

Make Every Day Earth Day, Wyckoff Living, April, 2021  
by Brielle Bleeker, Circulation Assistant

Looking to make the world a cleaner, more beautiful place to live? Earth Day, celebrated annually on April 22nd, serves as a reminder each year to work together to take care of our planet, reevaluate the impact people have on keeping it a healthy place for all, and connect with a more natural way of living.

There is a vast array of book and DVD selections to assist those looking to learn more in all aspects of green living and environmental causes. Mamavation blogger Leah Segedie's book, *Green Enough: Eat Better, Live Cleaner, Be Happier—All Without Driving Your Family Crazy!* guides readers through the process of detoxifying your home, diet, and lifestyle with the best choices possible. *Green Enough* explains how to read ingredient labels and why 'all-natural' is misleading. Segedie says "It's not about being perfect...it's about being green enough."

*We Are the Weather: Saving the Planet Begins at Breakfast* by Jonathan Safran Foer explores the link between human-caused climate change and what people eat. Foer argues that animal agriculture has had detrimental effects on the environment and now is the time to act. Foer shares his struggles and details what actions are needed to right previous wrongs.

If you're looking to learn more about the planet's climate emergency, David Wallace-Wells' *The Uninhabitable Earth* serves as an impassioned call to action to turn things around. As one reviewer emphatically proclaimed, "First you'll get scared straight; then you'll get straight to work."

*New York Times* bestselling author Seth M. Siegel shows how our water supply became contaminated, how it's harming people, and what needs to be done to fix it in *Troubled Water: What's Wrong with What We Drink*. Siegel presents shocking stories that detail the thousands of chemicals, microplastics, and pharmaceuticals found in America's drinking supply and who is to blame.

*How to Give Up Plastic: A Guide to Changing the World, One Plastic Bottle at a Time* is a guide to practical steps to rid our lives of unnecessary plastics and clean up the oceans. Author Will McCallum encourages readers to reduce plastic use in the home and workplace and advocate the elimination of plastic use in your community.

Often thought of as the classic that started the environmental movement, Rachel Carson's *Silent Spring* led to the banning of DDT and paved the way for tremendous changes in laws affecting air, land, and water. Thought of as a revolutionary book written by a courageous woman at the time of original publication in the early 1960s, Carson was pivotal in opening the eyes of people to the hazards of pesticide use and the harm it causes to people and the environment.

In addition to a wide array of book selections, there are a number of DVDs that focus on the environment. Among them, *Generation Zapped!* discusses the health consequences of the invisible convenience that is the internet. The movie examines the dangers associated with

exposure to wireless technology and the health risks many do not realize come from every day use of cell phones and 5G. *Generation Zapped!* is an eye-opening presentation that will leave viewers questioning whether WIFI is really worth the risk.

*GMO OMG* takes viewers on a journey in search of answers about genetically modified organisms and how they affect our health, the health of the planet, and our freedom of choice. Filmmaker Jeremy Seifert questions the rhetoric people have been told about GMOs and wonders if it's even possible to avoid eating these so-called Frankenfoods. A “provocative” and “alarming” must-see for anyone concerned with how the food they eat impacts health.

*Grand Canyon Adventure* is an exhilarating look at the Colorado River combined with the pressing concern of the world's growing shortage of fresh water. Shown through the eyes of environmental advocates, the documentary is both thrilling and enlightening, showcasing water conservation issues among the backdrop of majestic scenery.

For the above titles and even more selections on Earth Day and green living, contact the library at [ref@wyckofflibrary.org](mailto:ref@wyckofflibrary.org) or 201-891-4866, x2. To view availability and request books, visit [www.bccls.org](http://www.bccls.org). Ask a librarian how to access Novelist, a database you can access using your library card to help you find ways to make every day Earth Day.