

## THE CARBON BUDDY MANUAL

by Colin Hastings

### A STANDOUT IN THE OVERCROWDED FIELD OF CLIMATE CHANGE BOOKS

*The Carbon Buddy Manual* is the much-needed, step-by-step guide to turning good intentions into practical action that rapidly and seriously reduces your carbon footprint. Designed for use by individuals, families, interest groups, work colleagues, educators and students, the manual talks you through how to measure your carbon footprint, outlines which carbon-reduction options should be your priority and why, and anticipates (as well as showing how to overcome) the many practical, financial and psychological challenges and setbacks the reader will encounter along the way.



Family-friendly and practical, *The Carbon Buddy Manual* breaks the problem and actions down into bite-sized chunks, making the process clear and manageable. Its easy-to-understand workbook approach does not dictate what you must do. Rather, it helps you to work out what will make the biggest difference and what will fit your situation. Why? Because we're all different. Only you will know what will work for you. The manual helps

you to assemble your own carbon-reduction plan, using a range of practical tools and options throughout the 12 chapters.

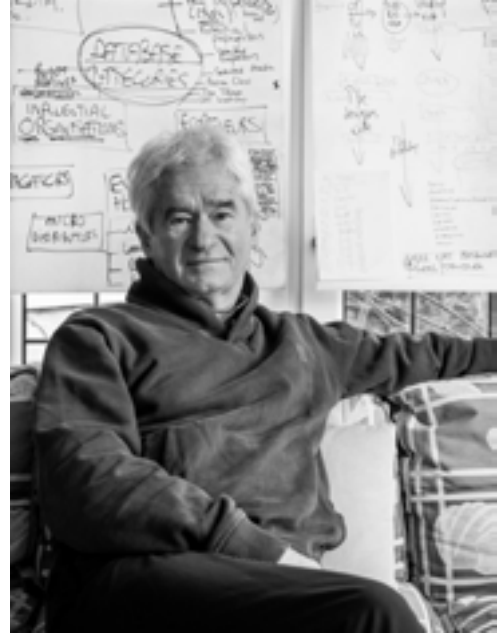
The manual also shows you how to inspire others to play their part. After working through the manual with a friend or family member (your Carbon Buddy), you then share what you've learned with others, so that more and more people can find they can do things that work, too.

## ABOUT THE AUTHOR

Colin Hastings, an organisational psychologist and author of three practical self-help management books, is convinced that everyone can play their part in creating a rapid, permanent and radical reduction in greenhouse gas emissions. His unique step-by-step behavioural approach is the subject of his latest book, *The Carbon Buddy Manual*.

Hastings' career as a specialist in teamworking and organisation change provided the perfect skill-set for creating *The Carbon Buddy Manual* – a project he realises was much needed after he began to work on reducing his own carbon footprint and learned that doing it wasn't so simple. Recognising that others must be facing the same difficulties, he set out to help others overcome the barriers and work out how to make significant and beneficial changes to their consumption and lifestyle.

Hastings was born in India, grew up in East Africa, and now resides in Cornwall, England with his wife, Helen, who is his Carbon Buddy.



*Colin Hastings*

### CATEGORIES

- Self Help/Lifestyle
- Science/Global Warming and Climate Change
- Business and Economics/Green Business

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