

'Understanding that global warming is real and must be dealt with is a critical first step, but this does not fix the problem. *The Climate Diet* is filled with practical advice on what to do next—how to reduce the climate change our children will have to endure, and how, in many cases, to save money while doing so.'

Michael MacCracken, Chief Scientist for Climate Change Programs, Climate Institute, Washington D.C.

'Here's a diet that will leave us not grouchy and wanting, but happier, a little richer, and on a sweeter planet!'

Bill McKibben, author *Deep Economy and The End of Nature*

'In order to lose weight, you need to eat less and exercise more. In order to save our planet, we need to consume less and conserve more. *The Climate Diet* is a sensible, inspiring prescription for cutting back on our materialistic lifestyles and restoring planetary health.'

J. Matthew Sleeth, M.D., author of *Serve God, Save the Planet: A Christian Call to Action*

The atmosphere is getting fat on our carbon and other greenhouse gas emissions and it needs our help. We live in a world of excess, consuming too much of everything—food, clothes, cars, toys, shoes, bricks, and mortar. Our bingeing is often so extreme that it threatens our own health and wellbeing. And we are not the only ones who are getting sick. The Earth, which provides the food, air, water, and land that sustains us, is also under severe pressure. We either take steps to put our personal and planetary systems back into balance or we suffer the consequences. So, what does any unhealthy overweight person do when the doctor tells him or her that they are eating themselves into an early grave? Go on a diet!

This is the must-have guide to the most important diet ever, explaining climate change concepts, problems, and solutions in ways that anyone can easily understand. Following a five-step climate diet plan, families will be able to count their carbon calories and learn how to reduce them, leaving us with a slim healthy planet now and for the future.

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THE CLIMATE DIET Jonathan Harrington



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HOW YOU CAN CUT CARBON, CUT COSTS & SAVE THE PLANET

Jonathan Harrington