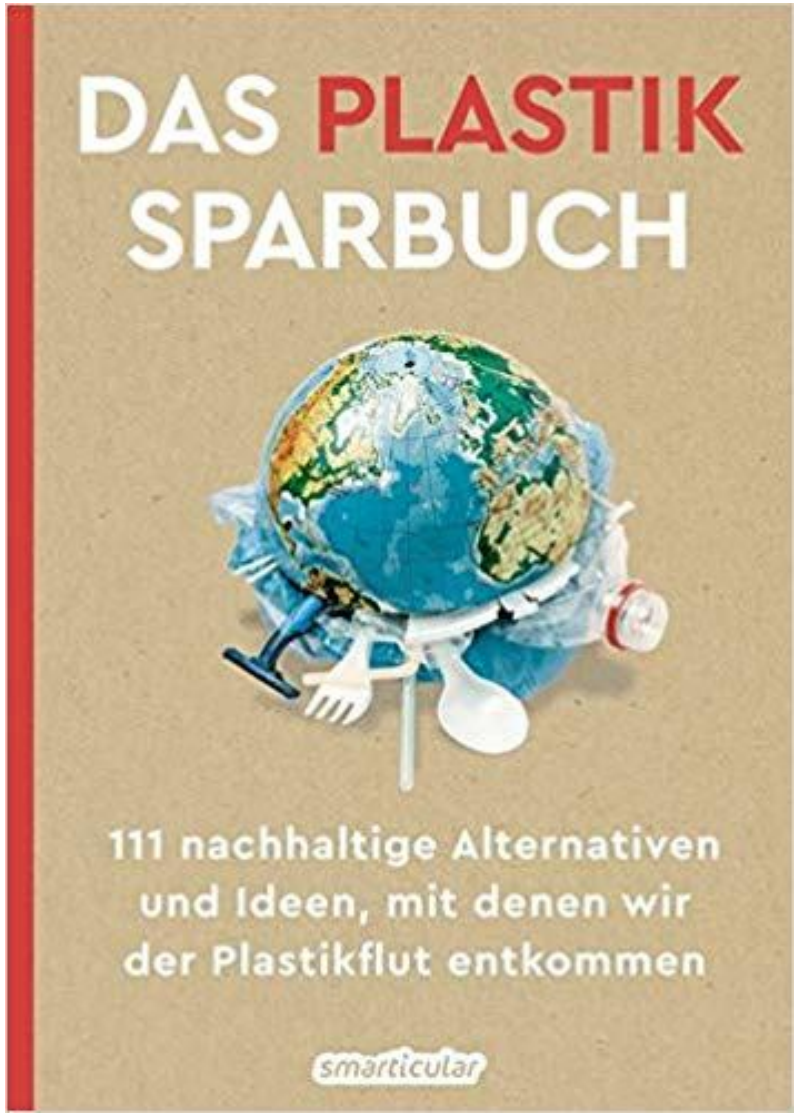
Rights Guide
London Book Fair 2019

Books for simple and sustainable living

www.smarticular.net

The Plastic Savings Book



Authors: smarticular
Publication Date: April, 2019
Format: 21 x 15 cm, 288 pp, 100 colour illustrations

More than 111 sustainable alternatives and ideas to help us escape the flood of plastic

Plastic - a versatile material that has made progress and prosperity possible. Electricity, computer technology, transport and many other innovations would be inconceivable without plastics in their current form. At the same time, plastic waste is one of the biggest threats to the planet because it accumulates millions of tons in the environment. On the oceans, carpets of plastic waste are swimming, reaching the size of continents. As the garbage breaks down into smaller and smaller parts, it accumulates in the food chain and finally reaches our plates. Each of us consumes 176 kilograms of plastic every year. Especially disposable items and short-lived packaging are problematic - and almost always avoidable!

The best alternatives to short-lived plastic products are presented in this book, showing strategies for plastic avoidance and ways to handle plastic in a sustainable way.

New

DIY Instead of Buying – Garden

New

Authors: smarticular
Publication Date: March, 2019
Format: 21 x 15 cm, 192 pp, 100 colour illustrations

Just do it yourself! 117 ideas for your garden, to save money and protect the environment

"Growing your own food is like printing your own money." - Ron Finley

There are many good reasons to build a small, organic garden, even if it consists only of a planter on the balcony. Anyone who goes unconventional and only implements some of the projects in this book not only receives healthy, regional food, but also creates a small natural oasis.

Bee-friendly flowering meadows instead of lawns, vegetables instead of ornamental plants, medicinal herbs instead of weeds, edible ground cover instead of stone surfaces - there are numerous unconventional ways of making natural, healthy and at the same time easier gardening.

Five Home Remedies that Replace a Drugstore

Rights sold to:

Kazda (Czech Rep.), Studio Astropsychologii (Poland)

Authors: smarticular
Publication Date: 2nd edition April, 2018 (1st edition July 2016)
Format: 21 x 15 cm, 192 pp, 50 colour illustrations

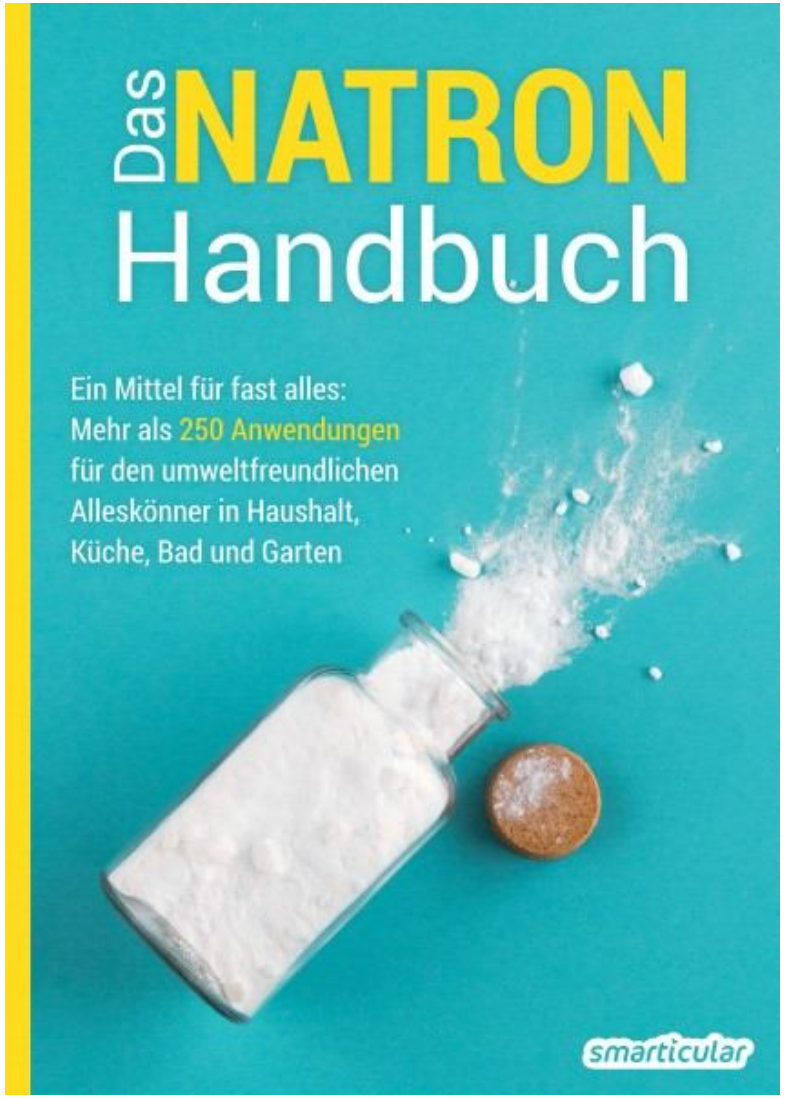
Just do it yourself! Over 300 uses and 33 recipes to save money and protect the environment

With soda, soda, vinegar, citric acid and curd soap, almost all drugstore products can be replaced and solve many of the challenges of our everyday life. Over 300 uses and 33 recipes show how easy it is. Inspire yourself by the recipes for sustainable, healthy alternatives to numerous drugstore products and make your life a bit greener! Homemade care, cosmetics and household products are healthier! You choose what gets into your products and you can fit them to your needs avoiding allergenic or hormonal ingredients.

The selected home remedies are either of natural origin or simply biodegradable and safe the environment. You avoid a lot of packaging waste. Do-It-Yourself saves a lot of money! Deodorant for the whole family for less than 50 cents? Detergent for a fraction of what you would pay at the supermarket?

This book shows how to do it. Do it yourself is fun! Discover alternatives to a simple, sustainable life, learn to live and consume with independence, experiment with the recipes in this book!

The Natron Manual



Authors: smarticular
Publication Date: September 2018
Format: 21 x 15 cm, 192 pp, 90 colour illustrations

One agent for almost anything: More than 250 applications for the environmentally friendly all-rounder in your home, kitchen, bathroom and garden

As a non-toxic, sustainable alternative, the universal home remedy natron (baking soda or sodium bicarbonate) easily replaces numerous special products in your home, kitchen, bathroom, washing and garden. Natron costs only a fraction of the usual funds, works effectively and leaves no environmentally harmful residues - many good reasons why natron should not be missing in any household! **Good for your health:** Thanks to natron, you can banish many harmful substances in deodorant, shower, shampoo & Co. from your household and replace it with a harmless, but equally effective alternative. **Good for the environment:** home-made alternatives with natron not only save a lot of packaging waste and chemicals, they are also completely harmless to the environment. **Good for the household budget:** Forget expensive special products for every problem, because the much cheaper natron makes most of them superfluous. **Good for you:** producing household helpers with natron itself is great fun, stimulates creativity, strengthens self-confidence and also makes you a little more independent.

DIY Instead of Buying – Hair&Skin

Authors: smarticular
Publication Date: February 2018
Format: 21 x 15 cm, 192 pp, over 90 colour illustrations

137 recipes for natural care products that save money and protect the environment

You can find in supermarkets whole rows of shelves with specialized cleaning products for almost every body part of your skin and hair. But what is hidden in the spray cans, plastic tubes and vials coded in long ingredient lists? Most of the products are predominantly synthetic ingredients, often based on mineral oils, which are suspected to cause dependency and triggering allergies, cancer and other diseases. In addition, the flood of specialized finished products causes a huge amount of packaging waste.

However, most of them can easily be replaced by sustainable, home-made alternatives. With healthy, often even edible ingredients you can prepare shampoo, toothpaste, ointments, deodorant and much more in a short time. Inspire yourself with 137 recipes for natural care products explained in this book, and make your life a bit greener!

Rights sold to: Kazda (Czech Rep.)

Go Out! Your City is Edible

Authors: smarticular
Publication Date: September 2017
Format: 21 x 14,8 cm, 192 pp, over 160 colour illustrations

36 healthy plants on your doorstep and over 100 recipes that save money and make you happy

Our cities are not only cement deserts full of exhaust fumes and dog poo! Away from shopping malls and main roads, you can discover a surprisingly green, healthy diversity in every city, if you just dare! You can find the best edible wild plants not only in the countryside but also in the urban environment, and all these are presented in this book. In addition, this books offers important tips for picking and processing the regional treasures. Go out and rediscover the edible nature in your environment! **Regional and Seasonal:** While avocados, goji berries or cashews travel around the globe, you can find local fruit and wild plants full of vital substances at your doorstep almost all the year round and without any plastic waste. **Healthier than popular superfoods**: Wild fruits and wild herbs contain far more healthy nutrients than common supermarket fruits and even overtrump many far-imported superfoods! Harvesting **saves money and makes you happy**: Right on your doorstep you can enrich your diet for free, strengthen the connection with the environment and also breath fresh air.

Be inspired, go out and discover the edible city!

DIY Instead of Buying – Kitchen

Authors: smarticular
Publication Date: June 2017
Format: 21 x 15 cm, 192 pp, 130 colour illustrations

137 healthy alternatives to On-The-Go-Products and Cooking Aids that save money and protect the environment

Typical supermarket products contain less and less of what we actually need for a balanced, wholesome diet, but more and more sugar, salt, fat and synthetic additives. In addition, they cause tons of garbage. It is very easy to create sustainable alternatives beyond modern mass consumption based on natural ingredients, and which are healthier than industrial products and also significantly cheaper. Chocolate spread, vegetable seasoning paste, sauce binder, cough syrup, plant drinks and much more - you can make them by your own.

The are **good for your health**: Instead of unhealthy and artificial ingredients, the homemade alternatives contain natural ingredients. Some even grow right on your doorstep and are packed with nutrients for a balanced, healthy diet. The are **good for the environment:** Do it yourself saves a lot of packaging waste and plastic. In addition, you may prefer to use regional, seasonal ingredients, with short transport routes and less resource consumption. The are **good for your household budget:** Homemade alternatives are almost always much cheaper than finished foods, even if you only use purely organic ingredients. And they are **good for you**: doing it yourself is fun, stimulates creativity, strengthens your self-confidence and also makes you a bit more independent.

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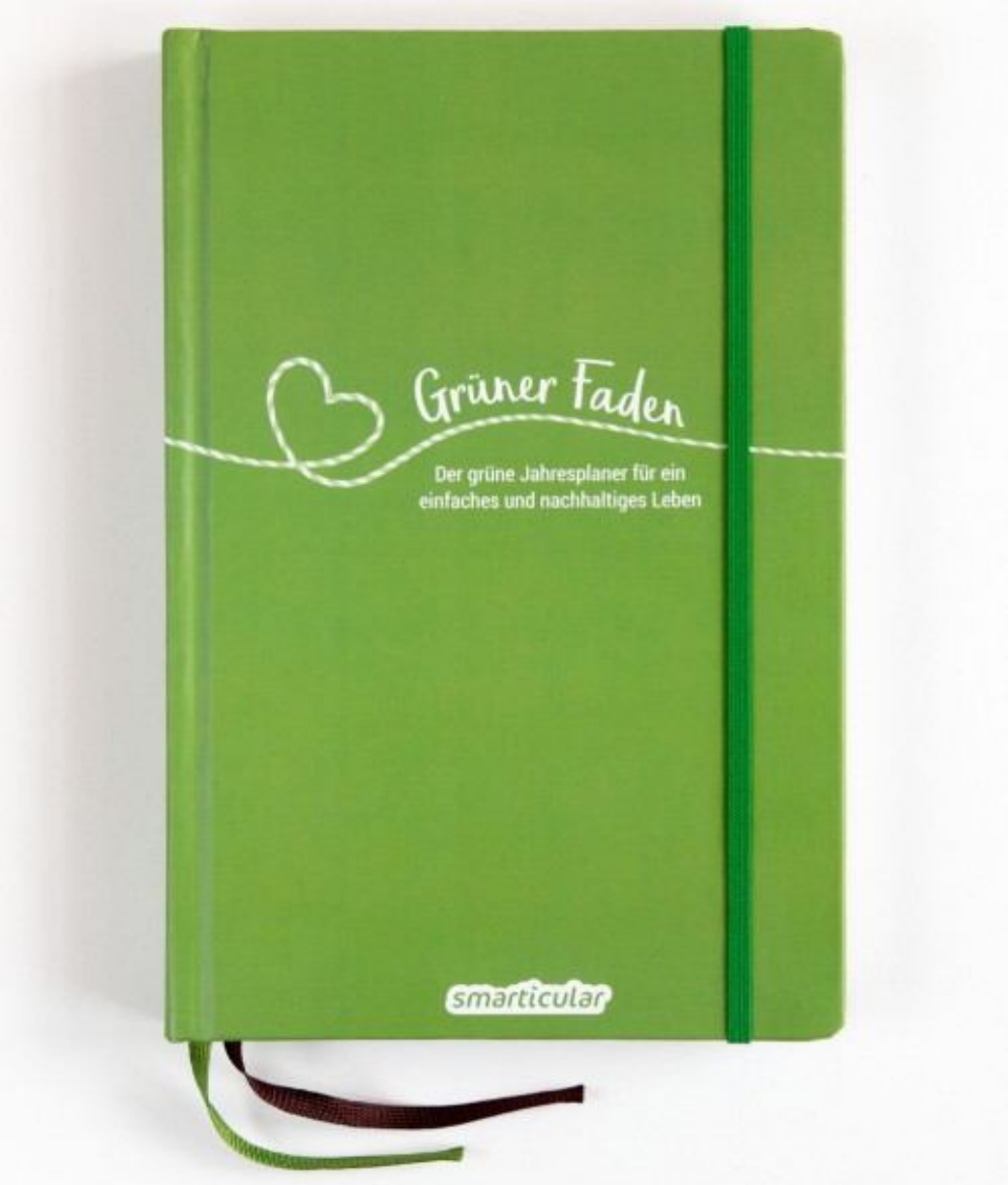
Green Thread – Your Year Planner



Authors: smarticular
Publication Date: August 2018
Format: 20 x 13 cm, 256 pp, over 100 illustrations

The green annual planner for a simple and sustainable life

When will I have time for me? How can I live a bit more attentively and greener? - If you sometimes ask yourself these questions, it is time for something new, something like the manual and sustainable life planner **Green Thread**! Because with this year planner, you will always find enough time for things that are really important to you.

Unlike the smartphone, which constantly demands attention with reminders, notifications and status updates, this integrated planner brings together all the important things - at your pace, in one place, with pen and paper. With numerous recipes, tips and suggestions, **Green Thread** makes you more independent, environmentally friendly, minimalist, active and free. It also helps you to be more attentive to yourself, to remember yourself and to capture your thoughts, ideas, and beautiful experiences, rather than letting them disappear as photos, messages or social media posts somewhere in the cloud. **Green Thread** is much more than just an annual planner: a book full of green ideas and opportunities, with plenty of room for you! With a well-thought-out organization system, numerous uses and over 200 sustainable recipes and tips, this life planner adapts to your individual needs.

This planner is your green life companion, who after a year is as colorful, interesting and extraordinary as you!

8 different colours

This makes Green Thread so special:

- Annual planner with plenty of space for appointments, notes, memories, reflections, goals and much more
- Undated and usable all year entry at any time
- Lovingly designed illustrations and the "green string" that accompanies you throughout the year
- More than 200 seasonal, sustainable recipes and ideas that accompany you throughout a year
- 53 weekly overviews with four pages each 12 month
- Seasonal calendar for growing, harvesting and purchasing regional and seasonal foods
- Wild plant calendar
- Personal lists of gift ideas, books you would like to read, places you would like to visit and rewards for yourself
- Resources to download and paste at www.gruenerfaden.net (holiday planner), timetable, project plan, lunar calendar, cycle calendar and many other overviews) to make the annual planner even more unique and useful.

Green Thread also offers:

- bag at the end of the book for keeping loose pieces of paper, documents and business cards
- two ribbon strips for week and month
- pen holder
- Rounded corners: Green Thread looks nice and feels good
- rubber band to close the book safely

Literary Agency

www.stasociados.com

c/ Pallars 73, 1º 1ª,
08018 Barcelona (Spain),
Tel. +34.629388043

Contact:
susanne.theune@stasociados.com