

GREENGUIDE

Green Guide Essentials

published October 2008

The directory for planet-friendly living

Food & Drink • Home & Household • Beauty & Fashion • Energy • Garden
Recycling • Travel & Transport • Campaigning • Kids & Parenting • Careers & Education



This concise, handy directory contains the best 1000 listings from the Green Guide – the directory for planet-friendly living.

Green Guide Essentials is all about smarter living to protect the planet and preserve its natural resources, so creating a safer, healthier future for us all.

How we consume natural resources can be measured by our ecological footprint. If everyone in the world consumed today at the same rate as we do in the West we would need the resources of more than three planets. The book combines great ideas and practical advice, with listings for hundreds of companies and organisations supplying greener products and solutions.

Straightforward and easy to use, it tells readers:

- what to buy and where to get it;
- how they can do their bit to combat climate change;
- how to save money and the planet at the same time;
- and what's best for them and their family.

Everyone can all play a part in creating a greener world and Green Guide Essentials is the first step at reducing our impact.

The book also includes a 14-day plan to going green and more than 100 lifestyle tips that will help the reader become more eco-friendly in every aspect of their lifestyle.

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About the Green Guide

The Green Guide, first published in 1994, is the UK's most comprehensive directory of planet-friendly goods, services, contacts and organisations. It is the best source of everything organic, natural, fairtrade and green, containing all the information you need for eco-friendly shopping and one planet living.

"Not just futons, but futons with unbleached cotton covers; coir grow bags; organic flower seeds; fair trade cushion covers. That's the beauty of the Green Guide... if it's not environmentally friendly... then you won't find it here."

The Guardian

For further information and to place an order:

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