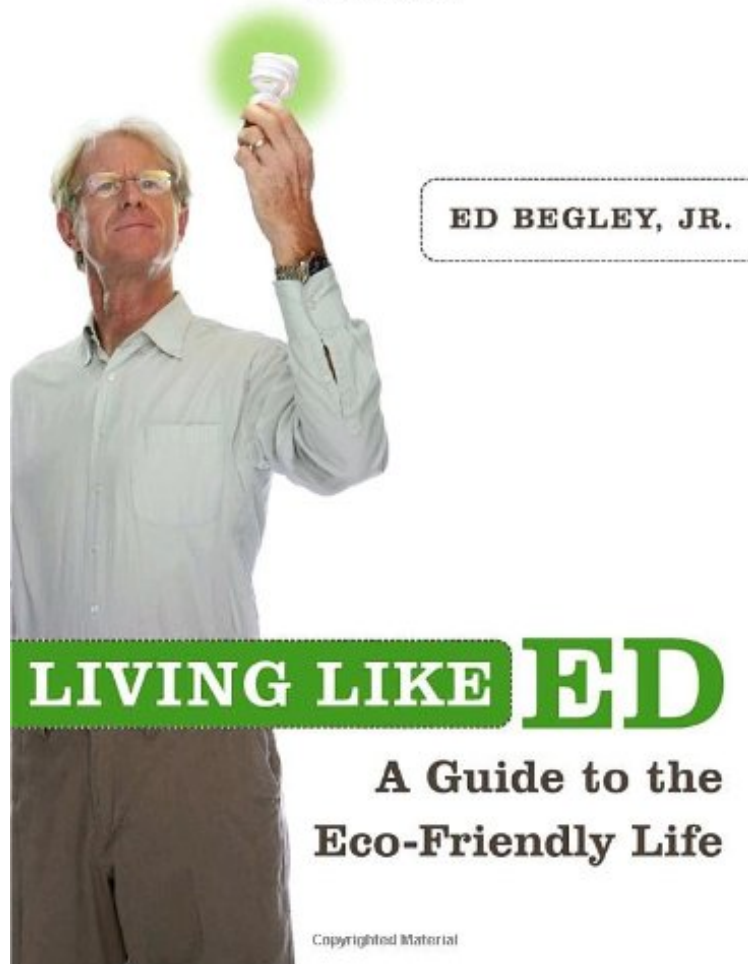


## Living Like Ed: A Guide to the Eco-Friendly Life

*Ed Begley Jr.*

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**Ed Begley Jr. : Living Like Ed: A Guide to the Eco-Friendly Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised Living Like Ed: A Guide to the Eco-Friendly Life:

0 of 0 people found the following review helpful. Great Book. Notes From The ShowBy ArtemishdcI live in the Pacific Northwest. We are already pretty green over here; evergreen you might say!(woo...bad joke). When I heard about E.B.J's show about a month ago, I was thrilled. I have enjoyed his work from St. Elsewhere to Pineapple Express.(though I might be a bit slow on the uptake. Living With Ed was broadcast originally in 2007) I knew he was a green-man-machine, when I used to watch his show "2000", in the early 1990's. He talked about the electric car and how Volvo has had one for many years etc. It was mostly about awesome technology that was just around the corner. So, I knew his style and enthusiasm before watching Living With Ed. His wife Rachele, just makes it all the better. Her attitude is great. Not that it's positive, but representative of what many people I run into think. They are afraid that

if you go GREEN, you're going to give up all conveniences and live in a yurt made of dung and wheat grass. That's just not the case. The show is great at giving you an intro of what tools are out there for you to use yourself to make your mark at a greener way of living. The book (I finally get to that) is very similar to the show. Even quotes directly from the show are in the book. I think that's great because this is like the companion handbook to the show. Plus more information. The seller of this book was awesome. My copy of the book was clean, pristine, and ummmm had E.B.J's signature inside the front cover! Super cool. P.S. if you haven't watched the show and are from the Seattle area, check out an Almost Live alum...Bill Nye.0 of 0 people found the following review helpful. One of the most useful, Eco-conscious, "green" books I own!By Astrolamb1048This is an amazing book. I love the way it is separated into different sections to help you learn or apply the ideas to your life. Each idea is also categorized by how difficult the change may be for your life. I found this especially helpful because I can't make a lot of the "big changes" in my life but there are so many more easy useful changes I can make. On top of that most of these ideas also will save you a lot of money! Everything is explained so well in the book. Ed at times can seem a little extreme but his wife puts in her two-cents every once in a while which adds a little humor and helps put things into perspective. In the back of the book there is a workbook for you to chart the changes you made and how much of an impact they made in your life! I would definitely suggest this book to anyone who is interested in changing their lifestyle to be a little more Eco-conscious and wants to save money in the process!0 of 0 people found the following review helpful. A sure to be classicBy BKW JRI mean, c'mon, it's Ed Begley, what's not to like? This book is not as thorough as his second one but still a fine read. He was once considered eccentric but now his commitment to eco-friendly life has become something of a norm, especially as government regulations are inacted. This book is a good introduction to the subject, but I still recommend his second book for those interested.

FROM THE PIONEER OF ECO-CONSCIOUS LIVINGA committed environmentalist for more than thirty years, Ed Begley, Jr., has always tried to live simply so others may simply live. Now, as more and more of us are looking for ways to reduce our impact on the planet and live a better, greener life, Ed shares his experiences on what works, what doesn't and what will save you money!These are tips for environmentally friendly living that anyone whether you own or rent, live in a private home or a condo can try to make a positive change for the environment. From quick fixes to bigger commitments and long-term strategies, Ed will help you make changes in every part of your life. And if you think living green has to mean compromising on aesthetics or comfort, fear not; Ed's wife, Rachelle, insists on style with a conscience. In Living Like Ed, his environmentalism and her design savvy combine to create a guide to going green that keeps the chic in eco-chic. From recycling more materials than you ever thought possible to composting without raising a stink to buying an electric car, Living Like Ed is packed with ideas from obvious to ingenious that will help you live green, live responsibly, live well. Like Ed.

Filled with sound advice and first-hand experience from someone who has been walking the walk for more than 38 years, Living Like Ed provides a wide array of practical options for anyone who wants to make his life a little-or a lot-greener. Ed Begley is more than a beloved Hollywood figure; he's an all-American hero, and Living Like Ed is a comprehensive yet accessible guide to becoming more environmentally savvy that light greens and bright greens alike will find themselves dog-eared for years to come. Treehugger.com About the Author ED BEGLEY, JR., is a veteran actor who has appeared in numerous film and television roles. He and Rachelle reside in L.A. in a self-sufficient home powered by solar energy. Visit him at LivingLikeEd.net. Excerpt. Reprinted by permission. All rights reserved. HOME TAKING AN OLD HOME AND MAKING IT GREEN I bought our house in 1988, a simple little two-bedroom house on a small lot in Studio City, California. Given my financial position at the time, it was a great move that has also turned out to be great for my career. I've never felt pressured to take a role I didn't love just so I could make a huge mortgage payment. Of course, by Hollywood standards, this house is a shack. But by world standards, as I'm sure you know, it is a palace. Retrofitting an Old House vs. Building New Few of us have the resources to build a more energy-efficient house from the ground up. I didn't have the money to do that, and I didn't have the will to do that. Plus I liked my house. So, I set out to make my home as environmentally sound as I could in every aspect. I knew that with insulation, a drought-tolerant garden, double-pane windows, an energy-saving thermostat, and solar panels I eventually put on the roof, I could make this a much more efficient structure. Indeed, by the time I was done, I had made my home nearly as energy efficient as a new one. And you can do the same for your home, wherever you live. The key to saving energy in your home is controlling energy use. Clearly, there are many ways to do this, from simple changes in what you do and how you do it to more-intense home improvement projects. Because so much of the energy used in your home is used to keep it warm in the winter and cool in the summer, we'll start with ways you can control your heating and cooling needs. And there's another important point I want to mention right up front: You don't have to own your home to make many of these changes. There's a lot you can do even if you're renting, or if you own a condominium or another type of structure where you might be limited as to the kinds of changes you can make. So why bother making these changes? Because they'll make your home more energy efficient, which means you'll be helping the environment by saving natural resources. It also means you'll be helping yourself and saving

money sometimes really big money. So no matter where you live right now, you can make some changes that will make a real difference. A Fresh Filter Perhaps the easiest thing you can do today is change the air filter for your heating and air-conditioning system. Many people think, Filter? There's a filter? If that's you, yours probably hasn't been changed in a while. Most central heating and air-conditioning systems have a filter at the air intake on a wall or on the ceiling and many window and wall-unit air conditioners have a filter element on the front that needs to be changed, too. I change mine regularly, sometimes six times a year, because we have two cats and a dog, and pet hair is always blowing around. I check the air inlet for my heating and air-conditioning system regularly and often realize, Whoa! It's time to change this thing again. Why is changing the filter so important? Because when the filter gets dusty or dirty or clogged, it's harder for your system to pull air through it. That means your system has to work harder, and it has to stay on longer in order to do the same amount of work. So changing that filter regularly is the low-hanging fruit that you can pick right away. And it doesn't matter if you have central heat and air or a window- or wall-mount air conditioner. Changing the filter is a great way to make your home more energy efficient. Beyond that, changing the filter will help if anyone in your family suffers from allergies. You can even go a step further and choose an air filter that's designed especially to trap allergens. If odors are a problem in your home, there are filters designed to trap them, too.

An Energy-Saving Thermostat Once you've got the air moving more efficiently through your heating and cooling system, think about how you regulate the temperature of that air. It requires a huge amount of energy that you pay for in the form of your electric, oil, or gas bill to raise or lower the heat of your home by even a few degrees. Controlling these costs, and the amount of energy you use, means controlling the temperature both when you're at home and when you're away. This is the magic of an energy-saving thermostat. Most people simply turn their heating and air-conditioning system on and off when they want to be warmer or colder. Some even leave the system on when they leave the house, so that it will be the right temperature when they return. Maybe you leave the heat running at your preferred temperature all night long even though you're sleeping under a blanket or a comforter because you want the house to be nice and warm when you get up in the morning. But why spend all that money, and waste all that energy, keeping your house comfortable when you're not there, or when you can simply add another blanket to your bed at night? If you have central heating or central air-conditioning or both, you can install and use a programmable thermostat instead of an old set the temperature and it's either on or off thermostat. This way, you can save energy and money and have your house at the right temperature when you get home, when you wake up in the morning, and when you're asleep. You will have to invest some money up front; an energy-saving thermostat starts at about \$65. But it will pay for itself in heating and cooling savings in a year or less if you use all of its features.

Programming Your New Thermostat Make sure you program the energy-saving thermostat to shut down the heat or air-conditioning automatically when you leave for work or for school, and to turn it back on 20 to 30 minutes before you expect to return. You'll also want to program the thermostat to reduce the temperature when you're heating the house (or to increase the temperature when you're cooling it) about 30 to 60 minutes after you normally turn in for the night. Once you're under the covers and asleep, you won't require as much heating or even cooling. (You'd be surprised how much less cooling is necessary to keep you comfortable at night. And you can always open a window in the summer if it's cooler outside at night.) Again, you just program the thermostat to return to awake mode 20 to 30 minutes before your alarm goes off in the morning. You don't need to worry about being uncomfortable if you're home all day on the weekend, either. Energy-saving thermostats let you program different settings for weekdays and weekends. If you plan on going out of town, make sure you override your normal programming and shut down everything until you return. The caveat here is that if you're in a very cold climate and you're worried about your pipes freezing, don't let the temp fall below 55 degrees Fahrenheit. And you might not want to shut the system down completely if you're leaving pets in your home. Even so, you can see there's tremendous potential for energy savings here. Temperatures change day to day, so don't be afraid to adjust your program settings, daily if need be, to maximize the efficiency of your system. I check mine every time I leave the house.

Choosing a Comfortable Temperature It's one thing to talk about programming the thermostat. Everybody says, Sure, makes sense. It's another thing entirely to try to reach an agreement with the people living in your home about what temperature is comfortable. Let me talk about the temperature in my house before Rachelle and after Rachelle. When I was single, I would keep the house at 65 to 68 degrees in the winter and 78 in the summer. I didn't think twice about simply wearing a sweater or sweatshirt in the winter and changing into a cotton T-shirt and shorts in the summer. There is no amount of thermostat programming that can replace good ol' shutting down the heating and cooling completely when the temperatures outside and inside your home are within your own personal comfort zone. Well, that ain't gonna fly anymore in my home. I have a wife and a daughter who require considerably more creature comfort than I did when living on my own. If you have a really old heating and air-conditioning unit, you might want to consider purchasing a new Energy Star system. It's going to be a big investment, but you're going to make that money back in a few years because the units are so much more efficient now, and use so much less power. The compressors are more efficient, the fans are more efficient, everything about the systems more efficient. You can literally save up to 20 percent on your yearly heating and cooling costs with a new, more energy-efficient unit.

What Energy Star Means Many people think Energy Star is a brand name or a particular company. Actually, it's a program created jointly by the U.S. Environmental Protection Agency and the U.S.

Department of Energy. Its goal is laudable: to help everybody save money and protect the environment through energy-efficient products and practices. And the program is working. To benefit from this program, you just look for the Energy Star symbol on a product. Its like a seal of approval. To wear it, that product has to meet strict energy efficiency guidelines. You can find the Energy Star symbol on all kinds of things, from complete homes to appliances and office equipment, including central air-conditioning units and room air conditioners ceiling fans (another great way to reduce cooling costs and energy use) furnaces dehumidifiers refrigerators and freezers clothes washers dishwashers windows and skylights doors roofing products insulation televisions, VCRs, and DVD players computers and monitors fax machines, printers, and scanners cordless phones ligh...