

Susan Freinkel's book, **Plastic: A Toxic Love Story**, is widely reviewed as an engaging, eye-opening, and well-researched journalistic exploration of society's complex relationship with plastic. Reviews praise its balanced approach, which acknowledges the material's benefits while highlighting its significant environmental and health risks.

Balanced Perspective: The book is not an anti-plastic diatribe but rather a nuanced look at the history, science, and global economy of the material. Freinkel presents both the life-saving uses (like IV bags and pacemakers) and the severe consequences (chemical leaching, pollution).

Structure: Freinkel tells the story of plastic through eight everyday objects: the comb, chair, Frisbee, IV bag, disposable lighter, grocery bag, soda bottle, and credit card. Reviewers found this narrative approach effective and "page-turning" for a non-fiction science book.

Impact on the Reader: Many readers reported feeling a heightened awareness of their own plastic consumption after reading the book. It is described as a "must-read" for anyone interested in environmental issues, though some noted it can make one "cranky" about the ubiquity of plastic.

Limitations (Due to Publication Date): Published in 2011, some reviews from later years mention that while the book was a foundational text for the conversation around plastic awareness, some of the specific data and proposed solutions (like building with plastic waste) may be a little "behind the times" with newer research.

Call to Action: While the book doesn't provide a specific "recipe" for individual action, it successfully argues that we have reached a crisis point and encourages readers to make more conscious consumer choices and push for larger systemic changes.

Overall, **Plastic: A Toxic Love Story** is highly regarded for its ability to transform mundane objects into items with "fascinating histories" and for providing the context needed for a serious discussion about the future of our relationship with synthetics.

