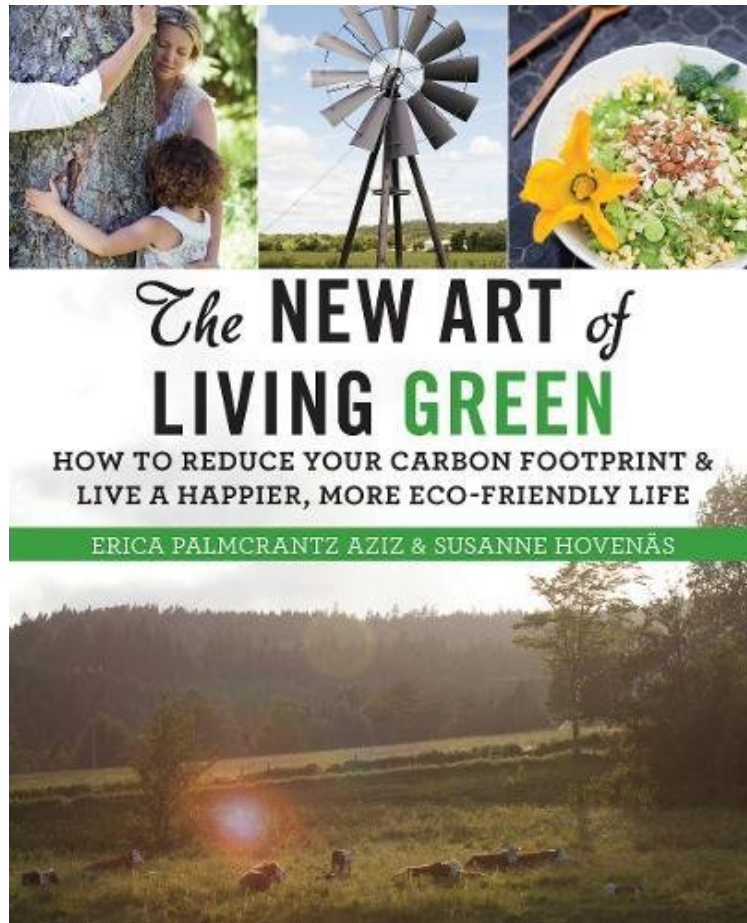


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## The New Art of Living Green: How to Reduce Your Carbon Footprint and Live a Happier, More Eco-Friendly Life

*Erica Palmcrantz Aziz, Susanne Hovens*  
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3 of 3 people found the following review helpful. Nothing really new here By Michelle S It was a pretty book with cute pics and was easy to read. However, despite me having my highlighter at the ready, there wasn't one bit of information I haven't already read in any other go green book. If you don't have any other green books, then this is a great one. If you have one already, you probably won't glean any new info here. There were some raw recipes in the back that some may find useful, but having a child with tree nut anaphylaxis, I cannot use them. 0 of 0 people found the following review helpful. New Art of Living Green By brickk45 Still learning so I love leafing through this book and finding new

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In today's busy world it's easy to understand the desire for shortcuts. With our time eaten up by work, family, and errands, we almost unconsciously look for quick fixes that aren't always the healthiest for our home or family. With *The New Art of Living Green*, authors Erica Palmcrantz Aziz and Susanne Hovens dare us to stop and think for a moment about the type of chemicals we use in our home, where we buy our produce, and the amount of waste we create. With this book you'll discover simple tips and guidelines that will help you to make greener choices to the benefit of your growing family's health and a grateful Mother Earth. This guide provides a collection of proven ways to live green practically, and on a daily basis. The book is divided into seven chapters, each represented by a color of the rainbow. Learn more about such topics as: *The World around You: How to act now* *The Home: Making slow and simple changes* *The Body: Going from chemicals to natural* *The Garden: How to farm anywhere* *Work and Play: Incorporating sustainable living into your routine* *Raw Food: Green recipes for you and Mother Earth* *Spirituality: Discovering the feeling of togetherness* It's easy to become complacent with a routine, so to help free you of bad habits, each chapter ends with seven challenges for you to try at home. Finally transform thought into action and lend a helping hand toward making our planet a better place for future generations to come. Even the smallest of changes can make a difference!

**About the Author** Erica Palmcrantz Aziz is a raw-food educator and has been a high-raw vegan for almost nine years. She is the coauthor of *The Green Smoothie Miracle: Your Way to Increased Energy, Weight Loss, and Happiness*; *Raw Food: A Complete Guide for Every Meal of the Day*; and *Raw Desserts: Mouthwatering Recipes for Cookies, Cakes, Pastries, Pies, and More*. She lives in Sweden with her husband Sam Aziz and their daughter Saga. Susanne Hovens is a journalist and editor for one of the largest health magazines in Sweden. She is the founder of *Breathing Day* (February 3), a day when we can take a moment to focus on how we breathe, which can improve our health significantly and aid us in becoming more harmonious. Hovens is also the coauthor of the Swedish book *Modern Packed Food Bags: For the Active Family*. She lives in Sweden with her husband and two daughters, Nanna and Nelly.