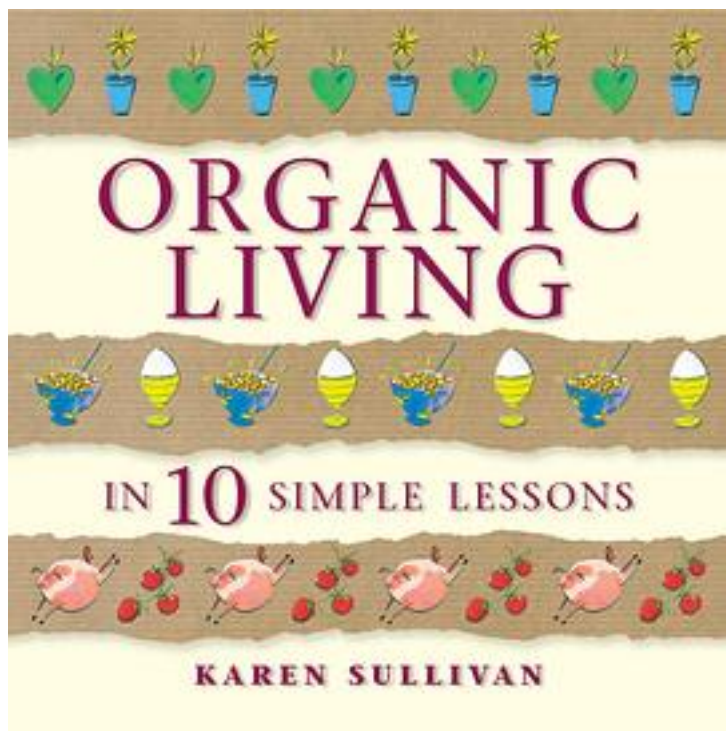


# Organic Living



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著者:Karen Sullivan

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Do you want to go 'organic' - but don't know where to begin? This lively, informative guide is the perfect book for those who like the principles of organic living but don't know how to incorporate it into their everyday lives. Packed with tips, expert advice and excellent question and answer sections, you'll discover how to be healthier and more environmentally friendly in just 10 easy steps. In this beautifully designed, full colour book, you'll discover: - What organic means and why you should go organic - How to buy organic produce - How to grow your own food organically - The benefits to children of organic living - Where to get environmentally-friendly cleaning products for your home - The global implications of organic living - And much more.

## 作者介绍:

Karen Sullivan is a best-selling author and highly regarded journalist who specializes in health, childcare, and alternative and green issues. She writes regularly for national newspapers and magazines in the UK and has written more than 20 books, including Natural Health for Children and Healthy Eating. - See more at: <http://www.ivypress.co.uk/books/organic-living-in-10-simple-lessons/#sthash.SCaDU7jW.dpuf>

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## 标签

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## 评论

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