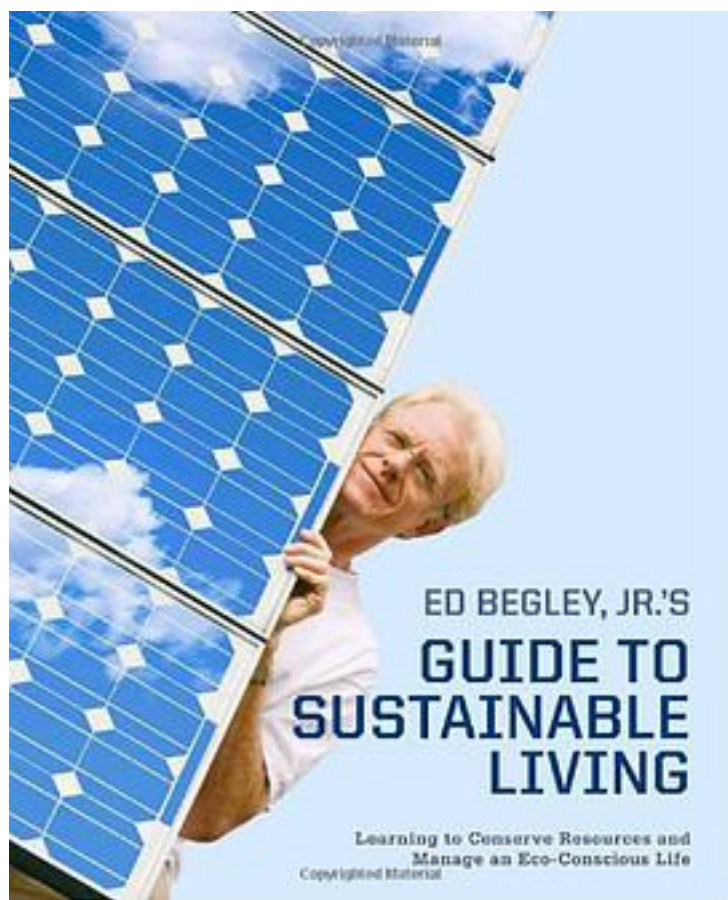


# Ed Begley, Jr.'s Guide to Sustainable Living



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From the environmental activist Newsweek called the "star of climate change" comes the ultimate guide to living green for those ready to take their eco-efforts up a notch.

Ed Begley, Jr.'s Guide to Sustainable Living lays out a detailed road map culled from

Ed’s thirty-nine years of green living. For the first time ever, a comprehensive plan is provided, from effective conservation techniques to producing your own energy.

Starting with the energy audit, Ed shows us how to create a game plan for resource conservation in the home. Then, once an adequate baseline of resource use is achieved, he leads us into more in-depth eco-matters, such as the production of alternative energy, and how to use solar and wind energy and a geothermal pump. As Ed’s guide continues, the focus then turns to sustainable lifestyle management choices, such as home gardening, and guidelines on creating a green nursery for your children. This book covers it all—small to large—in plain language and in a progression from resource conservation to energy production and lifestyle management that makes both environmental and fiscal sense.

There’s something here for everyone—new and experienced environmentalists alike—and Ed walks you through every step of the way with helpful sidebars that outline costs and paybacks, as well as essays detailing his experiences of completing these eco-projects on his own home.

作者介绍:

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