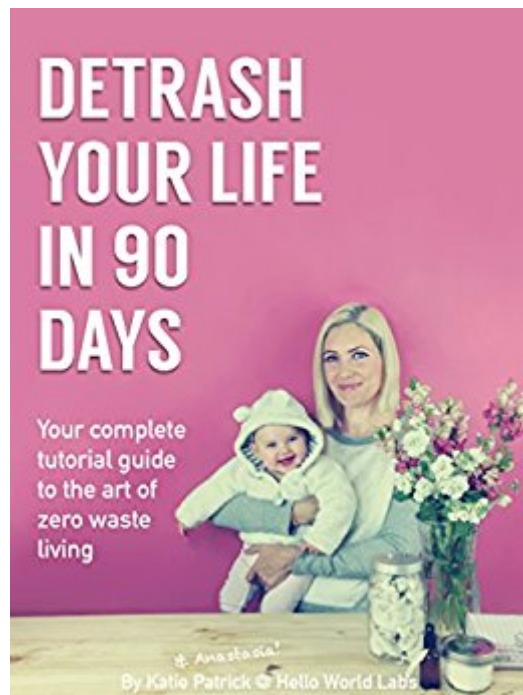




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# Detrash Your Life In 90 Days: Your Complete Guide To The Art Of Zero Waste Living



## Synopsis

Welcome to the world's most comprehensive manual about how to live without making any trash whatsoever! This monster 215 page guide will teach you 148 'zero waste actions' complete with detailed explanations, DIYs, tips, recipes, home hacks and product recommendations that will transform you into a sustainability superstar. Zero waste living will dramatically change your life. It can save you up to \$10,000 per year. It can drastically improve your diet and it can prevent a myriad of toxic chemicals from entering your home. Many people have found that zero waste living has improved their emotional wellbeing by shifting their focus to a life rich in experiences and not things. 'Zero wasters' claim to experience better sleep quality, improved concentration and an unexpected sense of joy that comes when they 'de-trash' their lives. With detailed research into nearly fifty Life Cycle Analysis (LCA) reports, environmental engineer and award-winning entrepreneur, Katie Patrick, details the mind-boggling volumes of trash that are prevented by each zero waste action. She presents the specific amounts of coal, oil, gas and water that are embodied in the manufacture of the everyday items we throw away, revealing quantitative evidence of just how powerful zero waste living can be to change the world.

Chapter 1 - Everyday zero waste actions  
Chapter 2 - Doorway zero waste actions  
Chapter 3 - Food shopping  
Chapter 4 - Kitchen zero waste actions  
Chapter 5 - Bathroom zero waste actions  
Chapter 6 - Garden zero waste actions  
Chapter 7 - Cleaning & laundry zero waste actions  
Chapter 8 - The car can help  
Chapter 9 - Office zero waste actions  
Chapter 10 - Fashion and furnishings zero waste actions  
Chapter 11 - Festivities, parties and events  
Chapter 12 - Traveling zero waste  
Chapter 13 - Women's issues  
Chapter 14 - Zero waste babies  
Chapter 15 - Zero waste kids  
Chapter 16 - Pets  
Chapter 17 - Medical zero waste alternatives  
Chapter 18 - Community zero waste ideas

Join the Facebook group for buddying and mentoring on your zero waste journey. <https://www.facebook.com/groups/detrashed90/>

## Book Information

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Cleaning, Caretaking & Relocating

## Customer Reviews

I love this book but I personally would have preferred a paper copy. I know that is not super environmentally friendly, but I prefer to read out of a book rather than off a screen. I did get a little used to it as the book went on, and the links are certainly helpful to refer back to. I read Zero Waste Home first, but I feel this is better in a few ways and also has extra information that ZWH did not. I love that she actually recommends a vegetarian/vegan diet. That tells me she is legit, and actually in it for environmental and possibly ethical reasons. I also like that she is really down to earth, she does not expect you to be as "zero waste" or as vegan as her, only that you find your reasonable balance. For me, that's completely vegan and as plastic free as possible, but I do use a vacuum, laptop, and I play video games. There is also plastic on/in my fridge, light switches/outlets, and some knobs, etc, but that's about it. I probably will not utilize her recommendation to make or buy large amounts of food at once, because if I did that I would probably waste a lot of food. I do think vegan/at least vegetarian should be a goal for everyone. There is so much scientific evidence that it is bad for our bodies, even before the dawn of the factory farm, and I do not think we have a right to take their lives if they can suffer/feel pain. I don't know if composting is for me. I will keep trying for now, but at some point, I may just have to accept that it may not be for me. I don't mind it so much in the winter time, but it's too hot in Texas summers, I just hate doing it then.

I like this book. It breaks things down into approachable, simple steps and has a positive and encouraging tone. I don't like that some of the things she recommends are not the best choices for

the planet. Microfiber cloth, for example, sheds tiny particles of plastic as they are used and washed, and can't be recycled once worn out, to my knowledge. And I definitely won't use petroleum jelly to make my own mascara. Still scratching my head about that one. All in all, a nice little guide to zero waste.

A quick but simple way to start zero waste. Not preachy. Just do your best is what I got from the writer. Any change you make will be helpful! You can skip the section that do not apply to you.

While it may not go into as much detail as Zero Waste Home (Bea Johnson) or Plastic Free (Beth Terry) (both great reads!), this is a great book full of tips, ideas, recipes and factoids. Katie is clearly a good-humor end sweetheart, and she welcomes input, edits, recipes and additions to the book from other zero wasters as well.

Great starter book with tons of ideas to reduce waste in all aspects of your life. Definitely recommend.

easy reading and very enjoyable

This book has consumed our family this month. It helped as a guideline and to get us organized.

Good basic information about zero waste. Clear chapters and writing style. Gave only three stars because did not include much new info ratting for me. But would recommend to read this!

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