



Plastic-Free: How I Kicked the Plastic Habit and How You Can Too

Beth Terry

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“Guides readers toward the road less consumptive, offering practical advice and moral support while making a convincing case that individual actions . . . do matter.” —Elizabeth Royte, author, *Garbage Land and Bottlemania*

Like many people, Beth Terry didn't think an individual could have much impact on the environment. But while laid up after surgery, she read an article about the staggering amount of plastic polluting the oceans, and decided then and there to kick her plastic habit. In *Plastic-Free*, she shows you how you can too, providing personal anecdotes, stats about the environmental and health problems related to plastic, and individual solutions and tips on how to limit your plastic footprint.

Presenting both beginner and advanced steps, Terry includes handy checklists and tables for easy reference, ways to get involved in larger community actions, and profiles of individuals—Plastic-Free Heroes—who have gone beyond personal solutions to create change on a larger scale. Fully updated for the paperback edition, *Plastic-Free* also includes sections on letting go of eco-guilt, strategies for coping with overwhelming problems, and ways to relate to other people who aren't as far along on the plastic-free path. Both a practical guide and the story of a personal journey from helplessness to empowerment, *Plastic-Free* is a must-read for those concerned about the ongoing health and happiness of themselves, their children, and the planet.

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Thad Whitehead:

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Travis Ralls:

People live in this new day of lifestyle always make an effort to and must have the free time or they will get great deal of stress from both lifestyle and work. So , once we ask do people have extra time, we will say absolutely sure. People is human not really a robot. Then we request again, what kind of activity do you possess when the spare time coming to a person of course your answer can unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, the particular book you have read is usually Plastic-Free: How I Kicked the Plastic Habit and How You Can Too.

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