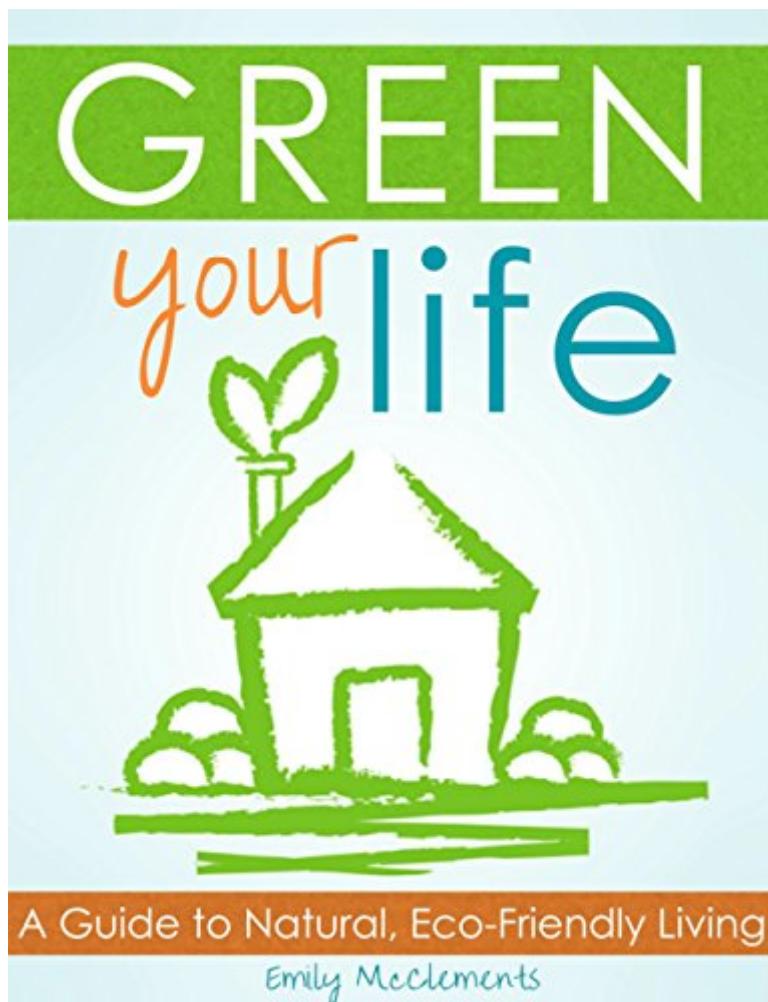


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# Green Your Life: A Guide To Natural, Eco-Friendly Living



## Synopsis

You've heard about green and natural living and think it's probably a good idea, but all of the ideas and information about what it means to 'go green' can sound overwhelming and expensive. You'd like to help your family live a healthier lifestyle, but you're busy and it's hard to know where to start. Plus green and organic products are expensive, and you're on a tight budget! This guide will show you how to:

- Switch your cleaning products to homemade natural cleaners that are super effective yet safe to use around your family.
- Green clean your laundry to keep your clothes looking great and lasting longer.
- Stock your bathroom cabinet with beauty and personal care products free from harmful and toxic chemicals.
- Raise a green and natural baby with cloth diapers, baby-led weaning, safe toiletries, and teach your kids the importance of conserving.
- Conserve energy and water around your home.
- Reduce the amount of trash your family produces by replacing disposable products with reusable ones.
- And all of this while also saving you money!
- Make the connection between real food and green living.
- Make buying choices that protect both people and the planet.
- See how you can make an impact on the world around you!

Get started greening your life today!

## Book Information

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## Customer Reviews

Not sure how to write this review. I appreciate all the time the author put into it. However, maybe it's my age but I didn't find anything new at all in it. I was looking for recipes and there were very few and the same (and more) information is readily available on the internet. Unless you know absolutely nothing about the green life this book really doesn't offer much. And I have no idea what being a Christian has to do with living green. We need to live green no matter what our religious beliefs are. When I read that in Appendix 1 I thought to myself "what about everyone else, don't they care? Is it just a "Christian thing?"". That's just plain silly talk.

If you want to know how to live a "greener," more natural lifestyle, this is THE book for you! Emily walks you through how to green your life in a simple, non-overwhelming way! I wish I had had this book years ago!

**FIRST:** I have to say that this is going to be the realest review you'll ever read. I don't have time to sit and type a review about things I purchase (SAHM with two kids, dog, cat and a spoiled husband). I'm not being paid to make anyone "look" good - just don't have the time. My six year old is a lot of work LOL. But I HAD to do this because I love to share the love. **SECOND:** I have been searching and searching for a go green guide for a long ass time. I just couldn't find THE ONE. So what I decided to do is kindle bits and pieces of books here and there of what I needed. Herbal books, essential oils books, homemade soap making, home remedy books and the list goes on. One kindle book was like... \$13 bucks! That sucked, but I bought it anyway. So one day, I googled (who's my partner in crime!) How to store beets when I was directed to [...] OMG! I am now a huge fan! I got my info and so much more. I look to the left of the page and saw this book. I immediately bought it and it has every single step that I was looking for! I can kick myself.... Really! Green Your Life is now on my kindle PC, phone and iPad. It gives you great ways to use Castile soap (with great recipe ideas) Homemade cleaners, laundry etc. I wanted something in this format so I can have a go-to kind of thing. This was it. **LAST:** I have no clue who Ms. Emily is but someone needs to make her famous for all the great ideas she has such great ideas for a clean life. Emily, you are my Bestie in my head girl! I hope you enjoy it as much as I have.

I truly wish that I had this book when I was first beginning my journey towards a more natural

lifestyle. Emily McClements does an excellent job of breaking down different areas of your home and all the practical changes that you can make. One of my personal favorites of the book is the section where Emily lists all of the eco-friendly products that she uses in her home. Sometimes it just really nice to have some tell you exactly what they recommend that you buy at the store. This truly is an excellent resource if you are interested in removing the toxins from your home.

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