



# Be the Change You Want to See in the World: 365 Things You Can Do for Yourself And Your Planet

*Julie Fisher-McGarry*

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## **Be the Change You Want to See in the World: 365 Things You Can Do for Yourself And Your Planet**

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In *Be the Change You Want to See in the World*, Julie Fisher-McGarry speaks to the burgeoning eco-conscious-consumer market on how to dwell well on a daily basis. Organized by month, she includes tips on living green, where to purchase organic and fair-trade products, how to unplug from the grid, supporting local economies, and nourishing the earth and creating a sustainable lifestyle.

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