



# Wake Up and Smell the Planet: The Non-Pompous, Non-Preachy Grist Guide to Greening Your Day

*Katharine Wroth*

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## **Wake Up and Smell the Planet: The Non-Pompous, Non-Preachy Grist Guide to Greening Your Day**

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Not a guide about guilt, but about making little choices throughout the day that improve the planet. We all have our morning routines, whether it's making coffee, walking the dog, feeding the kids, a shower and a shave, the office commute, or some combination thereof. And at each of these morning moments -- in fact, at any given time throughout the day -- we're making choices. What to eat, what to wear, how to dispose of dog poop or diapers, how to travel from point A to point B, where to have a post-work cocktail, and on, and on -- this compact and resourceful handbook takes a look at how to simplify and "green" our daily choices, from the moment we get up in the morning, until we finally lay our heads down at night. Grist's news about green issues and sustainable living is far from predictable. A self-proclaimed "beacon in the smog," it provides some of the most refreshing and knowledgeable voices on how to live wisely and promote a healthy world. Consider this guide an off-line beacon, bringing Grist's edgy authority, impeccable research, and planetary cheerleading to a broader audience.

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