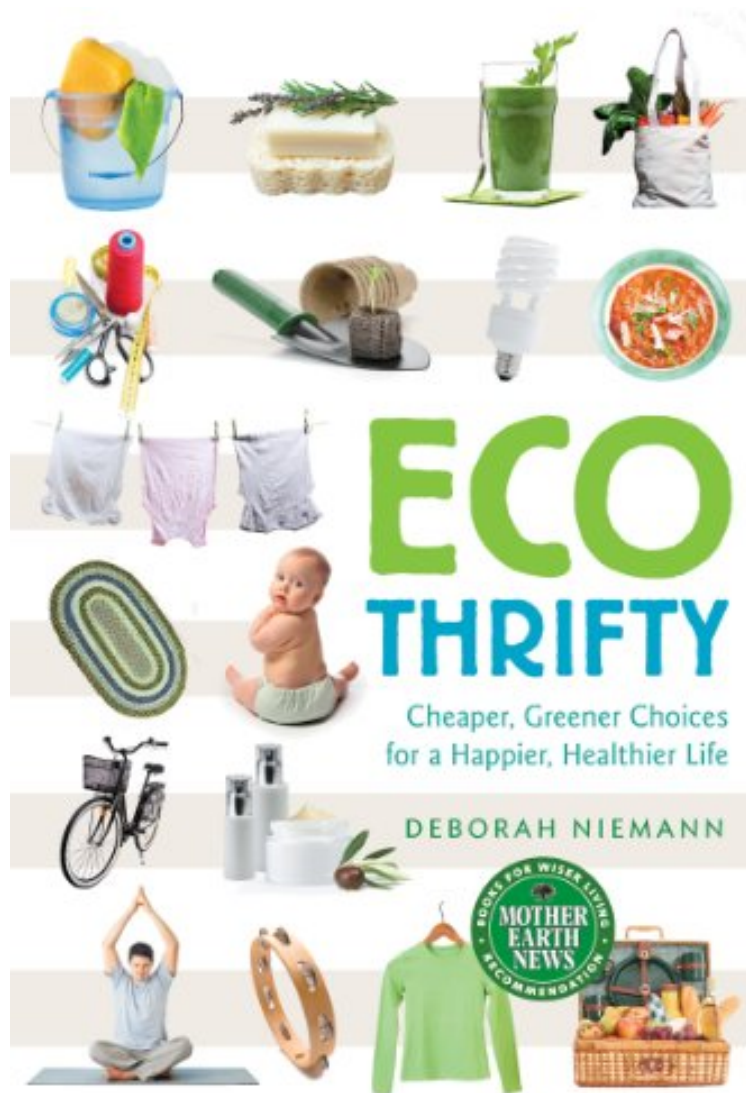


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Ecothrifty: Cheaper, Greener Choices for a Happier, Healthier Life

Deborah Niemann

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Deborah Niemann : Ecothrifty: Cheaper, Greener Choices for a Happier, Healthier Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised Ecothrifty: Cheaper, Greener Choices for a Happier, Healthier Life:

2 of 2 people found the following review helpful. Full of Good IdeasBy Miss MarlaI've read many books and blogs on trying to live a greener life. The thing that I really like about this book is that it made me think in ways that I hadn't previously. It had me right from the introduction. Well worth reading, even if you're an "old dog" to the lifestyle.10 of 11 people found the following review helpful. Read this from my local library and had to get my own copyBy Ambre PAs someone with environmental allergies I have found this book extremely helpful. I am getting the materials

together to make my own soaps (laundry and dishwasher) as well as making my own lotions which I miss as it's hard to find them without artificial scents and chemicals added. For the environmentally conscious there are additional discussions on topics from these as well as food/recipes, energy efficiency, baby stuff, etc...It's a short and well condensed highly informative book. 7 of 8 people found the following review helpful. Awesome! By Lynn Lewis This book is worth more than the price I paid for it. It is on the top shelf of my bookcase as I refer to it often. Many great ideas to try that I never thought of before. I especially like being able to have an index to get me where I want to be in a hurry. There is so much to learn in this book, it should be required reading for high school students in Home Economics classes. I have given the book as gifts and have loaned it out to many friends. I also own Deborah's, **HOMEGROWN HOMEMADE**. This has got to be one very busy lady to be involved in so many areas of owning a homestead.

Use it up, wear it out, make it do, or do without—our grandmothers knew the importance of responsible, thrifty choices. But somewhere along the way we lost our way and succumbed to the belief that we can get everything for next to nothing, have it shipped halfway around the world and then, more often than not, just throw it away. This consumer binge is taking its toll. Diet and lifestyle-related illnesses are epidemic, our environment is awash in a sea of plastic, our climate is changing, and the cost of everything is skyrocketing with the price of oil. Are we doomed? No. We can make greener, healthier choices, and we can do it while saving money. Where to start? *Ecofrugal* is packed with simple, practical ideas and recipes to help you: Make homemade products for cleaning and skin care Grow your own food and cook more from scratch Raise your family without lowering your standards A must-read for anyone who has ever wanted to live a greener life but thought that it would be too expensive, time-consuming, or difficult, this handy, complete guide will show you how small changes can have a huge environmental impact and save you thousands of dollars, all while improving your quality of life. Deborah Niemann is a homesteader, writer, and self-sufficiency expert. The author of *Homegrown and Handmade: A Practical Guide to More Self-Reliant Living*, she presents extensively on topics including soapmaking, breadbaking, cheesemaking, composting, and homeschooling.

Following her eco-friendly debut, *Homegrown and Handmade: A Practical Guide to More Self-Reliant Living*, self-sufficiency expert Niemann focuses now on practical ways to be green while saving money through informed consumer choices, such as how to avoid buying toxic products or their expensive alternatives (e.g., making laundry detergent with washing soda, borax, and soap) to reducing environmental harm and support personal health. In every chapter, from food to home to transportation, Niemann includes recipes or other straightforward guidance, along with cost comparisons, to make her ideas accessible and seemingly easy to implement. Because she covers so much territory, some ideas are bound to pique readers' interest, whether wine- or soap-making, gardening, bread baking, or clothes swapping parties. A homesteader herself, Niemann does not forgo technology when it provides the cleanest and cheapest option. She acknowledges, for instance, that using a reel mower for lawn care may not be practical for large lawns or busy people, and so she describes the differences between electric- and gas-powered options. Likewise, in her chapter on free stuff, Niemann discusses foraging in parks as well as foraging online. Small testimonials sprinkled throughout the book complement Niemann's encouraging tone, so that her advice does not come across as self-righteous or preachy, but more like insider tips from an experienced do-it-yourselfer. - Publishers Weekly review I support and endorse this wonderful book, 100%. — Ed Begley, Jr. Actor / Environmentalist Those of us embarking on the journey of consuming less and enjoying ourselves more desperately need guidebooks, and Deborah Niemann has written one for us. *Ecothrifty* leads us gently down the path of changing the way we think about what we buy. I hope you will find this book the beginning of your engagement in a global movement to create a family life that is rich and abundant while sitting lighter on the planet that holds us all. — Kathy Harrison, from the Foreword If you care about the future of the Earth and her ecosystems and want to make a difference, pick up a copy of this book and read it cover to cover. You're in for a treat! This book is chock-full of valuable information that could change your lifestyle and help create a sustainable world. *Ecothrifty* should be required reading for every citizen of the world. Dan Chiras, Director, The Evergreen Institute, and author of *The Homeowner's Guide to Renewable Energy*, and Power from the Sun evergreeninstitute.org