

Green Mattress Buying Guide

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. Now she wants to teach you how you can too. In her quirky and humorous style—well known to the readers of her popular blog, My Plastic-Free Life—Terry provides personal anecdotes, stats about the environmental and health problems related to plastic, and personal solutions and tips on how to limit your plastic footprint. Terry includes handy lists and charts 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 a change on a larger scale. Plastic-Free also includes chapters 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 anyone concerned about the ongoing health and happiness of themselves, their children, and the planet.

Eric was born in Jyväskylä Finland in 1944 and immigrated to Canada at age 12. After becoming a sheet metal journeyman in Montreal he worked across Canada in the trade. In 1966 he traveled to the West Coast where family members followed later. Today there are over fifty of his relatives living in the Greater Vancouver area who have settled down, but Eric has continued to travel. At age 32 he tackled an academic challenge and in 1986 graduated from the University of British Columbia with a degree in history. The study of history, world travel and photography have formed an interesting combination in his life which Eric shares with you in this book. Being a passionate traveler he met a kindred soul in 1970 through mutual friends.

Your bedroom should be a safe haven, but unfortunately more and more research is revealing that the bedroom may be one of the most toxic places in the home. Consider that the average conventional mattress contains more toxic chemicals than a 50 gallon oil drum, and that our skin, the largest organ of the body, is also the most porous entry point. It is no wonder that chemicals found in mattresses, known to cause toxic reproductive effects, are regularly being found at significant levels in human blood samples. Walter Bader outlines the dangers of the toxic threats lurking in the home so that, armed with knowledge, you can defend yourself and your family against them.

The Ultimate Quick Reference to the Great Wines of Italy

50 Things You Can Do Today to Manage Insomnia

Ecoholic: Your Guide to the Most Environmentally Friendly Information, Products, and Services

The Eco-Shopper's Guide to Buying Green

The Better World Shopping Guide: 5th Edition

A Field Guide to Buying Organic

From the Barolos of Piedmont to the Brunellos of Tuscany, Italian wines offer an unparalleled range of tempting and unique choices. But how can you be sure to find the right bottle for your taste? In this completely revised and updated edition of the ever-popular pocket-size buying guide, Italian wine experts Joseph Bastianich and David Lynch show you the way. *Vino Italiano Buying Guide—Revised and Updated* is a carefully and lovingly considered A-to-Z listing of the best wines that Italy has to offer. In addition to profiles of more than 1,000 winemakers—with ratings, grape descriptions, and contact information for the vineyards—you'll find: - Concrete and helpful bottle recommendations for every entry - At-a-glance symbols for rising stars, great values, and truly exceptional wineries - Coverage of noteworthy organic and biodynamic wines - Up-to-date, detailed information on everything from wine regions to wine labels and classifications. More than just a handy reference text of Italian wine producers, *Vino Italiano Buying Guide—Revised and Updated* is the ultimate buying guide for Italian wine lovers.

In this illustrated and easy-to-use guide, noted pediatrician Dr. Alan Greene, a leading voice of the green baby movement, advises parents how to make healthy green choices for pregnancy, childbirth, and baby care—from feeding your baby the best food available to using medicines wisely. Consumer advocate Jeanette Pavini includes information for making smart choices and applying green principles to a whole new universe of products from zero-VOC paints for the nursery, to pure and gentle lotions for baby's delicate skin, to the eco-friendly diapers now in the marketplace, as well as specific recommendations for hundreds of other products.

Animal Crossing: New Leaf sees you crowned mayor as a result of a bit of an accident. When you arrive, Isabelle the town clerk will reveal that you've been given the post and from there you can do whatever you please! Use your powers as the mayor to shape the town however you wish, whether this means building bridges, creating public works projects or laying down laws (or ordinances as they are known). With all this freedom, you could soon have the home and town of your dreams! Inside this guide: - How to get the most out of those vital first few days in town. - The easiest ways to stuff your coffers with loads of money. - Detailed information on every shop in Main Street. - Exact dates for every Special Event in the entire game! - Complete your encyclopaedia with every Bug and Fish in the game! - Where to find every special visitor and what they can offer you. - A full furniture list so you can find exactly what you need to build the perfect home. - Beautiful screenshots and exclusive HD 3DS tutorial videos with audio commentary! Version 1.1: - Comprehensive list of furniture, wallpapers and carpets. - Comprehensive list of clothes and accessories. - Special event pages for the snowman season and Weeding Day. - List of all the decorative public work projects and who requests them.

An Aisle-by-Aisle Guide to Every Organic Product

Jewelry & Gems The Buying Guide

Your No-Stress Guide for Getting the Sleep You Need and the Life You Want

Smart Mama's Green Guide

Conscious Choices for Cleaning and Greening the World You Care About Most

50 Simple Steps to Save the Earth from Global Warming

A definitive how-to guide to the complex environmental issues of the twenty-first century offers practical solutions to the difficult choices of everyday living to promote an eco-friendly lifestyle, covering such issues as grocery shopping, house cleaning, travel, work, and investing, while offering information and simple changes that can transform the planet's environmental health. Original. 20,000 first printing.

How can the modern family live an environmentally-friendly lifestyle? Although many adults aspire to be green, there is no comprehensive lifestyle guide available for them when they become parents. The Ultimate Guide to Green Parenting will be the first book to provide information for living a truly green lifestyle that is based on sound science.

Become a green cleaning machine. Fully updated and revised to focus on cleaning the "green" way-naturally, with no chemicals-this guide takes readers room-by-room, teaching them how to clean thoroughly, efficiently, and in an environmentally sound way. New and expanded coverage includes info on making small changes that have a huge impact on cleaning difficult areas, green-ifying personal care products, and more. *Provides specific cleaning hints and teaches how to clean quickly and efficiently *Uses only common ingredients, but also provides suggestions for alternatives that readers might like better

Vino Italiano Buying Guide - Revised and Updated

The Modern Girl's Guide to Life

Reflections on the Art of Traveling the World on a Shoestring

A No-Nonsense Guide to Cutting the Crap Out of Your Life for a Better Body and a Kinder World

Easy Green Living

American Hotel Register Company Buying Guide

The definitive guide to healthful, affordable food shopping in the Organic Age—from a pioneer in the organic movement What does it really mean when a food is labeled organic? While many of us believe there are good reasons to buy organic, what exactly are they? The authors of this indispensable handbook sift fact from fiction to help you make informed decisions that are right for you. Here is everything you need to know, including when paying more for organic is worth it—and when it's not. A Field Guide to Buying Organic provides you with:

- Self-tests to determine your current organic-shopping habits—and the type of organic shopper you want to become
- A primer on organic food standards, labels, and seals
- Health and quality comparisons of organically grown versus conventionally grown produce
- An aisle-by-aisle supermarket guide to information about the most popular organic produce, dairy, meat and poultry, baked goods, nuts, seeds, grains, convenience foods, and drinks
- The truth about pesticides, hormones, genetically modified foods (GMOs), toxins, and bacteria

...Plus illustrations featuring product logos and contact information, and a fascinating overview of the evolution of organics

Identifies health-compromising contaminants that can be found in household products from cosmetics and clothing to home furnishings, sharing recommendations for making changes to promote overall health and ecological responsibility.

We are what we eat, but we also are what we use to clean our homes, pamper our skin, and decorate our rooms, according to Renee Loux, accomplished raw food chef, award-winning author, and host of Fine Living TV's Easy Being Green. In her new book, Easy Green Living, she applies her whole-foods philosophy to home, garden, and beauty routines. Renee Loux demonstrates that being green at home is easy, affordable, and better in every sense of the word. She discusses the daily choices we face that can keep the home, personal care, and beauty routines free of toxins. She exposes the dirt on cleaning products and common hazardous ingredients and reveals her recommendations for greener options, including her "Green Thumb Guides" for choosing non-toxic, eco-smart, and human-friendly products. Peppered with compelling and inspiring facts, Easy Green Living is full of "5 Step" lists, products and recipes for green cleaning, helpful charts, safer choices for every room, and inspirational advice so we can save the planet--one cleaning spritz at a time. As recent special issues of Vanity Fair, Time, Newsweek, and other major publications have demonstrated, going green is an idea whose time has come. Whether addressing big-picture topics like renewable energy, or offering simple suggestions for everyday living, this complete lifestyle guide shows that healthier choices don't mean a radical or complicated life change--it is, after all, easy to be green.

The Eco-nomical Baby Guide

Hill's Columbia (Richland County, S.C.) City Directory

Office Green Buying Guide

Green, Greener, Greenest

Green Guide

Is it really possible to raise an eco-baby without breaking the bank? While the average parents spend almost \$7,000 gearing up for a new addition, pregnant pals Joy Hatch and Rebecca Kelley each shelled out less than a thousand—and they did it by going green. In The Eco-nomical Baby Guide, the authors prove that bringing up baby can be easy on the pocketbook and the planet. Focusing on the reduce, reuse, recycle mantra and writing in a humorous but straightforward style, these resourceful mothers dish about everything from eco-friendly diapers to daycare, making green living with baby accessible to everyone—even those on the slenderest of budgets. Your baby's happiness and safety top Hatch and Kelley's agenda as they offer tips on shopping for new and used green goods, blending homemade organic baby food, and limiting the piles of baby gear that threaten to overtake the living room.

Creating the ultimate healthy, toxin-free environment for your baby -- without stressing out Mom and Dad -- is what this e-book is all about. Full of essential tips and buying guides, it's a handy digital roadmap to the safest, healthiest options in baby decor, from cribs, mattresses, bedding and toys to paint, wallpaper, flooring, air purifiers and more. . More than 50 healthy nursery tips plus 11 buying guides help parents-to-be-and their babies-rest easy. This guide can help you feel good about your child's environment choices. Dr. Frank Lipman, M.D., an internationally recognized expert in integrative medicine, and Robyn Griggs Lawrence, who writes and speaks extensively on creating healthy homes, will help you with simple steps to making your child's nursery safe and nurturing.

Today, many Americans are concerned about global warming. According to a March 2007 MSNBC poll, 86% of Americans believe global warming is a critical or important threat,

and according to an April 2007 ABC News/The Washington Post/Stanford University poll, 80% of Americans say they are willing to make changes in their lives to help the environment, even if it means personal inconvenience. This guide of 50 practical steps is a positive and uplifting presentation of a serious subject organized in a fun, easy-to-read format. Each step is a simple way you can help in the fight against global warming and feel good about being part of the solution to the current environmental crisis. Sample steps include: Determine Your Carbon Footprint Buy Green Energy Plant a Rooftop Garden Take an Eco-Vacation Check Your Tire Pressure Compost Your Food Waste Recycle Your Shoes Use Petrochemical-Free Cosmetics Buy Locally Grown Foods Wear Organic Clothing Go Vegetarian for a Day Invest in the Solution

Guilt-free eco-ideas for raising your kids

Better Sleep, Better You

Planet Home

How to Buy Diamonds, Pearls, Precious and Other Popular Gems with Confidence and Knowledge

The Complete Idiot's Guide to Green Cleaning, 2nd Edition

Animal Crossing: New Leaf - Strategy Guide

This completely updated, revised and expanded edition by two experts explains how to buy diamonds, pearls, and other precious and popular gems and metals with confidence and knowledge. Also includes information on jewelry care, cleaning and style, plus gemstone laboratory reports. 16 full-color plates; 100 illustrations.

How green can you be? Green: Drive the speed limit Greener: Drive a fuel-efficient car Greenest: Bike or walk The perfect guide to help readers decide how to best spend their time and money to go green. Greener, Greenest offers flexible tips for everyday living, all categorized as "green," "greener," and "greenest." Cutting through the labeling and the hype, it helps readers choose the advice that fits their interests, with the understanding that there's never one "right way" to make a difference. This indispensable resource will grow with readers-whether a novice in green living or a veteran. Interests and needs change over time.

From Seventh Generation co-founder and chairman Hollender comes an indispensable reference for anyone who wants to maintain a healthy home and a healthy world.

Hill's High Point (Guilford County, N.C.) City Directory

A Fruit and Vegetable Buying Guide for Consumers

How I Kicked the Plastic Habit and How You Can Too

Your Guide to a Safe Night's Sleep

The Buying Guide for Parents

Food Buying Guide for Child Care Centers

Parents often feel overwhelmed and defenseless against a never-ending recall list of toys and baby products. Deciphering unpronounceable chemicals they encounter every day can be daunting if not impossible. With environmental exposures being closely linked to 70 percent of birth defects, new parents faced with the overwhelming responsibility for their babies' health frequently turn to organic products. But they quickly find they don't have the time to practice a completely green or natural lifestyle. THE SMART MAMA'S GREEN GUIDE delivers the information busy parents want and the tools to make informed, individual choices without the demand to go all-out green. Packed with practical tips on eliminating or reducing the hidden dangers of toxic chemicals that lurk everywhere, this book will empower readers to control what comes into their homes and make informed decisions instead of relying on government regulation of harmful chemicals.

The Ultimate Guide to Green ParentingNew Internationalist

Discover how a good night-time routine can aid restful sleep—as well as many other helpful tips and tricks—in this indispensable guide to overpowering insomnia Good-quality sleep is vital for well-being, yet many adults experience sleep problems at some point in their lives, affecting their mood and general health. Explaining the wake/sleep cycle and offering practical advice and a holistic approach to help combat insomnia, this informative guide teaches how to make your bedroom conducive to sleep, choose beneficial foods and supplements that aid in falling asleep fast and staying asleep, and much more.

A Practical Guide to Making Eco-Smart Choices a Part of Your Life

Nontoxic and Chemical-Free Methods for a Clean and Healthy Home

The Earth-Friendly Guide to Pregnancy, Childbirth, and Baby Care

The Complete Reference for Consuming Wisely

Simple Steps to Reduce Your Child's Toxic Chemical Exposure

Skinny Bitch: Home, Beauty & Style

'The most family friendly way to start doing your bit.' - The Sunday Times The must-have friendly green bible of accessible eco-tips for families. As a parent, getting out of the house with everyone wearing shoes (on a good day) can feel like you're winning, so adding 'being green' to the never-ending to-do list might feel like the thing to bring all your spinning plates crashing to the ground. If that's the case, then this is the book for you. No preaching. No judgement. No guilt. Instead you'll find easy, do-able ideas and suggestions for you to pick and choose from, try out and adapt. Plus bucketfuls of encouragement as you explore what works for you and your family.

While we generally try to make our vote count every four years, few of us realize that our most immediate power to shape the world is being squandered on a daily basis. Every dollar we spend has the potential to create social and environmental change. In fact, it already has. The world that exists today is in large part a result of how our purchasing decisions have shaped it. The Better World Shopping Guide rates hundreds of products and services from A to F so you can quickly tell the "good guys" from the "bad guys" and ensure your money is not supporting corporations who make their decisions based solely on the bottom line. Drawing on decades of meticulous research, this completely revised and updated fifth edition will help you find out who actually "walks the talk" when it comes to: Environmental sustainability Human rights Community involvement Animal protection Social justice Small enough to fit in a back pocket or handbag, and organized in a user-friendly format, The Better World Shopping Guide will help you reward the companies who are doing good, penalize those involved in destructive activities, and change the world as you shop! Ellis Jones, PhD, is the award-winning, best-selling author of four previous editions of The Better World Shopping Guide and co-author of The Better World Handbook. A scholar of social responsibility, global citizenship, and everyday activism, Jones has dedicated himself to uncovering practical ways for people to make a difference in the world. He currently teaches at Holy Cross College.

A stylishly smart collection of practical advice for the busy modern woman With information on entertaining, etiquette, housekeeping, basic home repair, decorating, sex, and beauty, this indispensable book has everything today's young woman should know-but may not! The Modern Girl's Guide to Life is a collection of all the helpful tips and secrets that get passed on from generation to generation, but many of us have somehow missed. It's full of practical, definitive advice on the basics -- the day-to-day necessities like finding a bra that fits, balancing a checkbook, making a decent cup of coffee, and hemming a pair of pants. Modern Girl guru Jane Buckingham includes loads of savvy counsel to help us feel more refined, in charge, and together as we navigate the rocky terrain that is twenty-first-century womanhood.

Jewelry & Gems

A Guide to Buying Green

Blue Goose Buying Guide. How to Get the Most for Your Market Money

Green Mattress Under the Stars

Down-to-Earth Ways for Parents to Save Money and the Planet

Toxic Bedrooms

Sleep is the most important part of anyone's journey to a healthy and happy life, and with this book you can learn how to fix your sleep schedule and recover precious hours of relaxation. If you're like most people, odds are you aren't getting enough sleep.

Thanks to shifts in our culture America is in the midst of an epidemic of sleeplessness, and unfortunately, sleep deprivation has bigger consequences than one might think, ranging from irritability, brain fog, and weight gain to serious conditions like hormone dysregulation, heart disease, memory impairment, diabetes, and Alzheimer's. In Better Sleep, Better You, functional medicine pioneer and sleep expert Frank Lipman, MD, and Casper co-founder Neil Parikh team up to offer a one-stop resource to help you reap the benefits of sleeping well every night. Unlike the dozens of articles offering a "quick fix" for insomnia, Lipman and Parikh understand that there's no such thing as a one-sleep-fits-all solution. By clearly explaining the latest developments in sleep science and all the factors that affect your sleep—including when and how you eat and exercise, how you handle stress, how you nap, and how you engage with technology—Better Sleep, Better You helps readers create a personalized sleep protocol that works for their lifestyle and needs. Packed with fascinating science, engaging case studies, and easy-to-implement practical advice, Better Sleep, Better You provides everything you need to optimize your sleep, productivity, and happiness—for life.

Essential buying advice for new parents. Our independent guide to the best baby products on the market is now in its 13th edition! Packed with practical information, The CHOICE Guide to Baby Products is the result of extensive research and testing by our CHOICE experts.

A reference for serious eco-friendly consumers explains how to discern between products that are actually green and ones that are only reflecting trendy designs, in a guide that lists specific names, reveals what and what not to buy, and lists safe alternatives for everyday needs. Original.

Home Appliance Buying Guide

Marketing Information Guide

The Choice Guide to Baby Product

Every Dollar Makes a Difference

The Buying Guide : how to Buy Diamonds, Colored Gemstones, Pearls, Gold & Jewelry with Confidence and Knowledge

Food Buying Guide and Recipes

Originally published (1984) as The complete guide to buying gems, revised to include prices current in 1987. The book was locked up in the Kampman--Key Book dispute and is now distributed by Van Nostrand. A very useful and accessible introduction. Annotation copyrighted by Book News, Inc., Portland, OR

Explores each part of a store for what to buy and what to leave on the shelf in order to be eco-friendly.

The Ultimate Guide to Green Parenting

7 Steps to a Safe, Nurturing Nursery

The Ultimate Guide to Simple, Eco-Friendly Choices for You and Your Home

Plastic-Free

Raising Baby Green

The Sustainable(ish) Guide to Green Parenting