

## The practical book for living without plastic simply and easily



### Charlotte Schüller Do It Yourself! Simply Living without Plastic: Homemade Instead of Bought

[Do it yourself! #Einfach plastikfrei leben: Selbstgemacht statt gekauft]

Südwest  
176 pages  
50 colour illustrations  
Format 16,2 x 21,5 cm  
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With ca. 50 4c illustrations

**Charlotte Schüller**, blogger and media designer, decided to live a plastic-free life when she moved into her first apartment. She was inspired by her mother, who sells unpackaged groceries and plastic-free products in her shop in Munich. On her blog 'Plastikfrei leben' and through her social media channels, as well as in lectures and workshops, she clearly describes how to live more sustainably and how to avoid using plastic in everyday life.

In her second book, the popular author Charlotte Schüller presents 50 illustrated ideas for plastic-free products. In fact, the most sustainable alternatives to those packaged items in supermarkets and drugstores can be easily made at home.

Her wide-ranging do-it-yourself ideas will help bringing life a step closer to being completely plastic-free. Whether homemade make-up, shampoo, deodorant, hand cream, detergent, or baking powder – the author shows how her ideas and recipes can be easily applied into everyday life.

The supplementary info-boxes, practical tips, and checklists on the areas of toiletries, housekeeping, groceries, and traveling will help readers keep an overview and achieve their goals. • Zero waste made easy: 50 specific guidelines for toiletries, food, housekeeping, and travel • With checklists and challenges for a plastic-free everyday life

- The best DIYs for beginners and experts for a life without plastic