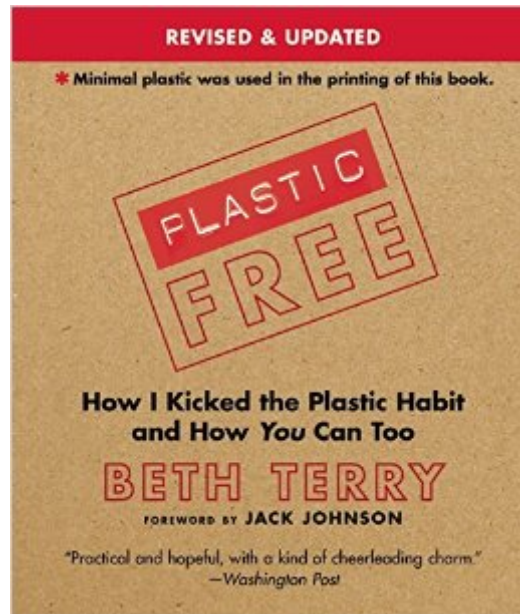


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# Plastic-Free: How I Kicked The Plastic Habit And How You Can Too



## Synopsis

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.

## Book Information

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## Customer Reviews

I bought a copy of *Plastic Free* at a screening of the documentary *Bag It*. The documentary wasn't

particularly compelling, but I enjoyed meeting Beth Terry of MyPlasticFreeLife, who answered questions about plastic in the same friendly, unassuming, and thoughtful way that characterizes her blog. Plastic Free is pretty much what you would expect it to be: a guide to why plastics should be avoided and how to do it. Most of the information is practical, with lots of useful tips derived from personal experience, lists of actionable content, and interviews with activists. There are also some thoughtful meditations on burn-out and whether individual actions matter, funny anecdotes (my favorite involves red wine in a Kleen Kanteen -- an ingenious use for an opaque reusable bottle), and more. I'll admit right now that I have exactly zero intention of gnawing on neem sticks for toothbrushes, and while I am deeply concerned about the environment, do not see plastic as the most pressing issue. I've already switched to reusable bags, water bottles, food storage, and bulk bins, but my life will never be plastic free -- and I'm OK with that. Regardless of where you are in your green journey, Beth Terry provides great tips and motivation to keep pushing yourself a little further. Chapters cover subjects like plastic bags, disposable water bottles, grocery shopping, recycling, eating out, cleaning, and personal care. Some of it won't be new if you've already made the switch, some of it won't be relevant depending on your lifestyle (I skipped the entire section on diapers), but it's all quite readable and you're likely to learn something new or pick up a good tip. For me, the chapter on recycling plastics was particularly eye-opening.

I don't know how or when I first learned about Terry's endeavor in trying to get rid of plastic from her life. But one thing for sure, it turns out, we both cried when we saw the images of plastic debris filled dead albatross carcasses; she saw them on Algalita and I saw them on Chris Jordan's *Midway: A Message from the Gyre*. But unlike me, she set out to do something about it. She boldly decided to get rid of plastic from her life, while I 'try' but still struggle with the endeavor. So it's no surprise that Terry wrote this book so people like you and me, can learn how to do it, without being overwhelmed. This book gives you easy tips to follow with brilliant and quick steps you can do, to get rid of plastic from your daily living. The message I got, and love, from Terry's book is that you don't have to be drastic, like her, to live plastic-free. She acknowledges that it can be hard but she teaches you how we can, by taking little steps to start. And the facts, the directory, exhaustive research she did and shared in the book give you enough information to start and to keep for reference. She did the leg work so we can take the guess work out of our plastic free journey. I especially love how every footnote is referenced. I also love the "rent/borrow/share" directory with links, the difference between silicone and plastic (Good to know she's on the same page as I about silicone), directory of plastic free clothing and accessories...the list goes on. If you don't know how important it is to

eliminate plastic from our lives, for our health, for the planet's health, and for the animals' health, then, you definitely should pick up a copy. You can buy this digital version (like I did) or you can preorder the hardcover paper version soon.

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