'This is the definitive guide to reducing your carbon footprint.' NEW SCIENTIST

how to live a low-carbon the individual's guide to life

stopping climate change **Chris Goodall**



















Contents

List of Figures and Tables Sources and Units of Measurement Acknowledgements		vii
		xi
		xiii
Int	roduction: Getting from 12½ Tonnes to 3 Tonnes of Carbon Dioxide per Person	1
1	The Extraordinary Cheapness of Fossil Fuels	11
2	The Scope for Government Action	25
3	The Inadequacy of Alternative Means of Reducing Emissions	43
4	No One Else Is Doing Much, So You'd Better Do Something Yourself	57
5	How Our Lives Generate Emissions and What We Can Do about It	71
6	Home Heating	81
7	Water Heating and Cooking	115
8	Lighting	123
9	Household Appliances	135
10	Car Travel	175
11	Public Transport	211

12 Air Travel	217
13 Food	229
14 Other Indirect Sources of Greenhouse Gas Emissions	247
15 Domestic Use of Renewable Energy	255
16 Cancelling Out Emissions	275
17 Conclusions	.285
Afterword	
Appendix: Sources of the Main Averages	
Notes	297
List of Acronyms and Abhreviations	311