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## New from Rough Guides: Climate Change

Rough Guides, Britain's best-known guidebook publisher, is bringing out its third edition of **The Rough Guide to Climate Change** (publishing May 2011). This fully updated 3rd edition includes recent scientific developments such as the rapid retreat of Arctic sea ice and the political debates that followed the Copenhagen meeting in 2010.

Given that our climate is changing by the minute and the issue is becoming a political minefield, **The Rough Guide to Climate Change** has been completely updated since originally published in October 2006. It now includes up-to-the-minute information including:

- Scientific findings that have emerged since the 2007 report from the Intergovernmental Panel on Climate Change (IPCC) as well as background on recent controversies and an updated politics section that reflects post-Copenhagen developments.
- An expanded 'What You Can Do' section, with tips to help people reduce their footprint and spotlights on such issues as the huge carbon footprint of bottled water.

The book's author, meteorologist Robert Henson, is a highly respected American science writer who works for the National Centre for Atmospheric Research, in Colorado. Henson says: "Climate change has drawn massive global attention in the last year, but there is still much confusion and misinformation surrounding the topic. Critical decisions will be made in the next several years. The more clearly each of us understands climate change, the better prepared we are to tackle long-term sustainable solutions. **The Rough Guide to Climate Change** is a wake-up call for society to change and adapt its behaviour."

Shortlisted for the Royal Society Prize for Science Books, **The Rough Guide to Climate Change** has been described as "a must read for anyone who wants to learn more about what could be the most important economic, social and political issue of the 21st Century".

### NOTES FOR EDITORS

- Meteorologist Robert Henson grew up in Oklahoma City, surrounded by the wild weather of the US Great Plains. He joined the National Centre for Atmospheric Research and its parent organisation, the University Corporation for Atmospheric Research in 1989. He has used his expertise in meteorology and journalism to write for *Nature*, *Scientific America*, *Discover*, *Audubon* and *Sierra*, and work as a contributing editor for the magazine *Weatherwise*. He is also author of the *Rough Guide to Weather*.
- The *Rough Guide to Climate Change*; ISBN 9781848365797 is published May 2nd and costs £12.99.

**For review copies, reader giveaways, author interviews, and requests to run extracts, please contact: [press@roughguides.com](mailto:press@roughguides.com)**

### About Rough Guides

Passionate for telling it like it is, Rough Guides has been inspiring travellers to explore the globe since 1982. A leading travel content provider, Rough Guide content is available in award winning guidebooks, inspirational gift books, innovative mobile apps, ebooks and in bespoke custom publishing guides and digital products. From maps and phrasebooks to round the world planners and pocket city guides, there's a Rough Guide to suit everyone. With over 250 authors and contributors Rough Guides pride themselves on accurate, up-to-date information and informed, contemporary writing. Rough Guides also publish a lifestyle series with books on a range of subjects, from the bestselling *Rough Guide to Pregnancy and Birth* to zeitgeist books such as the *Rough Guide to the iPad*. Rough Guides are part of the Penguin/Pearson family who have offices worldwide. Start your journey at [www.roughguides.com](http://www.roughguides.com)



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**Ten tips for a healthier climate** By Robert Henson, author, *Rough Guide to Climate Change*

- 1. Avoid bottled water** More than 150 billion litres of bottled water are sold worldwide each year. That's 1.4 million litres every five minutes. It takes fossil fuel to manufacture these bottles, ship them around the world, and keep the water cold. Most of these emissions can be avoided simply by using the tap, along with filters and a purpose-made reusable bottle.
- 2. Skip the red-eye and fly by day** The clouds formed by aircraft contrails help trap heat radiating from Earth around the clock. These clouds can also help cool Earth by blocking sunlight—but only during daylight hours. You could reduce the total climate impact of your air travel by up to 50 per cent or more if you fly at midday instead of at night.
- 3. Cut back on meat-eating** The United Nations estimates that 18 per cent of the total human impact on the climate is related to livestock. It takes far less petroleum-based agriculture, and fewer greenhouse emissions, to get your protein directly from grains and vegetables than indirectly from meat.
- 4. Change your light bulbs** It'll soon be impossible to buy old-fashioned incandescent bulbs in many countries. Why wait? You can save energy and money right now by replacing your old bulbs with compact fluorescents. The new models generate less heat, produce almost four times more light per unit energy and last ten times as long.
- 5. Bring your own bag to the shops** Each year we get 500 billion plastic bags from shops and groceries around the world. It takes fossil fuel to make each bag, and most of them end up in the bin in minutes. Get in the habit of bringing one or two cloth or reusable bags each time you shop.
- 6. Make sure your house is well insulated** More energy goes to heat, cool, and illuminate buildings than to power all of the world's transportation. Insulating your house is one easy and money-saving way to help lower that burden.
- 7. Mellow out on the road** Even if you can't afford a hybrid car, you can cut your petrol mileage by up to 30 per cent just by changing the way you drive. Brake and accelerate gradually, stay under the speed limit on motorways, and turn off the car if you're parked for more than a few seconds.
- 8. Replace old fridges** Often it's more climate-friendly to make do with things you have than to buy new stuff. However, if your refrigerator is more than 15-years-old, you'll almost certainly save energy and money by replacing it. Make sure you ditch the old one properly, though, since it could have ozone-depleting chemicals.
- 9. Cut the phantom power** Up to 15 per cent of the energy in your house is consumed by appliances and gadgets running on standby, from TV sets to mobile phones. Unplug these items when they're not in use, or use power strips/plug boards to turn off the juice when it's not needed.
- 10. Fly less and stay longer** Try to spend more time seeing sights on the ground and less time putting greenhouse gases in the air. You can avoid multi-leg flights, use trains and buses once you're at your destination, and take fewer but longer and more satisfying trips.