

The book was found

# Clean: The Humble Art Of Zen-Cleansing



## Synopsis

It's easier than you think to clean your home in a nontoxic, environmentally responsible way! Conceptualized and designed by legendary publishing visionary Joost Elffers; the force behind such bestsellers as *Play With Your Food* and *The 48 Laws of Power*; this wonderful guide will help get your house shipshape without hurting the environment or your health. Inspirational cleaning guru Michael de Jong writes with humor and a Zen-like spirit as he presents five safe, all-natural products that take care of just about anything: Baking Soda, Borax, Lemon, Salt, and White Vinegar. Each one gets a chapter featuring dozens of clever tips, while a handy alphabetized directory, organized by category, makes it easy to locate the information you need. With its graphically stunning and easy-to-use design, *Clean* helps you find your spic-and-span center.

## Book Information

Hardcover: 136 pages

Publisher: Sterling/Joost Elffers; First Edition 3rd Printing edition (May 1, 2007)

Language: English

ISBN-10: 1402747667

ISBN-13: 978-1402747663

Product Dimensions: 6.3 x 6.7 x 0.7 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (31 customer reviews)

Best Sellers Rank: #660,269 in Books (See Top 100 in Books) [#152 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Green Housecleaning](#) [#739 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Cleaning, Caretaking & Relocating](#) [#1329 in Books > Crafts, Hobbies & Home > Sustainable Living](#)

## Customer Reviews

do the world a favor, buy this wonderful book, and use the amazingly effective and safe cleaning solutions to everyday messes. Mr. de Jong helps us learn the "green" way without preaching...his methods are practical, and his humor shines as bright as my now-clean windows! a must for anyone who cares about a healthy, non-toxic environment...a perfect gift for someone just getting married, having a baby, or just wanting to breath easily in their own homes....can't recommend this book too highly!!!.

It's rare that you find a book that you can really use in your everyday routine but this is the book. My drain is unclogged and my whites are whiter and I didn't have to spend more money on products that seem to get "updated" and "improved" every minute. The information in this book is saving me so much money and it is well worth the cost for the wealth of this advice. This comes from a true sucker for all those "convenient" household products with their pretty packaging and phony scents. This book is a testament that true convenience is not only inexpensive, its also responsible.

In my otherwise everything-in-its-right-place home, I've stopped putting this book away. It now lives on my kitchen table. The chart at the front of the book serves as a quick reference for the needed ingredients to clean just about anything. Recipes are simple yet effective. If you have allergies, children, pets or just want to save oodles of cash buy this book. Want proof? Look at my shopping list: Borax \$6.29 Lemon Juice \$1.24 Vinegar \$3.87 Salt \$1.99 Baking Soda \$1.09 ---- \$14.48 ---- Versus what I didn't have to buy: Windex \$3.79 CLR \$6.89 Fantastic \$4.19 Tilex \$5.19 Connoisseurs Jewellery Cleaner \$5.85 All Detergent \$8.99 ---- \$34.90 ---- (...not to mention the shower spray, littler box deodorizer, stove surface cleaner, bleach, Resolve spot remover, Woolite, etc...)

"Clean" is a true gem. When I first read the book I thought to myself sure, sure baking soda and lemon is going to do the job of the store bought cleansers I've been using for years. Well imagine my surprise when I gave it a half-hearted whirl and soon found myself surrounded by a wonderfully fresh and spotlessly glistening bathroom and kitchen. And here is the part I really enjoyed, that overbearing scent of the cleanser I normally use wasn't there. I'm sold. I've mixed up my own batches of cleansers, refer to the book on a regular basis and am converted. Thanks to Michael DeJong's book not only is my home bright and clean and I am saving money but I can help save the environment.

This book is not only very helpful, it is easy to read. I keep it handy in my house and refer to it all the time. The layout is great so it is easy to open up and find the relevant section. As we all seem to be becoming more "green", this is a great resource to be kinder to the environment and keep chemicals out of our homes. The best part is, these solutions really work!! I don't even buy windex anymore!

This book is a must have for anyone with babies, kids, and anyone who doesn't like the idea of having hundreds of chemicals all over your home and clothes. These are naturally proven ways to

clean, outlined by someone with years of real experience!

I keep a copy of this book on my coffee table in my country house. I always enjoy it when my guests are curious and I can share this precious gem of a book with them. The author is genuine and extremely knowledgeable. I have incorporated several of the recipes and they work without hurting me or our planet. I have purchased several copies to give to friends when I visit their homes.

Someone gave me this book right before my daughter was born. With it I have been able to get rid of my harsh chemical cleaners. With little hands trying to get into every cabinet, it's a relief that I don't have bottles of "pretty colored" Windex and Fabuloso under the sink. It's amazing what a little vinegar and baking soda will do! And DeJong gives you the right advice to use them quickly and effectively. I spilled wine on a dress and this book helped me get it out. The book is also really beautifully designed. I actually leave it on my coffee table, where it's a great conversation starter.

[Download to continue reading...](#)

Clean: The Humble Art of Zen-Cleansing Zen Doodle Drawing BOX SET 5-in-1: Zen Cats, Zen Dogs, Zen Horses, Zen Underwater Life, Zen Girls Zen Flesh Zen Bones: A Collection of Zen and Pre-Zen Writings Tarot Osho Zen/ Osho Zen Tarot: El juego trascendental del Zen/ The Transcendental Game of Zen (Spanish Edition) Zen Flesh, Zen Bones: A Collection of Zen and Pre-Zen Writings (Unabridged Selections) ZEN DOODLE: The Art of Zen Doodle. Drawing Guide with Step by Step Instructions. Book one. (Zen Doodle Art 1) Clean Green Drinks: 100+ Cleansing Recipes to Renew & Restore Your Body and Mind Humble Inquiry: The Gentle Art of Asking Instead of Telling Rock Art!: Painting and Crafting with the Humble Pebble Juice: Recipes for Juicing, Cleansing, and Living Well Juicing, Fasting, and Detoxing for Life: Unleash the Healing Power of Fresh Juices and Cleansing Diets The Juicing Diet: Drink Your Way to Weight Loss, Cleansing, Health, and Beauty Cleansing the Doors of Perception: The Religious Significance of Entheogenic Plants and Chemicals Internal Cleansing : Rid Your Body of Toxins to Naturally and Effectively Fight Heart Disease, Chronic Pain, Fatigue, PMS and Menopause Symptoms, and More (Revised 2nd Edition) Cleansing the Doors of Perception: The Religious Significance of Entheogenic Plants and Chemical Tissue Cleansing Through Bowel Management The Cleansing of America Zen Coloring - Flowers (Zen Coloring Book) Zen Haiku and Other Zen Poems of J.W. Hackett Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice

[Dmca](#)