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in the UK Including information on finance investments pensions annuities and drawdown benefits and tax housing health holidays starting a business and looking after elderly parents this book will help you to save more live better and be happier

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have so far not been satisfactorily researched such as rebounds in countries of the Global South rebounds on the producer side and rebounds from sufficiency behaviour as opposed to rebounds from technical efficiency improvements In turn Part II goes beyond conventional economic rebound research exploring multidisciplinary perspectives on the phenomenon in particular from the fields of psychology and sociology Advancing such multidisciplinary perspectives delivers a more comprehensive understanding of rebound's driving forces mechanisms and policy options Part III puts rebounds into practice and presents several policy cases and sector specific approaches including the contexts of labour markets urban planning tourism information and communication technologies and transport Lastly the book embeds the issue into the larger debate on decoupling green growth and degrowth and identifies key lessons learned for sustainable development strategies and policies at large By employing such varied and in depth analyses the book makes an essential contribution to the discussion of the overall question Can resource energy use and greenhouse gas emissions be substantially reduced without hindering economic growth The Rough Guide to Green Living Duncan Clark, 2009-11-02 The Rough Guide to Green Living is a fact filled user friendly guide to living a low carbon eco friendly life The guide provides hundreds of going green tips on all the key consumer areas from greener shopping and recycling to producing your own electricity and reducing your carbon footprint Suitable for everyone interested in making a difference The Rough Guide to Green Living includes a plethora of simple green choices that anyone can try from green living at home adopting greener travel habits and growing your own to ethical shopping and getting involved in charities or politics Readable interesting and sometimes surprising the Rough Guide will help you get your environmental priorities in order and to separate the facts from the myths The ultimate guide to all things eco friendly low carbon and energy saving In recognition of the carbon footprint of this book the publishers have made a donation to Sandbag org How to Live a Low-Carbon Life Christopher Goodall, 2012-05-04 Climate change is the greatest challenge facing humanity drastic reduction of carbon emissions is vital if we are to avoid a catastrophe that devastates large parts of the world Governments and businesses have been slow to act and individuals now need to take the lead The Earth can absorb no more than 3 tonnes of carbon dioxide emissions each year for every person on the planet if we are to keep temperature and rainfall change within tolerable limits Yet from cars and holiday flights to household appliances and the food on our plates Western consumer lifestyles leave each of us responsible for over 12 tonnes of carbon dioxide a year four times what the Earth can handle Individual action is essential if we want to avoid climate chaos How to Live a Low Carbon Life shows how easy it is to take responsibility providing the first comprehensive one stop reference guide to calculating your CO2 emissions and reducing them to a sustainable 3 tonnes a year

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