

Saving the planet is a tough job. It just got easier.

Advance Praise for *Just GREEN It!* by Lisa and Ron Beres:

"I truly appreciate you taking the time to share ideas inspired by Green Nest which address the important issues of making this world "greener" one step at a time..."

-Maria Shriver, *First Lady of California*

"*Just GREEN It!* is loaded with helpful tips and advice on making greener choices in purchases and products our family uses on a daily basis. As parents of two, we also appreciate how the information it provides benefits not just the planet, but the well-being of our children."

-Trista and Ryan Sutter, *ABC's Bachelorette*

"*Just GREEN It!* is an empowering resource for living a greener and healthier life. Ron and Lisa have crafted something easy to do here. Imagine an authentic guide on what to look for when making household purchasing decisions for virtually every aspect of your home and personal care choices."

-Sally Jessy Raphael, *Emmy Award Winning TV Talk Show Host*

The array of so-called "Green" products on the market is dizzying and often misleading. Consumers need one reference book that clearly lays out what is the better choice-between brands, benefits, and costs. *Just GREEN It!* (April 2010; \$17.95; Paperback) by Ron and Lisa Beres, certified green building professionals (CGBP), Building Biologists (BBEC) and owners of the popular Web site www.GreenNest.com, explains in an easy visual format exactly which products-from household appliances and cleaning tools to food, cosmetics, and clothing-are the best for the planet and also healthy for you, your kids, your home, and your budget.

Authors Ron and Lisa Beres debunk the "greenwashing" that is so prevalent in today's marketing and teach readers how to know the difference between such confusing and often deceiving terms as "natural," "organic," "chemical-free," and "non-toxic," among others.

In addition, *Just GREEN It!* reveals:

- How going green can save you green \$\$\$
- 10 steps to a healthy nursery and bedroom
- Ways to create a greener office environment
- Green vacation tips
- Surprising facts and green options that are right at your fingertips

Just GREEN It!
By Ron and Lisa Beres,
Founders of
GreenNest.com



While the Green Movement is concerned about the effects of our collective carbon footprint on the planet, the Beres' are equally concerned with how our footprint is endangering the health and well being of each *individual*.

Finally, with *Just GREEN It!* there's a guidebook for navigating the oversaturated Green marketplace. It's truly a must have for today's consumer to decipher fact from fiction, live a healthier lifestyle, and exercise not just their voice, but their purchasing power as well.

About the Authors:

Ron and Lisa Beres are certified green building professionals (CGBP), Building Biologists (BBEC) and owners of the popular Web site www.GreenNest.com. Ron and Lisa have appeared on *The Today Show* with Matt Lauer, *The Doctors*, *Fox and Friends*, *Discovery/Planet Green's Greenovate*, *Chelsea Lately*, *Living Well with Montel Williams*, and Lisa is a green correspondent for the *Sally Jessy Raphael Radio Show*. Their consulting business includes celebrities as well as Fortune 1000 companies. They live in the Los Angeles area. Please visit them at www.GreenNest.com.

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