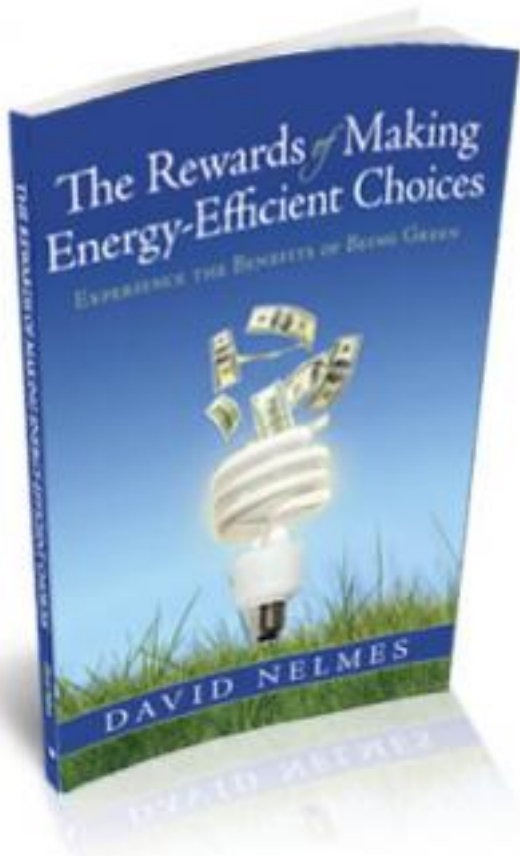


Practical Approach of New Energy Guide Takes the Guesswork Out of Going Green and Saving Energy

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Drums, Pennsylvania - June 22, 2009 -- Alternative Power Choices and David Nelmes announces the release of a new energy guide, 'The Rewards of Making Energy-Efficient Choices'. This easy to read book helps redefine the process of going green by providing information and illustrations that emphasize how a practical approach to saving energy can also be a less costly and more rewarding approach.

The idea of going green often includes thoughts of major expenses or drastic life changes, but this may not be necessary. This new book helps to direct a person's green efforts towards more practical improvements that could reap the highest rewards in the shortest periods of time.

By providing a more practical approach to going green, this book eliminates wasted effort and speeds up the process of saving money by helping to more quickly reduce energy consumption. The end result is that anyone can adapt their home to save energy and help the environment while also reducing their living expenses.

David Nelmes, author of this new energy guide, started his career as an electrical construction assistant in the nuclear power plant industry and later became part of a family based heating and air conditioning business. This combined electrical, heating, air conditioning and plumbing background set the stage for him to form a well rounded perspective of how energy

should be used, and where it is being wasted.

"A common issue with conserving energy or going green", explains Mr. Nelmes, "is that many of the ideas to reduce energy consumption or to generate your own power, require substantial investments of time or money. Some people can afford to make those commitments, but it can be difficult for the average guy to find a place to start. That's where this book fits in. It helps to define where the average person can more affordably start going green by learning how to approach energy efficiency from a more practical point of view."

Topics covered in the book include subjects such as insulating and sealing your home, selecting the best heating and air conditioning system, lighting and appliance selection, creating hot water more efficiently, using renewable wind power and solar energy, powering your vehicle more efficiently and a series of references to funding and loan sources to help with energy related home improvements.

"The overall message of the book, Nelmes states, "is not to be discouraged if you can't afford many of the high-end energy saving or energy generating systems. You can start going green right now and reduce your monthly energy costs because the most important steps to take are often just changes in habit or minor home improvements."

Throughout the book, many web site references are also provided to help the reader obtain additional information from the manufacturers and distributors of many energy saving products. This capacity to obtain information beyond the boundaries of the book itself is very helpful and makes the book a bit more interactive than most.

"Information about how to best save or create energy is constantly growing and adapting to the current needs of our society", Nelmes expresses, "so to ensure this book has the potential to adapt to new and innovative ideas and products, an author commentary section and a public forum were added to our web site at www.energyefficientchoices.com so that new information will be always be at the fingertips of all who visit."

Overall, 'The Rewards of Making Energy-Efficient Choices' provides an inspiring and positive approach to making simple changes today that may provide savings that can be applied to making even greater changes in the future. For anyone who desires to be green, but just does not know where to start or is discouraged by the possible expense of doing so, this book provides the information and motivation to get started, and the resources to keep growing.

'The Rewards of Making Energy-Efficient Choices' is currently available through the authors Web site, Energy Efficient Choices (www.energyefficientchoices.com), where the author is also regularly available to answer energy conservation and energy generation questions submitted in the Web sites Energy Efficiency Forum.

David is a Home Weatherization and Energy Inspector in Pennsylvania, specializing in the fields of Heating and Air Conditioning, Electrical Wiring, and Interiors/Insulation.

His career highlights include the position of assistant electrical construction engineer for three nuclear power plants; serving as an administrator, engineer, and installer in the heating and air conditioning field; and working as primary Webmaster, administrator, and advertising consultant for a well-established home and garden Web site business.

David lives in Northeast Pennsylvania with his wonderful and supportive wife, Karlene, and spends his time writing, performing home weatherization and energy audits, and developing Web sites.

You can visit David's Web site at www.energyefficientchoices.com

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