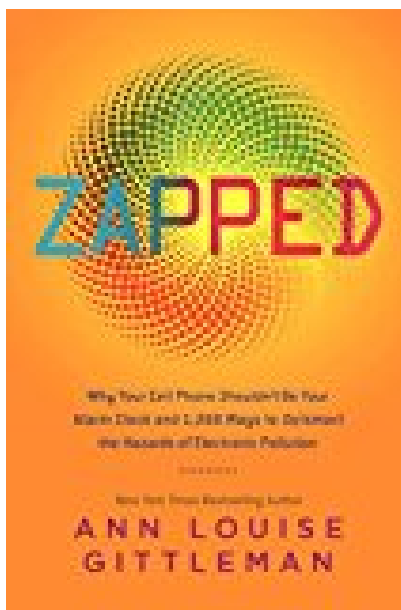


Zapped Why Your Cell Phone Shouldnt Be Your Alarm Clock and 1268 Ways to Outsmart the Hazards of Electronic Pollution



BOOK DETAILS

- Author : Ann Louise Gittleman
- Pages : 272 Pages
- Publisher : HarperOne
- Language : English
- ISBN : 0061864285

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BOOK SYNOPSIS

An Eye-Opening Guide for Anyone Who's Plugged In Are we going to give up our cell phones, laptops, and other electronics? Absolutely not. But emerging scientific evidence reveals that the very innovations that have changed our lives are also exposing us to an unprecedented number of electromagnetic fields—and that it's crucial we make important changes to our home and work environments. Now, Ann Louise Gittleman has created the first step-by-step manual for fortifying your body, detoxifying your home, and protecting yourself and your family from electronic pollution (and her powerful fixes are easier than you might think!). Zapped is an empowering guide to living safely with the gadgets we can't live without.

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