

Be a Part of the Global Warming Solution!

Low Carbon Diet: A 30 Day Program to Lose 5000 Pounds David Gershon

For down to earth, concrete suggestions of how you can join the movement to reduce global warming, you can't beat David Gershon's *Low Carbon Diet: A 30 Day Program to Lose 5,000 Pounds*. Its workbook format (with lighthearted illustrations) provide concrete suggestions for how you and your family can make a difference. The typical US household generates 55,000 pounds of carbon dioxide annually, compared to 27,000 in Germany and 15,000 in Sweden. Reducing carbon emissions in the US is essential to affecting global warming. You can go on www.empowermentinstitute.net/lcd to calculate your household's current carbon dioxide emissions. As Gershon says, "If the bad news is that individual Americans are a major part of the problem, the good news is that we can also be a major part of the solution. By making specific, targeted changes to actions we already take every day, we can significantly reduce our carbon dioxide emissions."

Once you know your "carbon footprint," the book offers a variety of options to reduce them, and then to track the impact. Actions range from keeping your car tires properly inflated to changing your laundry habits and increasing insulation in your home to buying green energy from your power company and recycling more. The behavior changes not only reduce your carbon emissions, but have the "side effect" of saving money! For an investment of \$12.95 and at only 72 easy-to-read and engaging pages, it isn't overwhelming. Later chapters show how to create 'Cool School' and 'Cool Community' campaigns and how to engage your workplace and your town officials in making changes for even wider impact.

Gershon highly recommends building a team of people interested in taking action, and has created an easy step-by-step guide for how to set up EcoTeam meetings to share information, offer support and report on progress. People who have engaged in the process report the added benefits of making new friends and building a sense of community with their team members. You might create an EcoTeam with friends, neighbors, co-workers or in your congregation to support your actions and spread the knowledge of how to make a difference.

So if you have seen *An Inconvenient Truth* or *The Eleventh Hour* or are just concerned about the future, here is a practical guide to what you can do with measures to quantify the effects of your actions. This book gives you the tools to reduce the negative impact of your behaviors on the environment. You *can* make a difference. And heck, you will save money too!