

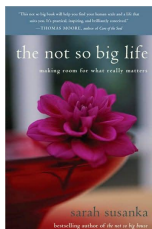


SUSTAINABLE LIFESTYLES BOOKLIST

by S. Peters 3/2009

Sustainability as a lifestyle means that people live in harmony with the earth. One would consume only what is necessary. Thus one would live in a house no bigger than needed. One would limit, as much as possible, the amount of resources consumed and the volume of garbage left behind.

In order to reduce one's carbon footprint, a person would try to use less fossil fuel such as oil and gas. Instead, he/she would use renewable products and fuel sources. Purchasing locally produced goods limit the amount of fuels used to transport items from one location to another.



Place hold

The Not So Big Life: Making Room for What Really Matters

By Sarah Susanka

Call #: 158.1 Sus

Architect Sarah Susanka expands her philosophy of inhabiting space to extend to inhabiting our lives. Get rid of the clutter in one's life to make time to do that which is really important.



Place hold

Rightsizing Your Life: Simplifying Your Surroundings While Keeping What Matters

By Ciji Ware

Call #: 646.7 War

For someone who is ready to reduce possessions and life to the essentials, this volume gives step-by-step guidance that will lead to a successful, simpler, more meaningful life.



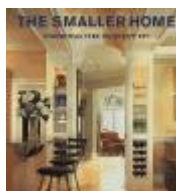
Place hold

Downsizing Your Home with Style: Living Well in a Smaller Space

By Lauri Ward

Call #: 648.5 War

Whether parents have become empty nesters or a family just wants to simplify their lives, this book will take you step-by-step through the process of deciding what to keep and what to part with, how to repurpose, etc.



Place hold

The Smaller Home: Creating the Perfect Fit

By Dan F. Sater

Call #: 728.37 Sat

The first step is to use this worksheet to determine how one really lives. The next step is to design flexible, open spaces with lots of storage. Quality finishes tie the home together, yet designate functional areas.





Place hold

The Not So Big House

By Sarah Susanka

Call #: 728.37 Sus

This is an expanded 10th anniversary edition of the classic that started the small house movement. It stresses the idea of quality and customization rather than size to make a comfortable home.



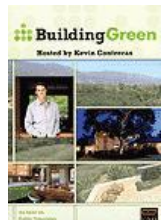
Place hold

Green From the Ground Up: Sustainable, Healthy, and Energy-Efficient Home Construction

By David Johnston & Scott Gibson

Call #: 690.837 Joh

Geared for the builder who is really interested in the whole variety of possibilities for building a home that is efficient and earth-friendly. Illustrations of many of the components add to the value of this book.



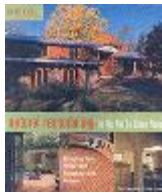
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Building Green

Hosted by Kevin Contreras

Call #: DVD 690.837 Bui

This series of 13 episodes follows the construction of an environmentally friendly home that is also healthy, energy efficient, and earthquake safe.



Place hold

Natural Remodeling for the Not-So-Green House

By Carol Venolia and Kelly Lerner

Call #: 643.7 Ven

How to make an existing home more in tune with its environment. Using natural products and keeping in mind energy efficiency, the homeowner changes the dwelling to fit his lifestyle.



Place hold

The Carbon-Free Home: 36 Remodeling Projects to Help Kick the Fossil-Fuel Habit

By Stephen & Rebekah Hren

Call #: 644 Hre

Most of these projects are inexpensive and require little carpentry expertise. In just a couple of hours the homeowner can finish a project that will make a difference in the carbon footprint of his home.



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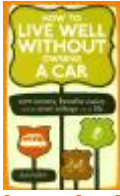
How to Reduce Your Carbon Footprint: 365 Simple Ways to Save Energy, Resources, and Money

By Joanna Yarrow

Call #: 640 Yar

Use this handy volume as a checklist to make one aware of the many small lifestyle changes that can add up to a major reduction in one's carbon footprint.





[Place hold](#)

How to Live Well Without Owning a Car: Save Money, Breathe Easier, and Get More Mileage Out of Life

By Chris Balish

Call #: 332.024 Bal

This guide explains how to manage work, shopping, leisure activities, etc. using bicycles, public transportation, walking and even sometimes renting a car.



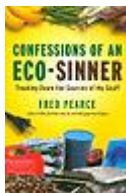
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The Bike to Work Guide: Save Gas, Go Green, Get Fit

By Roni Sarig

Call #: 338.347 Sar

Biking to work can save lots of money and be good for the earth too. This guide tells the commuter how to get to work on time, safely and happily.



[Place hold](#)

Confessions of an Eco-Sinner: Tracking Down the Sources of My Stuff

By Fred Pearce

Call #: 333.72 Pea

This eye opening view of where our stuff comes from and under what conditions it is produced, will educate even those who feel they are already eco-savvy.



[Place hold](#)

When Technology Fails: A Manual for Self-Reliance, Sustainability, and Surviving the Long Emergency

By Matthew R. Stein

Call #: 613.6 Ste

Whether one is looking for self-reliance, sustainability, or survival skills, this compendium of information will aid anyone determined to prepare for an uncertain future.



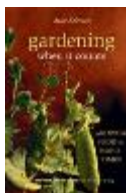
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Fresh Food from Small Spaces: The Square Inch Gardener's Guide to Year-Round Growing, Fermenting, and Sprouting

By R.J. Ruppenthal

Call #: 635 Rup

Eat healthy food grown from your own space year round. Fermenting, sprouting, and other techniques for keeping your produce fresh are covered.



[Place hold](#)

Gardening When It Counts: Growing Food in Hard Times

By Steve Solomon

Call #: 635 Sol

One of the "Books for Living Wisely" from *Mother Earth News*, this title teaches the new gardener low input gardening methods designed to produce healthy food and reduce food budgets.





Place hold

Simple Steps to a Green Home

Call #: DVD 643.2 Sim

Danny Seo, environmental lifestyle expert, shows how easy it can be to live green. The DVD includes many creative ideas to incorporate eco-friendly living in one's own home.



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Go Green Around Your Home

Call #: DVD 363.705 GoG

This general introduction to living green includes learning how to minimize waste, recycle, and reduce energy. It also discusses eco-friendly ways to eat and shop.



Place hold

Easy Green Living: The Ultimate Guide to Simple, Eco-Friendly Choices For You and Your Home

By Renee Loux

Call #: 640 Lou

A variety of topics related to the "green" home are covered: cleaning and laundry, the energy efficient home, sustainable, ecological furnishings, etc.



Place hold

Live an Eco-Friendly Life: Smart Ways to Get Green and Stay That Way

By Natalia Marshall

Call #: 363.705 Mar

One of the 52 Brilliant Ideas series, this little book is full of ways to live a responsible, green life and to enjoy it!



Place hold

Green Living for Dummies

By Yvonne Jeffery, Liz Barclay, and Michael Grosvenor

Call #: 363.705 Jef

This Dummies book covers a variety of topics having to do with green living, including spending and investing your money, dressing green, transportation and traveling green, etc.



Place hold

Generation Green: The Ultimate Teen Guide to Living an Eco-Life

By Linda Sivertsen

Call #: Y333.72 Siv

Learn how a few simple life-style changes can greatly decrease one's carbon footprint.





Place hold

Growing Green: A Young Person's Guide to Taking Care of the Planet

By Christina Goodings and Masumi Furukawa

Call #: J363.7 Goo

A simple introduction to living a more sustainable, earth friendly lifestyle geared for preschool and early elementary students.



Place hold

Reducing Your Carbon Footprint at School

By Sarah B. David

Call #: J640 Dav

This title, along with others in the *Your Carbon Footprint* series, gives concrete examples that grade school children can understand.



Place hold

True Green Kids: 100 Things You Can Do to Save the Planet

By Kim McKay and Jenny Bonnin

Call #: J363.705 McK

A more comprehensive approach to living a more sustainable lifestyle filled with ideas any young person can easily adopt in their home, school, or neighborhood.