

A practical guide to generating less waste, featuring meaningful and achievable strategies from the blogger behind The Green Garbage Project, a yearlong experiment in living garbage-free. Trash is a big, dirty problem. The average American tosses out nearly 2,000 pounds of garbage every year that piles up in landfills and threatens our air and water quality. You do your part to reduce, reuse, and recycle, but is it enough? In *The Zero-Waste Lifestyle*, Amy Korst shows you how to lead a healthier, happier, and more sustainable life by generating less garbage. Drawing from lessons she learned during a yearlong experiment in zero-waste living, Amy outlines hundreds of easy ideas—from the simple to the radical—for consuming and throwing away less, with low-impact tips on the best ways to:

- Buy eggs from a local farm instead of the grocery store
- Start a worm bin for composting
- Grow your own loofah sponges and mix up eco-friendly cleaning solutions
- Purchase gently used items and donate them when you're finished
- Shop the bulk aisle and keep reusable bags in your purse or car
- Bring your own containers for take-out or restaurant leftovers

By eliminating unnecessary items in every aspect of your life, these meaningful and achievable strategies will help you save time and money, support local businesses, decrease litter, reduce your toxic exposure, eat well, become more self-sufficient, and preserve the planet for future generations.

Plant Physiology, *The Ultimate Spectacle: A Visual History of the Crimean War (Documenting the Image)*, Future Uses of the Department of Defense Joint Pathology Center Biorepository, *Jahrbuch Zur Liberalismus-forschung 2003 (German Edition)*, *This Jesus: Martyr, Lord, Messiah*, *Rural Poverty Report 2011 - New realities, new challenges: new opportunities for tomorrows generation*, *The pivot generation: Informal care and work after fifty (Transitions After 50 Series)*, *Metadata: Websters Facts and Phrases*, *Star Wars Clone Wars 09*,

Amazon.com: *The Zero-Waste Lifestyle: Live Well by Throwing Away Less*  
Amazon.com: *The Zero-Waste Lifestyle: Live Well by Throwing Away Less* by Amy Korst

The *Zero-Waste Lifestyle* has ratings and 94 reviews. Terese said: I have mixed feelings about this book. I really like the idea of reducing the amount.

*The Zero-Waste Lifestyle: How to Live Well by Throwing Away Less*. Amy Korst. Ten Speed, \$ paper (p) ISBN

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Amy Korst *The Zero-Waste Lifestyle: Live Well By Throwing Away Less*, Ten Speed Press, Berkeley, CA. Imagine never taking your trash. *The Zero-Waste Lifestyle: Live Well by Throwing Away Less*. BY Amy Korst. A practical guide to generating less waste, featuring meaningful and achievable. *Live Well by Throwing Away Less In The Zero-Waste Lifestyle*, Amy Korst shows you how to lead a healthier, happier, and more sustainable.

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