



# Ready, Set, Green: Eight Weeks to Modern Eco-Living

*Graham Hill, Meaghan O'Neill*

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The time to save the planet is now.

*Ready? Set? Green!* Living green means reversing climate change, but it also means protecting your kids and pets, improving your own health, and saving money. And it doesn't necessarily demand a radical overhaul of your life—just some simple adjustments, such as switching to healthier cleaning products and driving fewer miles each week.

Written by the visionaries at Treehugger.com, the most heavily trafficked site of its kind, *Ready, Set, Green* is the definitive (and recyclable) guide to modern green living. It offers solutions to make your home, office, car, and vacation more eco-friendly. For example:

- Using a dishwasher instead of hand washing will save you 5,000 gallons of water annually.
- Eating less beef will save you 250 pounds of CO2 per year.
- Washing your clothes in cold water instead of hot will save 200 pounds of CO2 annually.
- Replacing three of your home's most frequently used lightbulbs with compact fluorescent bulbs will save 300 pounds of CO2 every year.

Including advice on how to properly insulate your house, cancel junk mail, and choose fruits and veggies wisely, *Ready, Set, Green* will help you change the future of the planet and restore balance to your daily life.

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