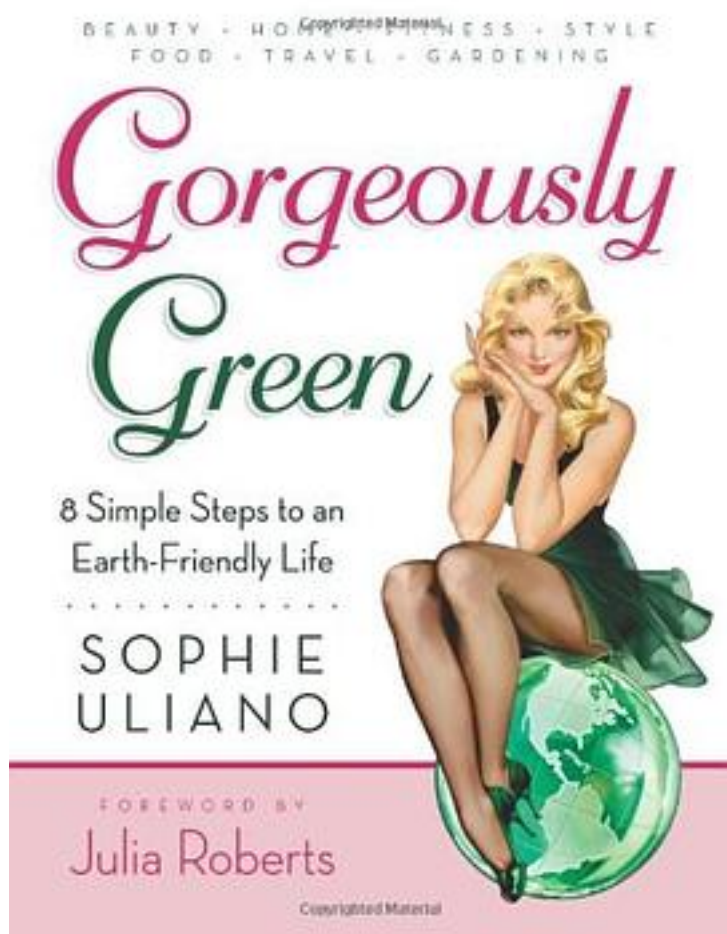


Gorgeously Green



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In this day and age, adopting a "green" lifestyle is among the most positive, forward-thinking, and personally fulfilling choices that anyone can make. Yet many women still suspect that it's tedious and time-consuming and far from the glamour of

modern life. But being green doesn't have to make life grey - and for the fashionable woman who's always been more interested in her compact than in compost, environmental guru Sophie Uliano presents "Gorgeously Green" - the modern girl's guide to living in sustainable style! An upbeat and practical guide that shows the modern woman the simple steps she can take to become more aware of her impact on the earth. It is packed with the most up-to-date information on beauty - revamp your beauty regimen, discover the top environmental culprits to look for in cosmetics, and gain tools, tips, and insights on everything from nail care to fake tans; fitness - treat your body like the "green temple" it is! (Sophie's program takes you out of the gym and back into the home with yoga and other easy activities); shopping - learn to shop and dress the Gorgeously Green way, rethink dry-cleaning, start using organic tote bags, and eliminate junk mail; home - create the toxin-free home that you and your loved ones deserve: invest in safe alternative household products, put on your gardening gloves, and discover the joys of composting; food - eat seasonal, local, organic, and whole foods without going broke, and try out many of Sophie's extremely simple, delicious recipes; and, travel - get the skinny on hybrid cars, alternative fuels, and guilt-free travel.

作者介绍:

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