something about global warming.' - *The Guardian* 'An excellent and readable repository of honest numbers and facts that everyone needs to know and understand; and a compelling and optimistic call to individual action.' - David J C MacKay FRS, Chief Scientific Advisor to the Department of Energy and Climate Change and author of *Sustainable Energy - without the Hot Air* 'All you need to know about your impact on the global climate and how to reduce it. From jet travel to jewellery, from standby power to packaging, this highly accessible book is chock full of eye-opening research and expert recommendations. Superb.' - Dave Reay, Edinburgh University, UK; Author of *Climate Change Begins at Home* and founder of *Greenhouse Gas Online* 'Goodall's definitive guide to personal carbon reduction leaves no stone unturned. On the journey to a low-carbon life, this book is essential reading.' - Eugenie Harvey, Director of the 10:10 campaign 'If you're fed up with reading about all the little things you can do for the planet and fancy getting stuck into some proper green living, this is the book for you.' - Your Environment (Environment Agency UK) 'As this admirable guide demonstrates so clearly, a low-carbon lifestyle can be elegant, fun, rewarding and save us all a lot of money - as well as the planet!' Jonathon Porritt, CBE (Founder Director of Forum for the Future and author of *Capitalism as if the World Matters*) 'Chris Goodall takes a no nonsense, financial approach to low-carbon living - what is the cheapest way to cut carbon emissions, what is practical and what is just wishful thinking?' - Peter Shield, *Natural Choices* 'Chris Goodall's thoroughly researched book sets out in detail how we can each help the planet pull back from the abyss - not through any high-powered international initiatives, but by ordinary individual actions in our daily lives. We ignore his advice at our peril.' - Robert Napier, Chief Executive WWF-UK '...should be snapped up by schools whose teachers are already busily outlining the dangers facing our environment.' - John Izbicki, *Education Journal* 2007. 'an invaluable guide to halting climate change' - John Izbicki, *Education Journal* 2007. '...this book has so much to offer each of us and is an important contribution in how we can reduce each of our emissions of greenhouse gases.' - *Sherkin Comment* 2007 'The book provides all the information needed for people and families to understand their impacts on the world's climate and we warmly recommend to all people interested in improving environment quality, for stopping the climate change and extreme weather manifestations.' - Iuliana Sava, *Iasi Polytechnic Magazine* 'This is an excellent book...an excellent training resource and can be used by anyone who wants to make a meaningful impact upon reducing their personal carbon footprint.' - AJH, *Eagle Bulletin*, July 2010. 'Described as the carbon reduction bible (this is no exaggeration), the second edition of this extremely thorough and comprehensive book shows how Westerners can reduce their carbon emissions from around 14 to 2 tonnes per annum while saving money in the process' - *The Scientific and Medical Network*, 2010. 'Highly recommended.' - *The Midwest Book* 'Unlike most 'how to be green' books so freely available of late, this one goes a bit further by looking at not only one's choices, but also begins to unpack some of the underlying and systemic issues.' - IZWA 'The text is compelling reading for scientists, engineers, economists, academics, corporations and government decision-makers, even though it sets out to inform individuals. In a time of excessive public concern for and official statements on climate change, this book still stacks up as a source of vital information, primarily because of its fresh, stimulating and no-nonsense practical approach, concluding with a list of four steps for cutting direct emissions and eight steps for indirect emission reduction.' - W Alan Strong, *Journal of Environmental Health Research* About the Author Chris Goodall writes and broadcasts on climate change and energy. His blog *Carbon Commentary* is part of the *Guardian Environment Network* and his work frequently appears in publications around the world.