

The Bible of Responsible Consumption

Author: Isabelle Louet

A book full of useful information and tips to consume wisely, and save money, health and our planet!

You can learn to be a better consumer. It starts with a correct reading of the labels, basic knowledge of the distribution channels, a concern for your well-being and the one of people around you, and concern for the environment.

Each area is concerned: food, clothes, cosmetics, energy, etc.

This book will help the readers become a responsible « consum-actor ».

Content: Being a better consumer – Saving money – Avoiding scams.



The Author:

Isabelle Louet lives in Paris and is an author and a journalist. She loves to discover, understand and try new things. She likes when things are « easy to apply » and shares in this book many tips.

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