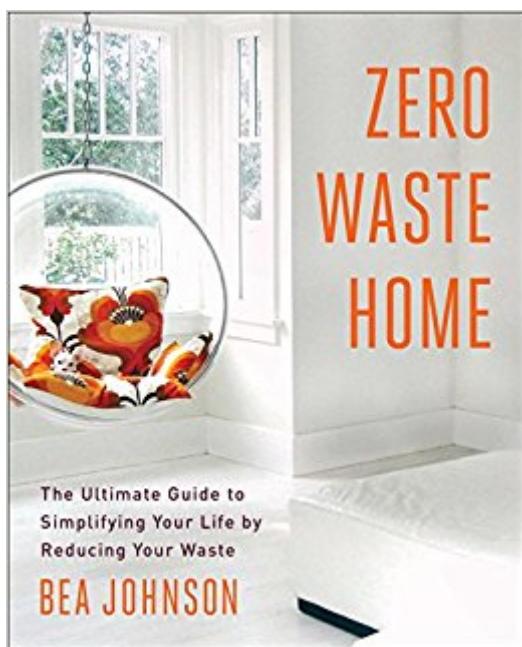


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Zero Waste Home: The Ultimate Guide To Simplifying Your Life By Reducing Your Waste



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.

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Customer Reviews

“Bea Johnson’s book has allowed me to get even closer to Zero Waste than I was before I picked it up. Read it today. It will transform the way you view waste.” (Ed Begley, Jr.) “Zero

Waste Home is an amazing story of personal transformation. It compels us to recognize that our heedlessly wasteful ways are not gateways to prosperity and convenience, but barriers to a good life and a healthy planet. Bea Johnson has produced an invaluable resource. • (Edward Humes, author of *Garbology*) "Waste not, want not isn't about penny pinching. It's about gratitude and loving our lives. Bea Johnson doesn't just teach us to save the planet. She teaches us to save ourselves." (Colin Beavan, author of *No Impact Man*) "If you want inspiration and practical information... [Zero Waste Home] is powerful. • (Natural Child World magazine) "Clear, authentic, knowledgeable, helpful and a great read. Zero Waste Home will make a difference. • (Paul Hawken, author of *Natural Capitalism: Creating the Next Industrial Revolution*

Bea Johnson has been shattering preconceptions attached to a lifestyle of environmental consciousness through her Zero Waste lifestyle. She regularly opens her home to educational tours and the media, and she has appeared in segments on the > show, NBC and CBS news, Global TV BC (Canada), and a mini Yahoo! documentary. Bea and her family have also been featured in print publications, including >, >, the>, as well as >, MSNBC, >, Mother Nature Network, among others. They live in Mill Valley, California.

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 .37\$ on a razor blade that lasts me quite some time before needing to be replaced. The first time I used it was awkward but after that it was smooth sailing. People look at it like its a rudimentary and I'm constantly asked "How don't you cut yourself??" or told "Well that'd be fine for the legs but elsewhere would be a disaster!" Um it has a guard and no it works just fine EVERYwhere and its the first razor I've ever owned that hasn't left me with razor bumps in the sensitive areas. I'm saving a great deal of money here. A friend of mine just bought one and for the past week I've been getting texts almost every morning when he shaves "OMG WHY DID THEY EVER INVENT DISPOSABLES!!" We used reusable bags for produce and canvas sacks for ALL shopping not just groceries. We get compliments on them. Sometimes I'll get the .05 cent credit for all the produce bags because the cashier is enthused about them. I started buying the glass bottles of milk for my daughter when I tasted it I stood there stunned because I honestly had never tasted milk that good. It's not about living like a hippie. I know I don't live like one. It's not all about hugging trees either. I think it's about taking responsibility for our actions. We tell our kids to clean their rooms and yet when they say it's done we still check the closets and under the bed to make sure they didn't stuff anything there. How do we call ourselves adults when we're stuffing just on a larger scale. Seriously, read with an open mind and try things. The money you save using the tips exceeds the price of the book--- immensely.

I applaud the author for this book and her lifestyle, and I've started the process of switching to many of the suggestions from this book to reduce waste (especially plastic) and will hopefully get close to zero waste. So far so good and much less waste already. At first it sounds intimidating, but it's a lot easier than it sounds to make a huge difference in your trash output, once you start you wish you'd done it sooner. Some of the very easy first steps I've taken: no plastic bottles (water filter only), bringing a coffee thermos when out for Starbucks or other beverages, pass on using plastic straws, bring some utensils in your bag to avoid using plastic ones when eating out, use bamboo toothbrushes, vegetable based bar soap sold with no plastic, buy biodegradable recycled toilet paper wrapped in paper, not plastic, I'm now also buying majority of groceries using zero waste containers (mesh bags etc.) beans, legumes, nuts, grains and produce. Making own soy, almond milk / almond flour, mustard (all really easy and fun). I also recommend the documentary on Netflix about the floating plastic 'island' of trash the size of Texas in the ocean, will make you really think about how much plastic we use and want to make a difference.

I bought this about 2.5 years ago and have kept a lot its principles. My guaranteed commitment to zero waste is stainless steel water bottle and I always bring a shopping bag or I carry the items unbagged. That alone saves the planet and cuts down the waste in the house. Slowly, I have gone through my house and replaced those disposable items as the need arose. My house is clean and clutter-free. It was amazing how much plastic went to the recycle place. Just getting rid of the plastic alone is liberating. I do not get up in the morning to go to work to buy...plastic. At this time, I am not giving up my wide selection of clothes or my DVD collection. I wish I could put the DVD's online and watch my movies when I wanted and not pay NetFlix for that. Get this on Kindle, choose what you want to do to simplify your life and add more value to it.

I love this book, and all the tips that are in it! I read some reviews that called Bea arrogant or the like, but that's not the impression I got from the book. There are so many helpful ideas and she walks through what has and has not worked for HER family. You have to consider that this is how these things have worked in her life and for her family and that's not going to be exact the same as what works for you. I personally don't have as much access to bulk but that doesn't mean that I haven't come away with ideas. We have started decluttering our home and eliminating some frivolous extras and this book inspires me. Zero waste is an incredible movement and while we may never be zero waste we are well on the way to making our house low waste and it has truly increased the quality of our lives. It's better for the environment, our health, and our wallets!

I was already pretty minimalist, but had not gone full throttle with it. I wasn't recycling or composting, I was using a few disposables, I wasn't sure how to finalize my bathroom minimalist makeover, etc. But, her tips and advice WORKS. We love our aleppo soap and use it for everything, I love my straight razor for leg shaving and alum block for deo, we have cut down TREMENDOUSLY on our trash, I've made over our cupboard and grocery shopping and it is LESS STRESS and MORE FUN to shop and cook now! My wardrobe is divine, and having less clothes has really cut down on my stress level. Overall, it's just a great book, she knows what she is talking about, and you can change your life without a lot of work. Just get the book and do it! Make a difference for yourself and for the world!

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