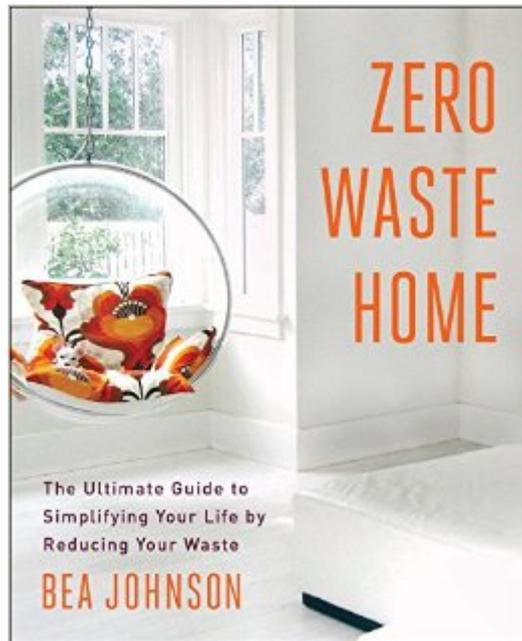


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# Zero Waste Home: The Ultimate Guide To Simplifying Your Life By Reducing Your Waste



## Synopsis

Part inspirational story of Bea Johnson (the "Priestess of Waste-Free Living") and how she transformed her family's life for the better by reducing their waste to an astonishing one liter per year; part practical, step-by-step guide that gives readers tools and tips to diminish their footprint and simplify their lives. In *Zero Waste Home*, Bea Johnson shares the story of how she simplified her life by reducing her waste. Today, Bea, her husband, Scott, and their two young sons produce just one quart of garbage a year, and their overall quality of life has changed for the better: they now have more time together, they've cut their annual spending by a remarkable 40 percent, and they are healthier than they've ever been. This book shares essential how-to advice, secrets, and insights based on Bea's experience. She demystifies the process of going Zero Waste with hundreds of easy tips for sustainable living that even the busiest people can integrate: from making your own mustard, to packing kids' lunches without plastic, to canceling your junk mail, to enjoying the holidays without the guilt associated with overconsumption. *Zero Waste Home* is a stylish and relatable step-by-step guide that will give you the practical tools to help you improve your health, save money and time, and achieve a brighter future for your family—and the planet.

## Book Information

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## Customer Reviews

I must admit, I bought this book having never read the blog, or hearing a word about the author. My husband randomly asked me the other day how we have so much trash, and recommended the

book to me based on browsing history, which I took as a sign and ordered it. It is a very informative book, and as quick a read as you choose for it to be. The sections are laid out very well so you can pick and choose what you'd like to read. I read all of the book except for the section on children which I skimmed quickly. I was actually pleasantly surprised by how many things mentioned in the book we already do, considering the comment on our trash situation. I know that our biggest waste is paper towels and this was very lightly addressed, but she did give some options for homemade reusable options which I fully intend to look into. I loved how open she was on their previous lifestyle and made it abundantly clear that the past doesn't matter, you shouldn't dwell on that, just do anything you can do to reduce your carbon footprint for the future which I appreciated. The author is very humble and open about their both good and bad experiences being "green." Not living in California or another super progressive city does have its limitations on ability to do some of the options mentioned. For example, I regularly purchase bulk items whenever possible, but in our area the only bulk items offered are nuts/flours/snacks/grains. Not soap, shampoo, or cooking oils or coffee. I completely agree with the philosophy that recycling should not be our best option. The most helpful part of the book is the resources information, compiled for ease of access.

Bea Johnson had been living the type of life that we're all supposed to envy: huge house, fancy parties, "Barbie-like platinum blonde hair," botox injections... She was Looking Good. But she realized that a lot of the zest was gone from her life. The author was uniquely positioned to conduct an experiment. She had the luxury of choice. She chose to change her environment, by putting household items into storage and renting an apartment while she searched for her pared-down dream home, going back to the simplicity of her frugal childhood on a farm. Judge her if you wish, but the author has done all the research and experimentation to point the way for the rest of us who wish to live more sustainably. Ms. Johnson doesn't just recycle - she avoids even having to recycle. We have all heard the slogan, reduce, reuse, recycle. But the author does it one better. She adds: refuse. Yes, we are to refuse anything that comes with a big disposal burden. Extreme? Probably. But at times I have found myself deciding not to buy something because of the packaging itself, so maybe I'm not so very different after all. Ms. Johnson admits to foraging for moss to use in place of toilet paper, but then decided that it was best to buy the kind of toilet paper that comes with individual rolls wrapped in paper - instead of plastic. When she had a couple of broken drinking glasses, she actually took the time to research online and called her local recycler, to be sure that the broken shards could be accepted at the recycling plant. She not only brings her own shopping bags, she brings her own containers (BYOC) for bulk items and even bakery and deli items.

I'm a 26 year old single mother of a four year old. I live in VA. I work full time and go to school. I am enjoying reading the reviews people are posting either posting a wealth of excuses or poking holes in every single thing that isn't eco friendly: "LOOK THEY HAVE VINYL FLOORING!!!" There is always going to be someone critiquing what they themselves aren't even doing. Heck our entire nation does it during American Idol. Read it with an open mind and don't try to do everything at once. I started reading her blog in 2011. Yes, I still bought the book (e-reader version) because instead of like a blog where the entries are written when inspiration strikes this book is more organized and does offer more info. When I tried this stuff I did not hold myself to all of her standards and I knew that these ideas would never take over in my home. When I got rid of all my excess in 2011 I made 2,500\$ by selling it off on and got a notable tax deduction for all the donations. I also felt like I could breath. When I bought flour sack clothes I did with the intention of saving "some money" but I "knew" we'd always need paper towels. The joke was on me since it just struck me a few months back that the last paper towels I bought was in 2011. That was not a conscious change it just happened because we haven't needed them. Any time someone uses them they demand to know where I got them from because they really do work that well. Our utilities have not increased at all due to washing and drying them. Our utilities actually decreased because I had our city come pick up our second garbage can that we no longer needed. I'm using a double edged razor for shaving and now instead of spending 17\$ for 5 cartridge heads I spent .

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