## <<我要低碳生活>>

#### 图书基本信息

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#### 内容概要

Glaciers are melting and sea levelS are rising. Environmental protection is swiftly becoming one ofthe most urgent ehallenges for humankind. Yet environmental protection does not necessarily mean global summits or high technologies, nor is it just a hobby for the affluent. Its potential lies in everyday attitudes and a call to action.

This iS not a comprehensive popular science reader about climate , but a very straightforward and convenient guide to low—carbon life . Based on Chinese people 'S current lifestyles , through concerns inside and outside our homes and issues for the future , the book aims to help readers realize that environmental protection iS notjust a catchphrase or a fashion . Everyone may partake init . Low—carbon life iS not impossible to achieve , and everybody may benefit from changes that at first may seem trivial , but are environment—friendly actions close to our daily lire . A host of useful tips and experiences make the book very practical and valuable .

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#### 书籍目录

Introduction: No Ice out ThereKeywords for Low-carbon Life 1 Green Home A Low-carbon Life Starts with No Beef One Less Beer Each Summer Month Vegetarians Benefits of a Vegetarian Diet Classification of Vegetarians Buying Just Enough to Eat How to Identify Organic Food Vegetables Are Environment-friendlier Than Fruits2 Green House Carbon Emissions of Energy-consuming Appliances Choosing Green and Environment-friendly Furniture Don't Harm the Earth Through Clothing Valuing Your Clothes Don't Pay for Extras Low-carbon Kitchen Green Cooking Is More Nutritious Avoiding Disposable Choiosticks ......2 Beyond Domestic Matters3 Green FutureAppendix

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