



The Imperfect Environmentalist: A Practical Guide to Clearing Your Body, Detoxing Your Home, and Saving the Earth (Without Losing Your Mind)

Sara Gilbert

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Actress, producer, mother, and imperfect environmentalist, Sara Gilbert understands how helping the environment can seem overwhelming. Between keeping up with work, friends, and kids, who has the time or money to maintain a compost pile, become an activist, or knit a sweater out of recycled grocery bags? Fortunately, we now know that small changes here and there in our everyday lives can make a *big* impact on the environment. We just need to know where to begin. That's where Gilbert comes in, with this tongue-in-cheek reference guide packed full of helpful information, available at your fingertips. Read it cover to cover or just open it up to a random page; you can take what you want from it when you want. Whether you've got money to burn or have to crash on a friend's couch, here are all of the eco-essentials to get the planet back on track, and you won't have to hug a single tree—unless tree-hugging is your thing.

Sharing the basics on health and beauty, work and money, home and gardening, family and fitness, and more, *The Imperfect Environmentalist* cuts through the clutter—both in our homes and in our heads—and offers simple approaches to help us clear out the pollutants, put down the poisons, and begin to breathe easy again—one 100% recycled page at a time.

Advance praise for *The Imperfect Environmentalist*

“This book really opened my eyes. Then my eyes started stinging and tearing from all the toxins in the environment I'm now aware of. Thanks, Sara, I have a lot to do now.”—Lisa Kudrow

“Sara's passion and commitment to the environment have given me an awareness that I never had before about our planet. I learn from Sara every day and she makes me want to be a better person. See, you can teach an old dog new tricks.”—Sharon Osbourne

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