



famille zéro déchet

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THIERRY SOUCCAR, 2016. Paperback. Book Condition: NEUF. Réduire ses déchets pour la planète, pour sa santé, pour le portemonnaie, c'est le moment ! Mais comment s'y prendre ? En marchant dans les pas de Jérémie et Bénédicte. Ce livre, à la fois carnet de bord pas triste, et guide pratique, vous mènera au but en vous épargnant bien des pièges ! Avec humour et autodérision, les auteurs vous proposent un plan d'action détaillé et 10 défis Zéro Déchet pour vous lancer. En s'appuyant sur leur connaissance de l'écologie, ils livrent des centaines de conseils pratiques et d'alternatives simples pour le quotidien : courses, cuisine, nettoyage, mobilier, hygiène, maquillage, vêtements, jardin, bricolage, festivités. Car les déchets sont partout ! Ce que vous allez gagner : l'amélioration de votre écobilan familial (1 poubelle de 15 L pour 1 mois), moins de toxiques et de sacrées économies. Plus le sentiment exaltant d'être acteur de sa vie, de sa santé, de créer du lien, de toucher à l'essentiel. - Nombre de page(s) : 256 - Poids : 484g - Genre : Vie pratique et Loisirs.



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