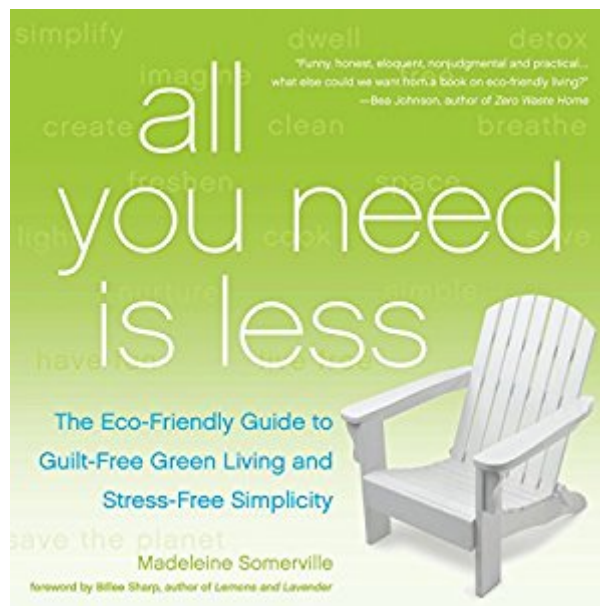


The book was found

# All You Need Is Less: The Eco-Friendly Guide To Guilt-Free Green Living And Stress-Free Simplicity



## Synopsis

Most eco-friendly books start with terror-inducing lists of the carcinogenic chemicals you are liberally slathering all over every single surface in your house, painting most people as unwitting eco-villains, happily Lysol-ing their way straight to hell. Well, listeners can just relax and unpack the (plastic) bags - no guilt trips today! *All You Need Is Less* is about realistically adopting an eco-friendly lifestyle without either losing your mind from soul-destroying guilt or becoming a preachy know-it-all whom everyone loathes. It's all gotten kind of complicated, hasn't it? This whole eco-friendly thing seems to have devolved into a horrific cycle of guilt, shaming, and one-upping, and as a result people are becoming exhausted. It doesn't have to be this way. It is possible to take baby steps toward a more Earth-friendly lifestyle without stress, guilt, or judgmental eco-shaming. Top eco-blogger Madeleine Somerville is here with really original ideas on how to save money and the planet. Her ideas are even fun! Somerville has emerged as the voice of reason on urban homesteading that is stress-free, sanity-based, and above all - do-able.

## Book Information

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## Customer Reviews

*All You Need Is Less* is a funny, real and practical guide to living green while saving money. And it does so without vilifying anyone who uses plastic bags and Lysol. Eco-blogger Madeleine Somerville even starts the book right away with a laugh at how most eco-friendly books start: "terror-inducing lists of the carcinogenic chemicals you are liberally slathering all over every single surface of your

house, painting you as an unwitting eco-villain, happily Lysol-ing you way straight to Hades." (I know what she's talking about - I have some of these books!)"Well, Lady, you can just relax and unpack your bags - we won't be going on any guilt trips today," she says. The book is organized into 10 chapters: Chapter 1: Home Chapter 2: Body Chapter 3: Lifestyle Chapter 4: Food and Drink Chapter 5: Gardening Chapter 6: Relationships Chapter 7: Health & Wellness Chapter 8: Baby Chapter 9: Pet Chapter 10: Holidays Each chapter is filled with practical tips, a "make it" section with recipes for natural products including all-purpose cleaner, hardwood floor polish, baby wipes and body scrubs, and how-to's for composting, gardening and living simply. And they're not weird, go-to-some-odd-store-40-miles-from-home-to-buy-the-ingredients kinds of tips. They're actually simple enough for anyone to follow. For example, did you know you may have many multi-purpose products in your house right now? Madeleine shares many including one we have had sitting in our fridge - apple cider vinegar. I didn't know how versatile it was until reading page 180.

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