**The Big Guide to Climate-Friendly Living**

by Thomas Horne

**Summary**

*The Big Guide to Climate-Friendly Living* is a practical, illustrated reference book about the climate footprint of more than a thousand big and small things in our everyday lives. The text is accompanied by a wealth of easy-to-grasp illustrations that quickly help you understand the effect of your various everyday choices. You’ll be able to calculate your own climate footprint, and compare different steps and actions you can take. And you’ll find masses of climate-smart tips and important information along the way.

Climate change is already altering our globe. If we don’t stop it, great swathes of biological diversity may be lost, vast areas of land may become uninhabitable, the gap between rich and poor countries will widen dramatically and unimaginable numbers of people will flee. The big question of our time is: will we manage to cut greenhouse gas emissions, revolutionise technology and alter our consumption patterns – in time?

Nobody can rescue the climate alone. If we are to solve the climate crisis, collective action and structural changes are needed. At the same time, though, each and every one of us can make a difference. All of us who wish to live a more climate-friendly life send crucial signals to politicians, businesses and the people around us. There is no shortage of advice about all kinds of climate action we can take. The media write about it almost daily, plenty of good websites offer concrete tips, while bloggers showcase themselves and their climate-friendly lifestyles. The frustrating and bewildering thing about our quest for knowledge is the difficulty of gaining a proper overview of all the measures, let alone a qualified picture of how effective they actually are.

One day, you might hear that it’s tremendously important to sort your waste; the next, that you must trade in your old diesel car for a new electric car, preferably a luxury model. Housing, cars and beef say the environmental organisations, while others take the view that ecological vegetarian products will be our salvation. And on top of that, there’s plane shame. How much does each of these measures actually count? How great an impact do they have, one in comparison to the other? If you’re going to prioritise some battles, which ones should you choose? *The Big Guide to Climate-Friendly Living* gives you the answer.

The book communicates complicated science and intricate calculations in an easily graspable and entertaining way. Chapter by chapter, the author scrutinises how our lives affect the climate. You can compare the climate footprints of different means of transport, such as petrol cars, diesel cars and electric cars in a variety of sizes versus bus, train and subway. You can calculate the effect of trading in your old petrol vehicle for a new electric car. In the chapter about holidays, you can see which holiday destinations and types are best and worst – and whether, for example, it is better to drive to Paris by car instead of flying.

In addition, the author answers all your questions about climate and food – whether it helps to be a vegetarian if you also travel to India for a yoga holiday; and how much worse different types of meat actually are than fish and vegetables. Questions about housing, holiday homes, electricity supply and home refurbishment are dealt with in detail, as are clothes, shoes and electrical gadgets. The author concludes by summing up the most important steps you can take to reduce your climate footprint.

Although, naturally enough, *The Big Guide to Climate-Friendly Living* has a seriousness about it, the book shows readers that it can be fun and rewarding to make climate-friendly choices, while conveying enthusiasm and a hope that we’ll be able to solve this together.