

All You Need Is Less: The Eco-friendly Guide to Guilt-Free Green Living and Stress-Free Simplicity



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Most eco-friendly books start with terror-inducing lists of the carcinogenic chemicals you are liberally slathering all over every single surface in your house, painting most people as unwitting eco-villains, happily Lysol-ing their way straight to hell. Well, readers can just relax and unpack the (plastic) bags — no guilt trips today! All You Need is is about realistically adopting an eco-friendly lifestyle without either losing your mind from soul-destroying guilt or becoming a preachy know-it-all whom everyone loathes. It's all gotten kind of complicated, hasn't it? This whole eco-friendly thing seems to have devolved into a horrific cycle of guilt, shaming, and one-upping, and as a result people are becoming exhausted. It doesn't have to be this way.

It is possible to take baby steps towards a more Earth-friendly lifestyle without stress, guilt, or judgmental eco-shaming. Top eco-blogger Madeleine Somerville is here with really original ideas on how to save money and the planet. Her ideas are even fun! Somerville has emerged as the voice of reason on urban homesteading that is stress-free, sanity-based, and above all do-able.