

## Simple Solution Cleaning Products

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*Green Clean* Ulysses Press

The most common training issues that dog owners face are addressed in *The Book of Simple Solutions: Training Your Dog* by dog expert Kim Campbell Thornton. From the publisher of *Dog Fancy* magazine, this fun fact-filled volume offers solutions to barking, chewing, digging, house-training issues, aggression, and bad doggy manners (begging, jumping up, marking, etc.). Buck Jones's hilarious color cartoons should not distract dog owners from the serious matters at hand, but solving canine behavior problems are better handled with know-how, patience, and good dose of humor; all of which are delivered handily in this compact 224-page *Simple Solutions* book.

### The Hormone Diet Page Street Publishing

For everyone who has ever wished Dr. Spock had written about dogs instead—*The Dog Bible* is your essential guide to everything you will ever need to know. Whether you're a first-time dog owner or an expert, your dog would want you to read this book. Encyclopedic in scope, it covers not only the basics, but every practical aspect of life with a dog, including many fascinating and helpful subjects never before collected in one volume. Life-saving advice about the special needs of toy breeds: everything you need to know to protect and enhance their wonderfully long lives *Dog Psychology: Eye-opening ideas from an emerging field of study, including a chapter on the weird things dogs do—and why!* Tracie Hotchner, lifelong dog owner and author of the million-copy bestseller, *Pregnancy and Childbirth*, has distilled years of research into one comprehensive, accessible guide. You'll make hundreds of decisions about your dog's care during his lifetime. *THE DOG BIBLE* is here to give you the latest and best information available to help you make those decisions. It's everything your dog would want you to know.

### *Cleaning* iUniverse

Empathy and social smarts help you earn free book publicity by connecting you with key people, media, schools, and the publications of nonprofit agencies. As a writer, you can promote your own book and earn free book publicity by connecting key people, media, and nonprofits' newsletters with schools. Social intelligence used in book promotion is like a three-ring circus. Use empathy, that is people smarts, as a catalyst to bring together schools, nonprofit agencies, and authors. Observe, simplify, and offer commitment as charisma. Query editors of nonprofit publications. These nonprofit agencies often publish high-circulation newsletters and sometimes also publish sizable, glossy magazines. Some produce videos or documentaries. To connect with the nonprofit agencies' editors, use your social intelligence skills to make connections in the nonprofit agencies' public relations and communications departments. Join public relations societies, national associations, and help out the nonprofit agencies or organizations of your choice focusing on what gets published in their magazines or newsletters. If you want to earn free publicity for your book, supply these editors with facts, findings, and trends. Bring the nonprofits in contact with schools. When you talk to school assemblies or classrooms, relate your book topic to any specific work or project done by a nonprofit association for whom you could write an article for that association's newsletter or glossy magazine. Use social intelligence to connect to people. What you need to earn free publicity is self-awareness and an understanding of how the main topic of your book influences your own behavior and how others perceive your behavior.

### Cleaning Plain & Simple Microcosm Publishing

There are main basic food items that we already have in our home that can be used as DIY natural cleaning solutions or what's termed as green cleaning. You just have to know which of them can be used to clean what. This includes vinegar, baking soda, salt, olive oil, and other items that are discussed in "Green Cleaning 101 - DIY Natural Cleaning Solutions with Vinegar and Other Frugal Resources That You Already Have". White vinegar is the most dominant ingredient throughout. You might not even need to go out and buy anything extra. But if you're frugal like more of us are becoming these days, it'll cost less than commercial brands and will still get the job done for you in an eco-friendly way which is expanded upon. Are you sensitive or allergic to toxic chemical cleaning solutions? When you open or twist off the cap, does your head throb? Do your eyes start watering? Does it become hard to breathe while you're in a room trying to clean it? Well, a DIY book on green cleaning is the way to go and it's really not difficult to do. You just have to be willing to measure and mix easy solutions. Make a large enough amount that will last you for a few cleanings and then you won't need to do it again for a while. Simply double or triple what it says to do and that's all there is to it. Numerous recipes are shared for cleaning floors, toilets, bathtubs, walls, windows, countertops, sinks, mirrors, carpet, clothing, removing rust, etc. There's also a special natural deodorizing solution that not too many know about. NOTE: This particular book mentions some additional items that aren't necessarily food-based but definitely should be included in the mix, so to speak. It even gives suggestions on what cleaning tools you should use to clean specific things with. (You'll see what I mean.) Put "Green Cleaning 101 - DIY Natural Cleaning Solutions with Vinegar and Other Frugal Resources That You Already Have" into action for a healthier environment for you and your family. You'll be glad you did!

### The Big Book of Simple Solutions Rodale Books

*Bringing a New Puppy or Dog Into your Life* can be either one of the most rewarding or one of the most frustrating experiences you will ever have. You may be a single, urban dweller seeking a friendly companion at the end of the day; a mother and father deciding on when to get a dog for you and your children; or someone who just lost a pet and is not sure of the right time to start looking for a new one. Regardless of your situation, you need accurate and basic information to help you make decisions. This complete guide to starting off right with your new canine companion is the perfect place to begin. From learning where to find your dog to the how-tos of feeding and caring, award-winning writer and pet expert Susan McCullough tells you exactly what you need to know to make informed decisions that will benefit both you and your new pet. You'll discover how to: Make sure you're ready for a dog, Get your home ready for the dog, Feed, groom, and exercise your dog, Housetrain your pet. Organized in an easy-to-use question-and-answer format, *Your New Dog* is a welcoming book for any new or potential dog owner. This book will ensure that you have the expectations and information you need to launch a lifetime of loving canine companionship. Book jacket.

### Declutter Your Home FSGM PUBLISHING INC.

A complete guide to cleaning every room of the house introduces hundreds of quick, efficient, and effective tips and techniques on how to maintain a clean home environment, with practical suggestions for cleaning routines for each area or room; daily, weekly, and monthly practices; useful equipment and supplies; and much more. Original.

### Ten Speed Press

Environmental toxins are a secret cause of many diseases, including cancer, high blood pressure, heart disease, infertility, asthma, hearing loss, and hypothyroidism. By easily minimizing or eliminating your exposure to these toxins, you can protect yourself against these diseases! That's what *Health-Defense* is all about—self-defense. In *Health-Defense*, you'll find: • How to avoid common toxins found in groceries, personal care products, and household items • The *Health-Defense 7-Day Detox*—a simple, easy (and delicious) week of environmentally smart eating • How

to defend yourself from air pollution and wireless and medical radiation • Tips for preventing and treating the diseases most closely linked to environmental toxins • Other practical steps you can take to reduce your exposure to toxins As you clean up your personal environment, you'll lose weight more easily, have more energy, achieve better mental clarity, develop fewer infections, sleep better, and enjoy a more vibrantly healthy life!

### Simply Sustainable Potter Style

Recipes for natural cleaning products from green living blogger Wendy Graham. Learn how to make your home smell as fresh as a daisy with these eco-friendly, money-saving, germ-busting recipes. Using a base of essential oils and natural ingredients, these cleaning products are easy to make, are kinder to your skin and to the environment, while being as effective as any shop-bought solution. The recipes use simple, inexpensive ingredients that are widely available such as bicarbonate of soda, vinegar, salt and citrus fruit, and will leave your home sparkling clean. You can even customise the fragrances to make your home smell crisp, time and time again. *Fresh Clean Home* guides the reader from the kitchen to laundry and the bathroom, and also includes a section of recipes for specific household cleaning products, such as window and mirror cleaner, carpet and upholstery spot cleaner and sticky stuff remover. Clean every nook and cranny, with surface cleaners and bathroom shiners, laundry powder and fabric conditioner, kettle descaler and more, for a beautiful, fresh clean home.

### The Cat Bible Atlantic Publishing Company

A charming, comprehensive, and easy-to-use guide to cleaning your home naturally and organically, resulting in a toxin-free environment for you and your family. With *THE NATURAL HOME*, you'll discover how to clean everything in your house the healthy way with just a few inexpensive, easy-to-find products using tried and true cleaning methods that have been around for centuries. Organized by product and location in the home, the book includes an in-depth explanation of natural products like vinegar, lemon, and baking soda which can be used to clean most areas in your home. There's a cleaning guide by room; tips for maintaining materials like marble, stainless steel, and wood; solutions for every stain; natural fragrances for your home; laundry tips; and natural products for pets. Also included are recipes for cleaning products you can make on your own that will help disinfect, whiten, deodorize and remove even the toughest stains in bathrooms, kitchen, carpets, and clothing. Beautifully designed with two-color interiors and filled with dozens of illustrations, *THE NATURAL HOME* is a charming gift book that shows you how to keep your home sparkling, green, and healthy.

### The Complete Guide to Eco-Friendly House Cleaning Penguin

### Better Basics for the HomePotter Style

### How to Raise Your New Puppy in a Cat Family Fox Chapel Publishing

*The Ultimate Guide for a Naturally Clean Home and Healthy Body* Transform your house into a toxin-free home with this valuable and practical guide. Halle Cottis goes beyond using vinegar and baking soda and provides powerful recipes to clean your entire house from the inside out. With ingredients such as salt, rubbing alcohol and castile soap, you can create indoor cleaners like the All-Purpose Disinfectant Cleaner, Powder and Liquid Laundry Detergent and Streak-Free Window Cleaner; and outdoor solutions, like Natural Garden Pesticide, Heavy-Duty Grill Cleaner and Screen Cleaner. Halle uses turmeric, coconut oil and epsom salt to create concoctions that alleviate common ailments such as headaches and migraines, swimmer's ear, cough and sore throat, and ease even the more difficult-to-treat health conditions such as eczema, poison ivy and poison oak, digestive system troubles and emotional issues like PMS, anxiety and seasonal depression. Aside from reducing the amount of harsh and toxic cleaners and medicines in your home, you can rest easier knowing you're saving both time and money with this wide range of 140 natural solutions.

### Organic Housekeeping Atlantic Publishing Company

*SIMPLE STEPS TO A NATURALLY CLEAN HOME* Toxic chemicals are found in almost all commercial cleaners—the very products you buy to make your home hygienic and healthy. Homemade Cleaners offers a better solution. Its tips, tricks and formulas guarantee to make your home sparkling and germ-free. *Homemade Cleaners* features over 150 recipes that are: • Toxin-Free • Simple and Affordable • Highly Effective • Environmentally Sound • Kid and Baby Friendly Using ingredients like vinegar, baking soda, and even vodka, the authors tackle the nitty-gritty of everything from countertop cleaners to air-purifying plants so you avoid using commercial products that can cause side effects including skin irritation, asthma and central nervous system damage.

### Social Smarts Strategies That Earn Free Book Publicity Better Basics for the Home

Looking to detox your home without the use of harsh chemicals, overly processed cleaning products, or by any other questionable means? *Meadow Shadowhawk* will help you through the process, with well-researched advice about topics like making your own cleaning products, selecting paint, choosing a vacuum cleaner, and even replacing furniture and insulation. Includes recipes for creating your own versions of

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everyday items, tips on what to buy (and what to avoid!), and what the facts are about various things. This book is a guide to overhauling your home to make it safer and more comfortable for yourself, your family, and your pets. Here's to living a happier, healthier life!

**Organizing Plain & Simple** Univ of California Press

Provides tips and advice for extending the functional life of such items as household appliances, clothing, and automobiles, and offers suggestions for repairing or mending items and disposing or donating unwanted possessions.

**Home Organizing** Fox Chapel Publishing

Break your plastic habit with simple, actionable steps and jumpstart your journey toward a minimal, beautiful, low-waste home. "Simply Sustainable guides you through the why and how of zero-waste, while emphasizing the importance of finding the sweet spot between sustainability and self-care." —Julia Watkins, author of *Simply Living Well* Transitioning to a zero-waste lifestyle means eliminating unnecessary clutter from your home and reducing your dependence on disposable goods, but it also comes with practical challenges that can seem daunting. In *Simply Sustainable*, perfection is not required. Whether you are looking for easy changes to get you started, or more advanced, high-impact tips for your low-waste home, these simple, effective steps will forever change your relationship to disposable plastic products. Lily Cameron shows readers how to gradually transition away from plastic and curate a minimal, beautiful home in the process. Her approach teaches you how to "make plastic-free living work for you, savor your progress and celebrate that with each small change, you are making a positive impact on the environment, your health and your family's well being." *Simply Sustainable* proves that zero-waste living can be easy and deeply satisfying, whether shopping at the farmers market, throwing a dinner party, or packing for a getaway weekend. With practical, manageable strategies organized by room, and inspiring photographs of plastic-free homes, you can begin your journey toward intentional, low-waste living.

**How to Houstrain Your Puppy in 14 Days Or Less** Mayorline via PublishDrive

Take control of everyday disorder. With strategies for everything from keeping track of mittens and scarves to combining two households, Donna Smallin takes a personalized, nonjudgmental approach as she explains how to assess different situations and decide where to start organizing. Whether you're craving a more functional closet, having trouble planning meals for your family, or trying to make sense of your finances, this straightforward guide offers proven techniques for living an efficient and clutter-free life. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

**Better Basics for the Home** Atlantic Publishing Company

There is a revolution going on in America—a green revolution. From organic foods to recycling, millions of families have adopted safer, better, and more responsible ways to live. The latest front in this revolution is the home itself, as households across the country adopt ways to keep their homes clean and healthy—and ways to do it that are environmentally sane. Green cleaning products are "going mainstream," the *Washington Post* says, and sales of natural household products have surged by some twenty percent a year for the past five years. **GREEN CLEAN** is the definitive, step-by-step guide to cleaning better while using natural, safe products. A friendly, accessible introduction explains what green cleaning is, how it can work for your home, and why it's important. Room by room and stain by stain, **GREEN CLEAN** offers non-carcinogenic strategies for cleaning deeply and more efficiently. **GREEN CLEAN** breaks environmentally conscious cleaning into simple principles and easily mastered routines, with beginner, expert, and advanced techniques that let readers set their own goals and develop their own cleaning plan. Spot illustrations enliven each chapter, showing time-saving techniques, products, and equipment. Room-by-room chapters teach how to make spotless everyplace from under the kitchen sink to the shower curtain and windows. Also included are recipes for safe, simple, and economic cleaning solutions and the lowdown on the best eco-friendly cleaning products on the market today. **GREEN CLEAN** is an indispensable reference for today's home. Produced in Melcher Media's innovative, patented DuraBook ½ format, **GREEN CLEAN** is waterproof and stain-resistant, meaning that you can keep it right under the sink or in a bucket with your cleaning supplies without ruining it. The book is also fully recyclable, itself proof that green products can be better products.

**Don't Throw It Out** Black Dog & Leventhal

Natural cleaning is the solution! The simple and non-toxic alternative to commercial cleaning that will save you thousands of dollars a year; protect the health of your family and pets and keep every nook and crannies of your home refreshingly clean. Do not waste your money buying commercial cleaners that may destroy you. This book is a breath of fresh air, providing you with more than 70 natural recipes and tips on how to green clean every room in your house using everyday basic ingredients. Tested to disinfect, deodorize and clean any household surface, the recipes in this book are incredibly diverse and can be used in various ways. The tips provided will also guide you to ensure you get the best of the quickest and most powerful natural cleaning recipes. Learn how to:

- Identify the harmful toxic chemicals in commercial cleaners
- Identify everyday cleaning ingredients around you
- Work with tested and proven recipes
- Clean one area in multiple ways
- Handle stubborn spots and stains
- Protect your environment from toxic chemicals
- Clean every asset in your living room, kitchen, bathroom, wardrobe and more
- Follow the steps for effective natural cleaning
- Naturally clean your car (bonus chapter)

This book gives you all the vital information that you need to keep your home sparkly clean. Now is the time to put on your

gloves and clean away!

**Home Organizing Createspace** Independent Publishing Platform

The politics and science of health and disease remain contested terrain among scientists, health practitioners, policy makers, industry, communities, and the public. Stakeholders in disputes about illnesses or conditions disagree over their fundamental causes as well as how they should be treated and prevented. This thought-provoking book crosses disciplinary boundaries by engaging with both public health policy and social science, asserting that science, activism, and policy are not separate issues and showing how the contribution of environmental factors in disease is often overlooked.

**Keep It Simple** Clarkson Potter

Your everyday food choices can change the world—and make meals taste better than ever. For anyone who has read *The Omnivore's Dilemma* or seen *Food, Inc.* and longs to effect easy green changes when it comes to the food they buy, cook, and eat, *The Conscious Kitchen* is an invaluable resource filled with real world, practical solutions. Alexandra Zissu walks readers through every kitchen-related decision with three criteria in mind: what's good for personal health, what's good for the planet, and what tastes great. Learn, among other things, how to:

- Keep pesticides, chemicals, and other harmful ingredients out of your diet
- Choose when to spend your dollars on organic fruit and when to buy conventionally grown
- Avoid plastic—including which kinds in particular and why
- Figure out what seafood is safe to eat and is sustainable
- Use COOL (country of origin labels) to your advantage
- Determine if a vegetable is genetically modified just from reading its PLU (price look up) code
- Decipher meat labels in the supermarket
- Cook using the least energy—good for the earth and your wallet
- Eat locally, even in winter
- Understand what "natural" and other marketing terms really mean
- Buy packaged foods wisely

Navigate farmers' markets, giant supermarkets, and every shop in between to find the freshest and healthiest local ecologically grown and produced meat, dairy, fruits, and vegetables—no matter where you live. *The Conscious Kitchen* as your guide, you will never again stand in the market bewildered, wondering what to buy. You can feel confident you are making the best possible choices for you, your family, and our planet. **ALEXANDRA ZISSU** writes about green living, food, and parenthood. She is the author of *The Conscious Kitchen*, coauthor of *The Complete Organic Pregnancy*, and contributes the "Ask an Organic Mom" column to *The DailyGreen.com*. Her stories have appeared in *The New York Times*, *The Green Guide*, *Cookie, Details*, *Bon Appétit*, *Self*, and *Health*, among other publications. She is also a public speaker and "greenproofed," an eco-lifestyle consultant. Visit her website, [www.alexandrazissu.com](http://www.alexandrazissu.com).