



# Plastic-Free: How I Kicked the Plastic Habit and How You Can Too

*Beth Terry*

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**“Guides readers toward the road less consumptive, offering practical advice and moral support while making a convincing case that individual actions . . . do matter.”** —Elizabeth Royte, author, *Garbage Land and Bottlemania*

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. In *Plastic-Free*, she shows you how you can too, providing personal anecdotes, stats about the environmental and health problems related to plastic, and individual solutions and tips on how to limit your plastic footprint.

Presenting both beginner and advanced steps, Terry includes handy checklists and tables 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 change on a larger scale. Fully updated for the paperback edition, *Plastic-Free* also includes sections 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 those concerned about the ongoing health and happiness of themselves, their children, and the planet.

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Why don't make it to be your habit? Right now, try to ready your time to do the important act, like looking for your favorite publication and reading a publication. Beside you can solve your trouble; you can add your knowledge by the book entitled Plastic-Free: How I Kicked the Plastic Habit and How You Can Too. Try to the actual book Plastic-Free: How I Kicked the Plastic Habit and How You Can Too as your buddy. It means that it can being your friend when you truly feel alone and beside regarding course make you smarter than previously. Yeah, it is very fortunated in your case. The book makes you considerably more confidence because you can know almost everything by the book. So , we need to make new experience as well as knowledge with this book.

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Is it an individual who having spare time in that case spend it whole day by simply watching television programs or just resting on the bed? Do you need something new? This Plastic-Free: How I Kicked the Plastic Habit and How You Can Too can be the respond to, oh how comes? A book you know. You are thus out of date, spending your time by reading in this fresh era is common not a geek activity. So what these publications have than the others?

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