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# Sleeping Naked Is Green: How An Eco-Cynic Unplugged Her Fridge, Sold Her Car, And Found Love In 366 Days



## Synopsis

No one likes listening to smug hippies bragging about how they don't use toilet paper, or worse yet, lecturing about the evils of plastic bags and SUVs. But most of us do want to lessen our ecological footprint. With this in mind, Farquharson takes on the intense personal challenge of making one green change to her lifestyle every single day for a year to ultimately figure out what's doable and what's too hardcore. Vanessa goes to the extremes of selling her car, unplugging the fridge, and washing her hair with vinegar, but she also does easy things like switching to an all-natural lip balm. All the while, she is forced to reflect on what it truly means to be green. Whether confronting her environmental hypocrisy or figuring out the best place in her living room for a compost bin full of worms and rotting cabbage, Vanessa writes about her foray into the green world with self-deprecating, humorous, and accessible insight. This isn't a how-to book of tips, it's not about being eco-chic; it's an honest look at what happens when an average girl throws herself into the murkiest depths of the green movement.

## Book Information

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## Customer Reviews

To read about, that is - Vanessa certainly seems to have had her ups and downs over her year of making a new green change in her life every day. This book chronicles her 'greening' year, episode by episode. Each chapter covers a month, with a list of what changes she made that month first, and then a few select changes are highlighted with some commentary. (One of the few disappointments I had with the book was that a lot of the changes I was interested in weren't the

ones chosen for commentary, alas!! But of course the book would have had to be a thousand pages long to include everything...)Let's start with the lists at the beginning of each chapter - for one thing, if you are looking for some new ways to green up your own life, you are bound to find several things new to you here - Vanessa covers the gamut from, yes, selling her car and unplugging her fridge (which oddly enough she makes sound almost doable...) to tiny changes like 'eat ice cream only from a cone, not a cup' or 'shower in the dark' (she MUST have a window in her bathroom! I'd kill myself falling over something!!).The commentary is great - no super-pious, greener-than-thou here! Sometimes she'll talk about some of her many misadventures along the way (worms from her compost bin on the living room floor), sometimes she'll talk about how something that sounds hard wasn't, or something that sounds easy, wasn't. Sometimes she takes herself seriously, sometimes not - which all in all, makes for a better read than a book that just takes one side or the other. It almost reads like - dare I say this for a 'green' book? - chick lit. If you enjoyed Julie and Julia, you'll enjoy Vanessa's similar tone (but not quite so many disasters!).

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