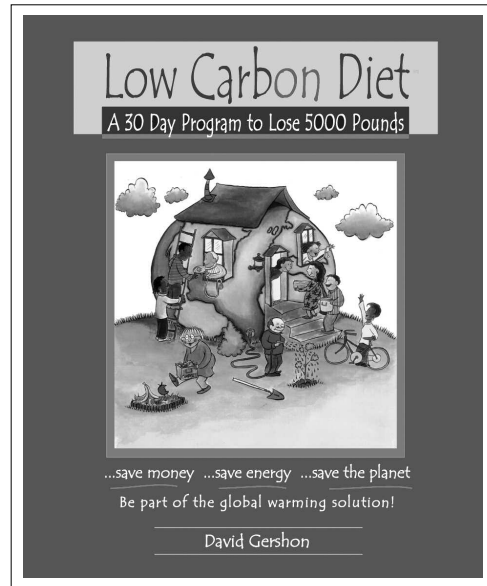


# Low Carbon Diet<sup>sm</sup>

A 30 Day Program to Lose 5000 Pounds

"This book is fabulous! It couldn't be more timely. It's practical, accessible and effective. Getting people to take on global warming at a personal level is critical to tackling the issue. The Low Carbon Diet can make a huge difference."

– Denis Hayes, Co-founder, Earth Day,  
President and CEO, Bullitt Foundation



## Become part of the global warming solution. Go on a Low Carbon Diet!

This "30 Day Program to Lose 5000 Pounds" is a fun, accessible, easy to use guide that will show you, step-by-step, how to dramatically reduce your CO<sub>2</sub> output in just a month's time.

Grounded in over two decades of environmental behavior change research, this illustrated workbook offers much more than a list of eco-friendly actions. It walks you through every step of the process, from calculating your current CO<sub>2</sub> "footprint" to tracking your progress.

By making simple changes to actions you take every day, you'll learn how to reduce your annual household CO<sub>2</sub> output by at least 15%. And, for those who are more ambitious, you'll discover how you can become "carbon neutral" and help your workplace, local schools, and community do the same.

### You'll learn how to:

- Calculate your CO<sub>2</sub> footprint with our easy-to-use "carbon calculator"
- Create "cool household systems" that save the Earth while saving you money
- Take on "cool lifestyle practices" that reduce CO<sub>2</sub> emissions without cramping your style
- Purchase carbon offsets to become "carbon neutral"
- Form a Low Carbon Diet "EcoTeam" with friends, colleagues, co-workers or your faith community

Join the growing number of Americans who have decided to take global warming into their own hands.



**LOW CARBON DIET WORKBOOK MAIL-IN ORDER FORM**  
For every book you order, \$3 will be donated to The Climate Project

name \_\_\_\_\_  
 phone \_\_\_\_\_  
 address \_\_\_\_\_  
 city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_  
 e-mail \_\_\_\_\_

Checks should be made out to Empowerment Institute.  
 Mail this form along with your check to:  
 Empowerment Institute  
 PO Box 428, Woodstock, NY 12498, USA  
 Please use our secure web shopping cart for credit card orders:  
 empowermentinstitute.net/climateproject  
 To place a credit card order by phone call toll free:  
 866-821-8225, ext 13

Cost/ea	Qty	Total
\$12.95		
+ 9% sales tax (NYS residents only)		
+ Shipping & Handling (from table)		
Total enclosed		

Shipping and Handling Table	
\$0 - \$35.00 = \$5.10	\$150.00 - \$199.99 = \$25.00
\$35.01 - \$70.00 = \$10.00	\$200.00 - \$249.99 = \$35.00
\$70.01 - \$99.99 = \$15.00	\$250.00 - \$299.99 = \$45.00
\$100.00 - \$149.99 = \$19.00	\$300.00 and over please call