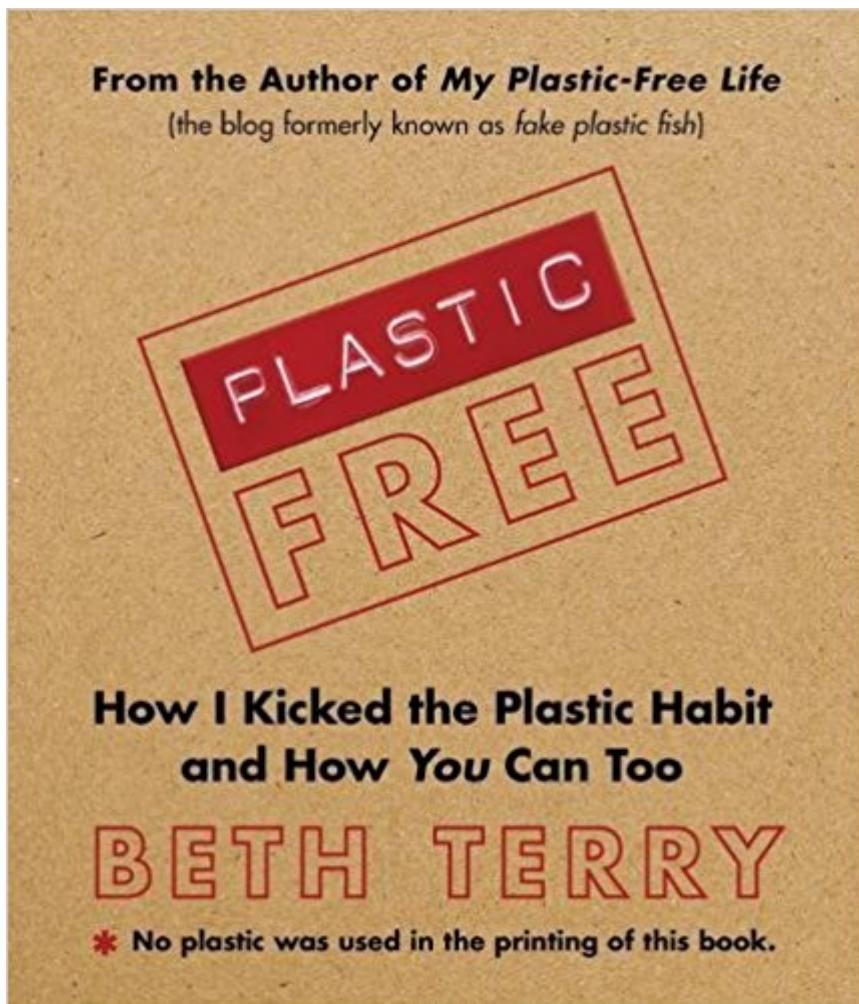


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# Plastic-Free: How I Kicked The Plastic Habit And How You Can Too



## Synopsis

A practical guide to ridding your life--and the planet--of plastic! Like many people, Beth Terry didn't think an individual could have much impact on the environment. But while laid up after surgery, she read an article about the staggering amount of plastic polluting the oceans and decided then and there to kick her plastic habit. Now she wants to teach you how you can too. In her quirky and humorous style--well known to the readers of her popular blog, *My Plastic-Free Life*--Terry provides personal anecdotes, stats about the environmental and health problems related to plastic, and personal solutions and tips on how to limit your plastic footprint. Terry includes handy lists and charts for easy reference, ways to get involved in larger community actions, and profiles of individuals-- Plastic-Free Heroes--who have gone beyond personal solutions to create a change on a larger scale. Plastic-Free also includes chapters on letting go of eco-guilt, strategies for coping with overwhelming problems, and ways to relate to other people who aren't as far along on the plastic-free path. Both a practical guide and the story of a personal journey from helplessness to empowerment, Plastic-Free is a must-read for anyone concerned about the ongoing health and happiness of themselves, their children, and the planet. 25 color photographs

## Book Information

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## Customer Reviews

â œThe use of plastic is enmeshed in our American way of life. Kicking any habit is tough, but kicking a habit that is invisible in its ubiquity is even more difficult. In this important and enjoyable book, Beth Terry walks the reader through her trials and travails and shows what the average

person can do to rid themselves of plastic. Along the way, she creatively demonstrates that ridding oneâ™s life of plastic is not only good for the planet but also good for the health and the pocketbook of the American consumer. This book is inspirational and has helped me kick my plastic habit not only when shopping but throughout my daily life.â • (Congressman Steve Cohen, Tennessee)âœInspiring. Empowering. And most of all, liberating! Finally, hereâ™s everything you need to know to live a healthy, safe, plastic-free life. Kudos to Beth Terry! Sheâ™s definitely my plastic-free guru!â • (Diane MacEachern, author, *Big Green Purse*)âœWeâ™re so addicted to plastic, itâ™s hard to imagine doing without it. But Beth Terry dared to imagine, and with hard work, humor and lots of trial and errorâœturns out thereâ™s no easy way to make your own liquid hand soapâœshe broke the plastic habit. Her book is informative and inspirationalâœan ideal combination for anyone hoping to follow a less plastic path.â • (Susan Freinkel, author *Plastic: A Toxic Love Story*)âœTempted to bring your own reusable silverware to take-out joints but dread the eye-rolling it may generate? This book is for you. With sass and intelligence, the anti-plastic crusader Beth Terry guides readers toward the road less consumptive, offering practical advice and moral support while making a convincing case that individual actions to lighten our environmental impact do matter.â • (Elizabeth Royte, author, *Garbage Land* and *Bottlemania*)âœThis is the tool that weâ™ve all been waiting for to ease the transition to going plastic-free. Time to wake up. Peace.â • (Rosanna Arquette, actor, Plastic Pollution Coalition member)âœIâ™ve been struggling to rid my home of plastics for years. This book makes it so much easier!â • (Linda Ronstadt, musician, Plastic Pollution Coalition member)âœWe could have such lovely things in our lives. Why do we settle for crap made from plastic? Beth Terry is the pioneer when it comes to building a life filled with the things that truly matter.â • (Colin Beavan, author, *No Impact Man*, and founder of the *No Impact Project*)âœThe problem or the solution starts with each one of us. We can choose to live a life of mindless consumption, becoming consumed by our possessions, or we can choose to live an inspired life, always working to create harmony with our environment. In *Plastic-Free*, Beth Terry shares the story of her path to a life filled with less plastic and more harmony. Anyone who reads this book will be motivated to follow her lead.â • (Jack Johnson, musician, cofounder of the Koâ kua Hawaiâ™i Foundation)âœPlastic-Free tells a story that could inspire everyday behavior change for all of us. Small steps, leading to one big milestone: a planet free of plastic pollution. The power lies with each of us to take these steps. It is that simple.â • (Daniella Dimitrova Russo, cofounder and executive director, Plastic Pollution Coalition)âœFriendly, fun, and informative, *Plastic-Free* is a tutorial on how to cut plastics from your life. Beth empowers us to implement change in our own lives and save the world at the same time. Refuse disposable plastics!â • (Dianna Cohen, visual

artist, creative director and cofounder, Plastic Pollution Coalition)â œBeth Terry is one of the most inspiring people on the planet. Her wisdom about plastic-free living is a beacon of hope for whatâ ™s possible. Everyone should read this book!â • (Stacy Malkan, cofounder, Campaign for Safe Cosmetics and author of Not Just a Pretty Face)â œBeth is the most knowledgeable person on plastic, particularly disposable plastic, that I know. Her journey to getting rid of disposable plastic is inspiring and amazing, but she also makes it doable for the rest of us. When I first met her, I lived my life pretty nontoxic, but I still used a lot of disposable plastic. Her efforts inspired me to eliminate disposable plastic too, and faced with choices, I always ask myself WWBD (or What Would Beth Do)? She is the standard by which I measure my â ^greenness.â • (Jennifer Taggart, [www.thesmartmama.com](http://www.thesmartmama.com), author of Smart Mamaâ ™s Green Guide: Simple Steps to Reduce Your Childâ ™s Toxic Chemical Exposure)

## Back cover

I don't know how or when I first learned about Terry's endeavor in trying to get rid of plastic from her life. But one thing for sure, it turns out, we both cried when we saw the images of plastic debris filled dead albatross carcasses; she saw them on Algalita and I saw them on Chris Jordan's Midway: A Message from the Gyre. But unlike me, she set out to do something about it. She boldly decided to get rid of plastic from her life, while I 'try' but still struggle with the endeavor. So it's no surprise that Terry wrote this book so people like you and me, can learn how to do it, without being overwhelmed. This book gives you easy tips to follow with brilliant and quick steps you can do, to get rid of plastic from your daily living. The message I got, and love, from Terry's book is that you don't have to be drastic, like her, to live plastic-free. She acknowledges that it can be hard but she teaches you how we can, by taking little steps to start. And the facts, the directory, exhaustive research she did and shared in the book give you enough information to start and to keep for reference. She did the leg work so we can take the guess work out of our plastic free journey. I especially love how every footnote is referenced. I also love the "rent/borrow/share" directory with links, the difference between silicone and plastic (Good to know she's on the same page as I about silicone), directory of plastic free clothing and accessories...the list goes on. If you don't know how important it is to eliminate plastic from our lives, for our health, for the planet's health, and for the animals' health, then, you definitely should pick up a copy. You can buy this digital version (like I did) or you can preorder the hardcover paper version soon. The paper version of the book is plastic free, packaging is plastic free, and shipping is plastic free - the whole book is compostable afterwards! No glue and

no toxic ink was used. Compostable cotton thread was used to bind the book! I think we are worse than the dead albatross in the Gyre. The poor birds couldn't escape plastic that they had nothing to do with, 2000 miles away from us - but we are swimming in plastic every day and dying from the effects. We owe it to our children to eliminate plastic from our lives so they don't end up like the albatross babies, dead with stomach filled with plastic soda caps. And Beth Terry teaches us 'how', with this book.

I don't love the tiny awkward size of this book (so it can fit in your purse?) but I do love the info! The author is so passionate and it certainly is something that the world needs to be cognizant of. It definitely satisfied the activist in me. I highly recommend it as it's a good comprehensive guide to being more environmentally responsible or even weaning plastic out of your life.

Good primer. Would have appreciated more solutions for each dilemma. Many sections left off with something like "If my solution doesn't work for you, feel free to google search what other people did!"

I have made it about 2/3 of the way through it. I found it to be an awesome resource. There is a lot that I have learned and I have used the links to go buy some of the products that she switched to. The turtle and the plastic bag story is sad. I understand the need to bring up the effects of plastic on the environment and animals but that one bothers me. Some of what she recommends isn't that practical but a lot of it is. She has a sort of scale each chapter that gives what you can do that has very easy changes and gradually gets to more difficult. Also she lists some of the restrictions she has ran into. It is nice to have someone explain the pros and cons of the changes. For example many places ban glass water bottles.

kinda sorta what I expected, but I could have googled all the info in this little book. Sweet design and you get the feeling its possible to pull out of this plastic we are drowning our planet in...BUT WHAT TO DO WITH ALL THE DOWNSIZED PLASTIC going OUT of our home...hmmm

This book "kicks" it as far as really informing you a jillion ways to avoid allowing single-use plastic into your life. Beth Terry has come up with so many innovative ways to live your life plastic free and, as a result, more simply. The first thing I picked up was keeping all my glass jars for storage, and actually choosing products which are packaged in glass. This is a big plus: nothing to dispose and

you gain a storage container. I've gotten rid of most of my plastic now, and am happy to report you can find many sizes of glass containers at very reasonable prices at TJMaxx, Marshall's, and Ross. I'm sure there are others, but these are in my locality. She also shows the beauty of taking your own re-usable bags when shopping. It is an easy book to pick up for awhile, assimilate a few tips, and put it down while you practice. You can return to it at any time to resume your learning of good habits. Thank you, Beth Terry, because you are changing my life.

Awesome book about the trials and tribulations of going plastic free. This book is full of inspirational stories as well as tangible information for those who are trying to eliminate plastic from their lives. Beth's writing is information, comical, and easy to follow. LOVE this book!

This book has forever changed my view on plastic. Even though we all - kind of- know it's bad for the environment, the author goes on explaining many other ways in which it is detrimental also for our health. The major part of the information contained in this book was new to me. It made for a disheartening read at times, but I came out of this book better informed and thus able to really change several things in my consumer choices for the better.

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