



# How to Live a Low-Carbon Life: The Individual's Guide to Tackling Climate Change

*Chris Goodall*

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Drastic reduction of carbon emissions is vital if we are to avoid a catastrophe that devastates large parts of the world. Governments and businesses have been slow to act - individuals need to take the lead now if we are to avoid climate chaos.

Each Westener is responsible for an average 10 - 20 tonnes of carbon emissions each year (depending on where you live). In *How to Live a Low-Carbon Life*, Chris Goodall shows how easy it is to take responsibility, providing a comprehensive, one-stop reference guide to calculating your CO2 emissions and reducing them to a more sustainable 2 tonnes a year.

This fully revised and expanded new edition takes into account new government targets on emissions reductions and includes up-to-date calculations and extensive graphics clearly laying out the path to a low-carbon life.

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