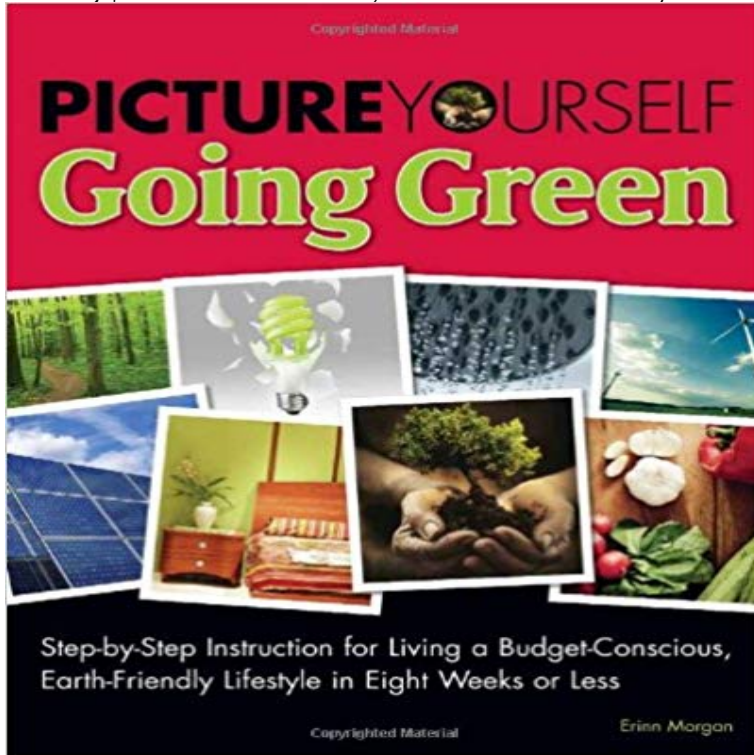


# Picture Yourself Going Green: Step-by-Step Instruction for Living a Budget-Conscious, Earth-Friendly Lifestyle in Eight Weeks or Less



Are you looking for simple, budget-friendly ways to help you and your family live a healthier, more planet-friendly lifestyle? *Picture Yourself Going Green: Step-by-Step Instruction for Living a Budget-Conscious, Earth-Friendly Lifestyle in Eight Weeks or Less* provides you with uncomplicated solutions to help you conserve, reduce, reuse, recycle, and, thus, minimize our impact on the planet. You'll discover that even small changes make a difference and that going green is good for our health, the planet, and even our budgets. This book starts off with ten quick and simple changes that will green your lifestyle immediately; you can then follow an eight-week plan that will green everything from your energy use, transportation, and food choices to your wardrobe, beauty supplies, and travel. As you work through the suggestions and changes in the book, you'll find that simple efforts like turning off lights that aren't in use, carpooling to work, notching the thermostat down one degree, and taking a shorter shower can be beneficial to your family and the planet. Featuring simple instructions and a colorful layout full of pictures and illustrations, *Picture Yourself Going Green* is packed with helpful eco facts, tips, and ideas to help you along in your journey to become green.

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