

"The time for stepping up and protecting our planet is now.  
And this book is an easy, enjoyable place to start."

-MOBY

# GIVE A SH\*T

Do Good. Live Better.  
Save the Planet.

A PRACTICAL HANDBOOK BY  
ASHLEE PIPER

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Ashlee Piper

Give a Sh\*t: Do Good. Live Better. Save the Planet.



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"The time for upgrading and protecting our world is now. It is time to provide a shit -- about your wellbeing, your footprint, as well as your planet. Give a Sh\*t courses you through the transition to a kinder, much healthier, more conscious, and sustainable real life no book has done before. And this book is an easy, exciting place to begin." -- MobyIt's time to put your great intentions into actions. With a humorous and non-judgmental tone, savvy eco-friendly way of living professional Ashlee Piper walks you through easy-but-impactful shifts anyone could make to live and be better every damn time: In your house - Room-by-room guidance and strategies for a chic, inexpensive, sustainable living space, irrespective of where or how you live In your kitchen - 20+ unfussy, quick, and delicious plant-based recipes for each and every life occasion, from pantry staples like White colored Witch Almond Milk to interesting everyday fare like Walnut Chorizo Tostadas to kick-ass desserts like Jamocha Silk Pie In your closet - Advice for building a polished, ethical wardrobe in an environment of fast fashion In the mirror - Beauty and grooming guidelines and DIY items (from skincare to base to, ahem, ladytime provisions) that are safer, organic, cruelty-free, and, on top of that, effective In the wild - How to sustain your values (and your moxie) at the job, in your social life, so when abroad Give a Sh\*t isn't a manual of restrictions -- it's a practical handbook that meets you where you are and lastly harmonizes doing great with living well.



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