

## The Humane Home: Easy Steps for Sustainable and Green Living

**Sarah Lozanova**

Princeton Architectural Press (Apr 20, 2021)

Hardcover \$25.95 (168pp)

978-1-61689-850-2

While some may dream of homesteading, most seek less dramatic, more sustainable, ways of living. *The Humane Home* suggests many ways to green things up, whether one lives in an urban apartment or on sizeable rural acreage.

Sarah Lozanova first discusses the big picture: how to assess one's existing lifestyle, and change it, to live in a way more attuned to Earth and her finite resources. She discusses options as disparate as voluntary simplicity, remote work, tiny houses, and communal living options, all laid out under the principle of finding the best fit for one's individual aspirations, budget, and location.

The focus shifts to subjects of home building and renovation, energy and water use, food, landscaping and gardening, and the polluted status of our indoor air. Each section describes residential projects and changes in habits that seem accessible; they stack up to make significant improvements in reducing waste and improving the health of the human and natural worlds. Whether through simple steps like cleaning furnace filters and refrigerator coils, or larger investments of time and money, like raising chickens or replanting lawns with native plant species, the message is that working toward a greener life is fun and rewarding.

Accented with colorful illustrations, recipes, quotes, and sidebars of examples of sustainable projects, from installing rain barrels in the Virginia countryside to concocting homemade cleaning products to the story of a Chicago family who fundraises to install solar systems on public school rooftops, the book and its inspirational asides reinforce the premise that sustainable living is achievable on many different levels.

Packed with accessible information and ideas, *The Humane Home* would be a terrific graduation or housewarming present, but it's also an appealing resource for anyone interested in scaling down their personal carbon footprint, wherever they call home.

RACHEL JAGARESKI (May / June 2021)

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