



How to Live a Low-Carbon Life: The Individual's Guide to Stopping Climate Change

Christopher Goodall

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Climate change is the greatest challenge facing humanity: drastic reduction of carbon emissions is vital if we are to avoid a catastrophe that devastates large parts of the world. Governments and businesses have been slow to act and individuals now need to take the lead.

The Earth can absorb no more than 3 tonnes of carbon dioxide emissions each year for every person on the planet if we are to keep temperature and rainfall change within tolerable limits. Yet from cars and holiday flights to household appliances and the food on our plates, Western consumer lifestyles leave each of us responsible for over 12 tonnes of carbon dioxide a year - four times what the Earth can handle.

Individual action is essential if we want to avoid climate chaos. *How to Live a Low-Carbon Life* shows how easy it is to take responsibility, providing the first comprehensive, one-stop reference guide to calculating your CO₂ emissions and reducing them to a sustainable 3 tonnes a year.

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