

## The Problem with Plastic: How We Can Save Ourselves and Our Planet Before It's Too Late

by Judith Enck is a highly praised, urgent book that critiques the plastic crisis, exposes false solutions (like over-reliance on recycling), and offers actionable steps, focusing on policy change and systemic solutions rather than just individual guilt, though it provides household tips too, empowering readers with facts and strategies to tackle plastic pollution at its source. Reviews highlight it as an authoritative, yet conversational guide, detailing plastic's pervasive impact on health and the planet while promoting collective action and regulatory reform.

**Source of the Problem:** The book identifies fossil fuel, chemical, and plastic companies as the primary drivers, not just individual consumers, according to Kirkus Reviews.

**False Solutions Exposed:** It debunks the myth that recycling alone can solve the crisis, emphasizing the need for less plastic production and more reuse/refill systems, notes WAMC.

**Pervasive Impact:** Reviews stress how plastic pollution affects everyone, from microplastics in our bodies to environmental racism, impacting frontline communities most heavily.

**Actionable & Empowering:** It's described as an "actionable guide," offering tools like household waste audits, policy templates, and strategies for grassroots organizing, says Beyond Plastics, Politics and Prose Bookstore, and Shelf Awareness.

**Urgent & Unifying:** The book serves as an urgent call to action, uniting people across political divides to push for systemic change, reports Marketplace.org, WNYC.

**Overall:** The Problem with Plastic is seen as essential reading for anyone wanting to understand the depth of the plastic crisis and move beyond individual guilt to effective, collective action for policy and systemic change.

