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31 Days to an Ecological Transition

Cleaning products, Cosmetics, Zero waste, Food, Home Life: Green Alternatives, DIY, Recipes, Time-Teste Tips, and Solutions for Everyone!

Authors: Isabelle Servant (Text) - Cyrielle Blazy (Text)

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Category : Practical Books

Genres : Sustainable Lifestyle - Lifestyle - Food and Drink - Well-Being/Self-Help

Keywords : Food - Transition - Eco-friendly - Cross-cultural understanding - Münchhausen - Tricks - Waste - Alternative

The book to guide you step-by-step in transitioning to a more environmentally friendly lifestyle!

This practical guide offers an active but always gentle and patient approach to leading a more environmentally-friendly lifestyle in five major areas: cleaning products, hygiene & cosmetics, zero waste, food, and daily habits. Readers are encouraged to pick and choose which suggestions and solutions, from among the many provided, best suit their preferences, needs, and means. Also included are valuable tips and DIY advice to help at each small step along the way, as you make the best progress you can!
