



Detrash Your Life in 90 Days: Your Complete Guide to the Art of Zero Waste Living

Katie Patrick

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Welcome to the world's most comprehensive manual about how to live without making any trash whatsoever! This monster 215 page guide will teach you 148 'zero waste actions' complete with detailed explanations, DIYs, tips, recipes, home hacks and product recommendations that will transform you into a sustainability superstar.

Zero waste living will dramatically change your life. It can save you up to \$10,000 per year. It can drastically improve your diet and it can prevent a myriad of toxic chemicals from entering your home. Many people have found that zero waste living has improved their emotional wellbeing by shifting their focus to a life rich in experiences and not things. 'Zero wasters' claim to experience better sleep quality, improved concentration and an unexpected sense of joy that comes when they 'de-trash' their lives.

With detailed research into nearly fifty Life Cycle Analysis (LCA) reports, environmental engineer and award-winning entrepreneur, Katie Patrick, details the mind-boggling volumes of trash that are prevented by each zero waste action. She presents the specific amounts of coal, oil, gas and water that are embodied in the manufacture of the everyday items we throw away, revealing quantitative evidence of just how powerful zero waste living can be to change the world.

Chapter 1 - Everyday zero waste actions

Chapter 2 - Doorway zero waste actions

Chapter 3 - Food shopping

Chapter 4 - Kitchen zero waste actions

Chapter 5 - Bathroom zero waste actions

Chapter 6 - Garden zero waste actions

Chapter 7 - Cleaning & laundry zero waste actions

Chapter 8 - The car can help

Chapter 9 - Office zero waste actions

Chapter 10 - Fashion and furnishings zero waste actions

Chapter 11 - Festivities, parties and events

Chapter 12 - Traveling zero waste

Chapter 13 - Women's issues

Chapter 14 - Zero waste babies

Chapter 15 - Zero waste kids

Chapter 16 - Pets

Chapter 17 - Medical zero waste alternatives

Chapter 18 - Community zero waste ideas

Join the Facebook group for buddying and mentoring on your zero waste journey.
<https://www.facebook.com/groups/detrashed90/>

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Bella Singer:

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Catherine Benavidez:

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