

Carbon Detox. Your step-by step guide to getting real about climate change. By George Marshall.

With the emerging awareness and acceptance of the science behind climate change, there is an increasing number of explanatory books and "how to be green" texts appearing in the bookshops. "Carbon Detox" stands out as a handy, easily accessible guide aimed not just at those who are already convinced that climate change is happening and that there is something they can do about it. Importantly, it aims to address the sceptics and those who need further convincing that reducing their carbon emissions will not take them down a slippery slope to self-deprivation and poverty.

George Marshall's approach is to steer us through the scientific background, helping us understand where we've got to with our exploitation of the planet's resources and introduces us to some refreshingly different perspectives on the problem at hand and our personal responsibilities for solving it. He then goes on to explain, in detailed practical terms, what we can each do to "Drop A Tonne" in our carbon emissions in the major areas of our lives (Food, stuff, work, travel, energy).

What I enjoyed most about this book is the combination of philosophy, psychology and practical, personal solutions. It is serious about the science and light-hearted but practical about our response to this anxiety provoking situation.

"Carbon Detox" will help you increase your awareness of where you stand with climate change, the effects it's likely to have on us collectively and as individuals and the real, practical changes we can each make to reduce our carbon emissions.

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