# The *Green*Lifestyle Handbook

Jeremy Rifkin, Editor



An Owl Book Henry Holt & Company / New York

# Table of Contents

## Introduction by Jeremy Rifkin, xi

### Overview, xix

### I. Back to Basics

1. Home Energy Use	
Home ECOnomics by Kirk B. Smith	1
2. Household Toxics & Hazards	
Environmental House Cleaning by Andrew C. Kimbrell	11
3. At The Market	
Shopping As If the Earth Matters by Gene Karpinski	25
4. On the Road	
Steering towards Ecological Disaster by Andrew C. Kimbrell	33
5. At the Office	
Taking Charge of the Work Environment by Kirk B. Smith	43
6. Recycling	
A Materials Policy from the Ground Up by David Morris	53

# II. Lifestyles

7. Diet	
Choose to Eat Low on the Food Chain by Frances Moore Lappé	59
8. Personal Investments	
Casting a Vote for Social Responsibility by Cindy Mitlo	63
9. Recreation & Leisure	dingboot
<i>In Praise of Idleness</i> by Jay Walljasper	67
10. Cruelty-Free Products	
Cruelty-Free Living by Dr. Michael W. Fox	71
11. Health	
Personal Health and the Environment by Larry Dossey, MD	79
12. Spiritual Dimensions	Back to I
The Role of Religion by Thomas Berry	87
BEDDROUBLE IN STREET	
III. Cultivating Solutions	
13. Gardening	
Organic Gardening for a Healthier Planet	93
by Robert Rodale and Maria Rodale	en en an
14. Tree Planting	105
The Tree of Life by R. Neil Sampson	103
15. Farming	
Wrong Assumptions and the Patterns They Impose	111
By Wes Jackson	111
16. Genetic Diversity	119
Saving for the Future by Martin Teitel	119

### IV. Getting Organized

17. Community Organizing	
Grass Roots Organizing by John O'Connor	127
18. Boycotts	
The Activist Consumer's Weapon of Choice	
by Carol Grunewald	133
19. Legislation	
Exercising Citizenship for a Healthy Body Politic	
by Representative Claudine Schneider	145
20. Environmental Law	d extensiv
The Environment, the Law, and You	
by Andrew C. Kimbrell and Edward Lee Rogers	151
21. Community Bibliography	
A Bibliography for Community Organizers by Donald E. Davis	163
V. Appendices	
report bitograpy and a contract of the contrac	
22. The Environmental Crisis	
Greenhouse Effect, Ozone Depletion, and Acid Rain	173
23. Unsound Alternatives	
Quick Fixes: Nuclear Power and Genetic Engineering	179
24. Annotated Guide to Ecology Books	
Books to Read For the Global Future by Donald E. Davis	185