

-BOOK REVIEW-



SUSTAINABILITY MADE SIMPLE

TITLE: Sustainability Made Simple

AUTHOR: Rosaly Byrd and Lauren DeMates

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SYNOPSIS OF THIS BOOK

Sustainability Made Simple: Small Changes for Big Impact is a practical guide that introduces readers to the concept of sustainability and demonstrates how everyday actions can contribute to a healthier environment. The book explores major environmental challenges such as climate change, air and water pollution, deforestation, waste management, and resource depletion while explaining their connection to daily human activities.

Rather than advocating drastic lifestyle changes, Rosaly Byrd and Lauren DeMates emphasize simple, realistic, and affordable habits that individuals can adopt to reduce their environmental impact. The authors provide practical advice on sustainable practices at home, in the workplace, while shopping, traveling, and participating in community activities.

The book encourages readers to view sustainability as an opportunity to improve quality of life, health, and community well-being while helping to address global environmental issues. Through an optimistic and accessible approach, it shows that small changes in everyday behavior can collectively create significant positive impacts on society and the environment.

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INTERN SABAH

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