

EARTHSCAN

FOR IMMEDIATE RELEASE

CONTACT: Kelly Spann
Tel: 703-996-1039
E-mail: Kelly@styluspub.com
www.styluspub.com

THE CLIMATE DIET

HOW YOU CAN CUT CARBON, CUT COSTS & SAVE THE PLANET

JONATHAN HARRINGTON

"Here's a diet that will leave us not grouchy and wanting, but happier, a little richer, and on a sweeter planet!"

Bill McKibben, author *Deep Economy and The End of Nature*

"In order to lose weight, you need to eat less and exercise more. In order to save our planet, we need to consume less and conserve more. *The Climate Diet* is a sensible, inspiring prescription for cutting back on our materialistic lifestyles and restoring planetary health."

Matthew Sleeth, author of *Serve God, Save the Planet: A Christian Call to Action*

At our current rate the number of years on the earth as we know it are limited. With the ever more frequent threat of flood, fire and other natural disasters we need to act quickly. If everyone reduces their own personal impact, together as a group we will accumulate enough change to save our planet.

Dr. Jonathan Harrington wants to protect this precious earth for his young daughter, Kela, and his new book –*The Climate Diet*– helps the average citizen do the same. Harrington shows how to make your life more eco-friendly and how to lower your carbon footprint in daily activities. *The Climate Diet* outlines three levels of participation, and describes a basic plan for achieving each level. This level system makes the book suitable for everyone who wishes to lower their impact, whether big or small, doable on any schedule and economic level.

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Want to do something, but don't know how to get started? This book offers suggestions on how to "green" your entire house including:

- o The bedrooms
- o The home office
- o The meal on your table
- o And the community you live in

The climate crisis is not going away anytime in the future, so the time to act is now.

About the Author:

Jonathan Harrington is an associate professor of International Relations at Troy University, Alabama, USA. He has authored more than fifteen articles on environment and development issues.

The author is available for interviews. If interested, please contact Kelly Spann at Stylus Publishing.

The Climate Diet

How You Can Cut Carbon, Cut Costs & Save the Planet

Jonathan Harrington

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234 pp, figures & tables

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