



BOOK REVIEW



TITLE: SUSTAINABILITY MADE SIMPLE; SMALL CHANGES FOR BIG IMPACT

AUTHOR: ROSALY BYRD & LAUREN DE,MATES

PUBLISHER: ROCKRIDGE PRESS

YEAR OF PUBLICATION :2021

NUMBER OF PAGES : 200

REVIEWER: CHAI HSIE NEE (JAS SABAH)

The book Sustainability Made Simple: Small Changes for Big Impact was written by Rosaly Byrd and Lauren DeMates. The book discusses the importance of sustainability and highlights practical ways individuals can adopt environmentally friendly lifestyles through small daily changes. It mainly focuses on reducing carbon footprints, addressing environmental issues, and encouraging responsible choices that contribute to protecting the planet.

The content of the book explores various environmental challenges such as climate change, air pollution, deforestation, and water pollution. The authors explain how these environmental problems are interconnected with human activities and demonstrate how simple actions, such as reducing waste, conserving energy, and making sustainable consumer choices, can collectively create a significant positive impact. The book presents sustainability in a simple and approachable manner, making it suitable for readers who are new to environmental studies.

In terms of structure and organisation, the book is well arranged and easy to understand. The authors use clear explanations, practical examples, and realistic suggestions that help readers apply sustainable practices in their everyday lives. Unlike many environmental publications that may contain complex scientific terms, this book simplifies sustainability concepts and makes them accessible to a wider audience.

One of the strengths of this book is its practical approach to environmental conservation. It emphasizes that living sustainably does not require expensive lifestyle changes, but rather consistent and mindful decisions in daily activities. Additionally, the book effectively raises awareness about the impact of individual actions on global environmental issues. However, one limitation of the book is that some discussions may be relatively basic for readers who already have advanced knowledge in environmental science or sustainability studies.

Through reading this book, I gained a better understanding of the relationship between everyday human activities and environmental degradation. It increased my awareness of the importance of adopting sustainable habits and demonstrated that small actions can contribute to reducing environmental impacts. From my personal perspective, this book is highly beneficial because it provides practical guidance and motivates readers to participate actively in environmental protection.

From an organisational or departmental perspective, this book can serve as a useful reference for developing environmental awareness programs, promoting sustainable practices in workplaces, and encouraging individuals to reduce their ecological footprints. The knowledge presented in the book can support organisations in implementing greener initiatives and strengthening environmental responsibility among employees and communities.

The target readers for this book include students, environmental practitioners, educators, organisations, and members of the public who are interested in learning about sustainability and adopting environmentally responsible lifestyles. Overall, Sustainability Made Simple: Small Changes for Big Impact is an informative and inspiring book that demonstrates how simple changes in daily routines can lead to meaningful environmental improvements.