



## Besser leben ohne Plastik (German Edition)

*Anneliese Bunk, Nadine Schubert*

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Der Honig, den wir uns allmorgendlich aufs Brötchen schmieren, ist mit Mikroplastik belastet. Das Wasser, mit dem der Kaffee gebrüht wird, enthält kleinste Plastikpartikel. Plastik ist zum Sinnbild der Moderne geworden und ist mittlerweile überall – mit gravierenden Folgen für Umwelt und Gesundheit.

Aber geht es wirklich nicht ohne? Anneliese Bunk und Nadine Schubert haben sich diese Frage vor zwei Jahren auch gestellt – und leben heute annähernd plastikfrei. In ihrem Buch zeigen sie, wie und wo man im täglichen Leben Plastik einsparen und ersetzen kann.

»Besser leben ohne Plastik« ist der perfekte Ratgeber für alle, die von der Plastikflut die Nase voll haben und ein gesundes Leben mit natürlichen Materialien führen wollen. Das Buch bietet viele Tipps und Rezepte, angefangen vom bewussten Einkauf bis hin zum Selbermachen von Produkten, die man »plastikfrei« nirgends bekommt. Dabei sind die Ratschläge denkbar einfach umzusetzen und bedeuten Arbeitserleichterung und Zeitersparnis. Einsteigen kann jeder, jetzt und sofort, Schritt für Schritt und nach eigenem Tempo.

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