

THE CARBON BUDDY MANUAL

by Colin Hastings

A STANDOUT IN THE OVERCROWDED FIELD OF CLIMATE CHANGE BOOKS

'Should become THE defining DIY book in the field.'

Dr. Dianne Stadhams. Consultant on Global Sustainable Development

'I like the 'short sharp' approach and the 'Carbon Buddy' idea. This is a point of difference from other sources of advice. Also like the 'it's a manual not a book' and a 'kids book for adults.' Very good.'

John Brown. Publisher and Entrepreneur

The author... 'understands that too often people are turned off when they're faced with the hectoring tones of certain types of activist and frequently conflicting messages.' 'I liked his approach, which I'd describe as one of 'you don't have to run a marathon on day one, you can start with baby steps, even those will get you nearer to where you want to be'. He suggests we should try to encourage and work with others and have fun whilst we're taking action. The format is suitable for older children, maybe siblings working together, as well as adults, but would work equally well as the basis of a family or household project or one to carry out with work colleagues.'

'I really enjoyed this book. It was different, pragmatic, very readable, well-informed and contained an unexpected, but vital piece of advice: it's ok to reward yourself when you've completed your environmental action list. Highly recommended. Bravo Colin!'

Sallie Eden review for Roseland Online

'Concise and clear. Knowing what to do about climate change can feel overwhelming but this book gives guidance on where to go to calculate your carbon footprint and then provides a blueprint for the action needed to reduce the same. Replicating

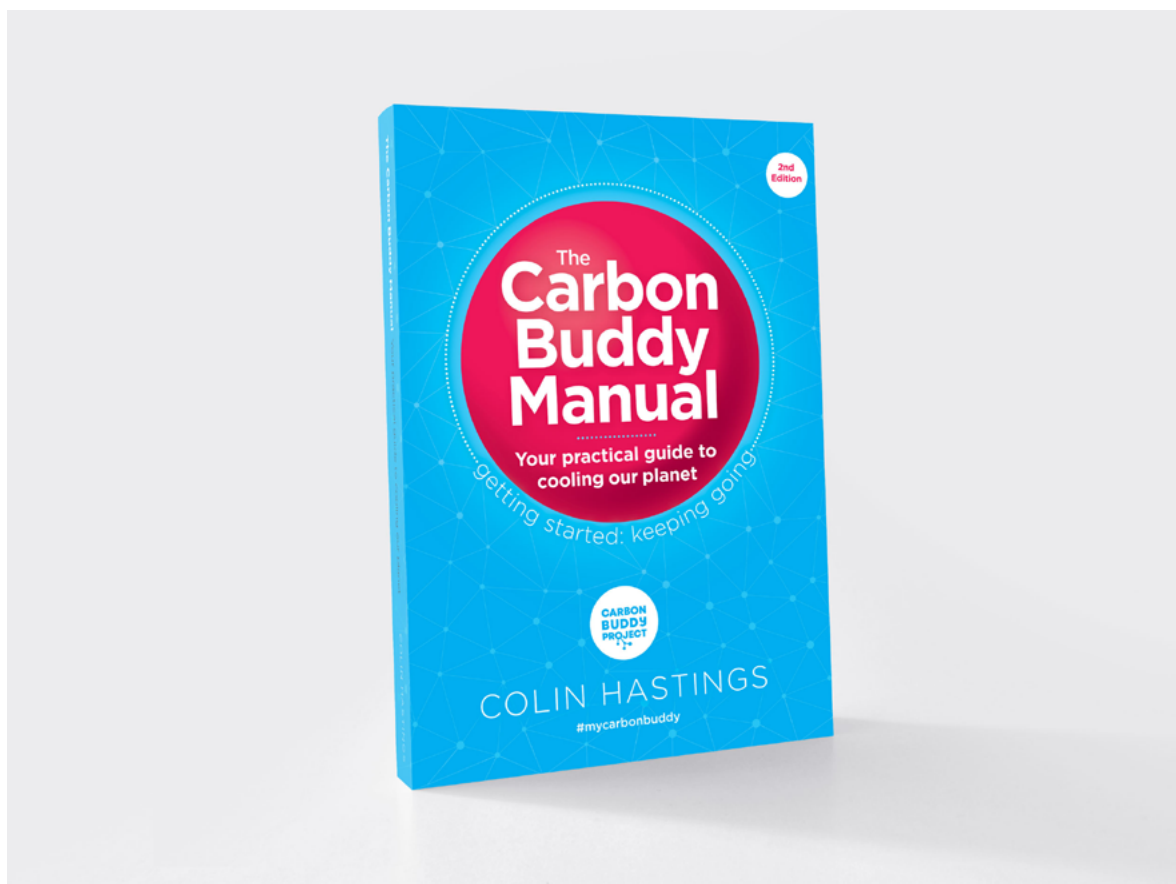
this approach with your 'buddies' is common sense and, if done, will bring about the GHG reductions which are so desperately needed. A great buy and an easy, informative read.'

Sandy George. Environmental Science Student

"Is it all pessimistic?' Hastings asks in his first chapter. And on the facing page, his answer: 'No, it's not!' A welcome message at the moment. The Manual reminds us that our problems won't be over when Covid-19 is sent, famously, packing; climate change is a far bigger threat. But it is very encouraging to read that in this case, we are not powerless; there are solutions. And even more encouraging that Hastings presents us with a 'can do' guide to making a difference.'

'The Carbon Buddy Manual' is rather like a Haynes manual. Okay, without those evocative grubby oil-stains –but the format makes clear that this is a workbook. There are plenty of pages for the reader to make lists, note actions to be taken and record progress. A great toolkit.'

Linda Camidge. Penzance Literary Festival



#mycarbonbuddy

www.carbonbuddyproject.org