

# It's Not That Hard: Easy adjustments to make your everyday life a little more environmentally friendly.

Henry Mooney



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A lot of people tend to think environmentally friendly living is hippie, difficult, or expensive. Really, there is so much that goes into "environmentalism," ranging from mechanical and chemical engineering to law/policy and finance. Making choices every day to reduce your carbon footprint or landfill contribution really aren't that difficult. The true definition of "sustainable development" encompasses environmental, economic and social welfare hand in hand. The point of this book is to not only give you tips for daily life to reduce your negative environmental impact, but actually explain why it's important with contextual examples and proof that it works.

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