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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction -- The economic and environmental challenges -- From field to fork : reducing the environmental impacts of eating -- Getting from A to B : reducing emissions from travel -- Keeping your home warm -- Our friends electric -- Waste not, want not -- Travel and leisure -- Carbon offsetting, communities and social change.
Sommario/riassunto	Reducing your carbon emissions in an economic down-turn can be challenging, but saving the planet doesn't have to cost you more. Tough economic times need not relegate concerns for the planet to the back burner. The author is an environmental economist trying to live a low-carbon life in London. He worked for 15 years in the UK's Office of Climate Change, the Prime Minister's Strategy Unit and the Department of the Environment. So far so good. But he has kids. A family to visit in India. A hectic job. In distilling and building on his own experience of trying to live a low carbon life, he help