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Solutions to Finding Abundance for Your
Family while Coming to Terms with Peak
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Writer, teacher, blogger, polymath and
farmer Sharon Astyk sure chose a long
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sum it up quite nicely. This book is a
guide.

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shows how rewarding life on her new
home front could be immeasurably
improving our health nutrition sense of

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community and overall well being chief
among its benefits would be all the extra
time that wed have

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Discusses a variety of issues related to
climate change, economic instability, and
peak oil, including toxic chemical
agriculture and rising food prices, with tips
for how to focus on family and local
communities as an abundant source to help
secure the future for the next generation

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~~[(Depletion and Abundance: Life on the
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Depletion and Abundance explains how we are living beyond our means with or without a peak oil/climate change crisis and that, either way, we must learn to place our families and local communities at the center of our thinking once again. The author presents strategies to create stronger homes, better health and a richer family life and to

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New Home Front Sharon Astyk New Society Publishers, 2008. Book website Blog: Casaubon's Book. When smart women liberate themselves from the mainstream life they were trained to aspire to and write about what they did instead, the rest of us benefit from a serious intellectual challenge to what is touted as progress.

~~Review: Sharon Astyk's "Depletion and Abundance: Life On ...~~

The author presents strategies to create stronger homes, better health, and a richer family life and to live comfortably with an uncertain energy supply prepare children for a hotter, lower energy, less secure world survive and thrive in an economy in crisis maintain a kitchen garden to supply basic food needs Most importantly, readers will discover that depletion can lead to abundance, and the anxiety of these

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uncertain times can be turned into a gift of hope and action.

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When smart women liberate themselves
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to aspire to and write about what they did
instead, the rest of us benefit from a
serious intellectual challenge to what is
touted as progress.

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Get this from a library! Depletion and abundance : life on the new home front. [Sharon Astyk] -- Discusses a variety of issues related to climate change, economic instability, and peak oil, including toxic chemical agriculture and rising food prices, with tips for how to focus on family and ...

Climate change, peak oil and economic instability aren't just future social problems -- they jeopardize our homes and families right now. Our once-abundant food supply is being threatened by toxic chemical agriculture, rising food prices and crop shortages brought on by climate change. Funding for education and health care is strained to the limit, and safe and affordable housing is disappearing. Depletion and Abundance explains how

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The New Home Front

we are living beyond our means with or without a peak oil/climate change crisis and that, either way, we must learn to place our families and local communities at the center of our thinking once again. The author presents strategies to create stronger homes, better health and a richer family life and to live comfortably with an uncertain energy supply prepare children for a hotter, lower energy, less secure world survive and thrive in an economy in crisis, and maintain a kitchen garden to supply basic food needs. Most importantly, readers will discover that depletion can lead to abundance, and the anxiety of these uncertain times can be turned into a gift of hope and action. An unusual family perspective on the topic, this book will appeal to all those interested in securing a future for their children and grandchildren.

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Shows us why the actions that prepare us for emergencies and energy descent are the right things to do no matter what the future brings. Toby Hemenway, author of Gaia's Garden Other books tell us how to live the good life—but you might have to win the lottery to do it. Making Home is about improving life with the real people around us and the resources we already have. While encouraging us to be more resilient in the face of hard times, author Sharon Astyk also points out the beauty, grace, and elegance that result, because getting the most out of everything we use is a way of transforming our lives into something much more fulfilling. Written from the perspective of a family who has already made this transition, Making Home shows readers how to turn the challenge of living with less into settling for more—more happiness, more security, and more peace of mind. Learn simple but

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effective strategies to:

- Save money on everything from heating and cooling to refrigeration, laundry, water, sanitation, cooking, and cleaning
- Create a stronger, more resilient family
- Preserve more for future generations

We must make fundamental changes to our way of life in the face of ongoing economic crisis and energy depletion. Making Home takes the fear out of this prospect, and invites us to embrace a simpler, more abundant reality.

“Americans are born to be transient” Sharon Astyk has the prescription for dealing with that genetic disease, and building a healthy nativeness into our lives. “Bill McKibben, New York Times” bestselling author “Exhaustively researched and compassionately delivered.” “Harriet Fasenfest, author of A Householder’s Guide to the Universe

“Astyk and Newton have written an

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The New Home Front important book with an unusual message: We need millions of new farmers—as soon as possible. You could not find two more reasonable, intelligent, sincere, and passionate people to talk to about food. And the book has very much the feeling of a conversation — with someone smart who cares about you. It is also intellectually complex, creative and nuanced. The authors are big thinkers and have taken a good lick at the central human issues of our time." Peter Bane —This definitive guide can provide inspiration to gardeners and those concerned about the environment. It offers practical solutions to all the food-related problems brought on by industrialized agriculture and the globalization of food. Very carefully researched and well written, this documents what is wrong and what we can do about it. Connie Krochmal - Bellaonline "This outstanding and well-

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written compendium of insights and recommendations, of fervent idealism and practical solutions, is highly recommended." Library Journal Once we could fill our grocery carts with cheap and plentiful food, but not anymore. Cheap food has gone the way of cheap oil. Climate change is already reducing crop yields worldwide. The cost of flying in food from far away and shipping it across the country in refrigerated trucks is rapidly becoming unviable. Cars and cows increasingly devour grain harvests, sending prices skyrocketing. More Americans than ever before require food stamps and food pantries just to get by, and a worldwide food crisis is unfolding, overseas and in our kitchens. We can keep hunger from stalking our families, but doing so will require a fundamental shift in our approach to field and table. A Nation of Farmers examines the limits and

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The New Normal Front
dangers of the globalized food system and shows how returning to the basics is our best hope. The book includes in-depth guidelines for: Creating resilient local food systems Growing, cooking, and eating sustainably and naturally Becoming part of the solution to the food crisis The book argues that we need to make self-provisioning, once the most ordinary of human activities, central to our lives. The results will be better food, better health, better security, and freedom from corporations that don't have our interests at heart. This is critical reading for anyone who eats and cares about high-quality food. Sharon Astyk farms in New York, and is the author of Depletion and Abundance. Aaron Newton is a sustainable systems land planner in North Carolina, and is the founding editor of Groovy Green.

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Be warned! Independence Days will change the way you eat. It is not just a guide for storing food but a manual for living in a changing world. Kathy Harrison, author of Prepping 101 Hard times aren't just coming, they are here already. The recent economic collapse has seen millions of North Americans move from the middle class to being poor, and from poor to hungry. At the same time, the idea of eating locally is shifting from being a fringe activity for those who can afford it to an essential element of getting by. But aside from the locavores and slow foodies, who really knows how to eat outside of the supermarket and out of season? And who knows how to eat a diet based on easily stored and home preserved foods? Independence Days tackles both the nuts and bolts of food preservation, as well as the host of broader issues tied to the creation of local diets. It includes: ·

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How to buy in bulk and store food on the cheap · Techniques, from canning to dehydrating · Tools—what you need and what you don't In addition, it focuses on how to live on a pantry diet year-round, how to preserve food on a community scale, and how to reduce reliance on industrial agriculture by creating vibrant local economies. Better food, plentiful food, at a lower cost and with less energy expended: *Independence Days* is for all who want to build a sustainable food system and keep eating—even in hard times. “[Astyk] builds a sturdy path to a full larder, a safe family, and a more secure community.” —Robin Wheeler, author of *Food Security for the Faint of Heart*

The discovery of the Americas around 1500 AD was an extraordinary watershed in human experience. It gave rise to the

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The New Home Front, a modern period of human ecology, a phenomenon global in scope that set in motion profound changes in almost every society on earth. This new period, which saw the depletion of the lands of the New World, proved tragic for some, triumphant for others, and powerfully affecting for all. In this work, acclaimed environmental historian Donald Worster takes a global view in his examination of the ways in which complex issues of worldwide abundance and scarcity have shaped American society and behavior over three centuries. Looking at the limits nature imposes on human ambitions, he questions whether America today is in the midst of a shift from a culture of abundance to a culture of limits-and whether American consumption has become reliant on the global South. Worster engages with key political, economic, and environmental thinkers while presenting his own

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Interpretation of the role of capitalism and government in issues of wealth, abundance, and scarcity. Acknowledging the earth's agency throughout human history, *Shrinking the Earth* offers a compelling explanation of how we have arrived where we are and a hopeful way forward on a planet that is no longer as large as it once was.

INSTANT NEW YORK TIMES and LOS ANGELES TIMES BESTSELLER

“Brilliant” riveting, scary, cogent, and cleverly argued. —Beth Macy, author of *Dopesick* As heard on *Fresh Air* This book is about pleasure. It’s also about pain. Most important, it’s about how to find the delicate balance between the two, and why now more than ever finding balance is essential. We’re living in a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, news,

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The New York Times Front
gambling, shopping, gaming, texting, sexting, Facebooking, Instagramming, YouTubing, tweeting. The increased numbers, variety, and potency is staggering. The smartphone is the modern-day hypodermic needle, delivering digital dopamine 24/7 for a wired generation. As such we've all become vulnerable to compulsive overconsumption. In Dopamine Nation, Dr. Anna Lembke, psychiatrist and author, explores the exciting new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain—and what to do about it. Condensing complex neuroscience into easy-to-understand metaphors, Lembke illustrates how finding contentment and connectedness means keeping dopamine in check. The lived experiences of her patients are the gripping fabric of her narrative. Their riveting stories of suffering and

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redemption give us all hope for managing our consumption and transforming our lives. In essence, Dopamine Nation shows that the secret to finding balance is combining the science of desire with the wisdom of recovery.

Argues that the world's oil supply is much greater than what is portrayed in the public media and that this misconception has led to policy choices on the part of industrial nations that are short-sighted, expensive, and self-defeating.

In a past of abundance, we had clean water to meet our demands for showers, pools, farms and rivers. Our laws and customs did not need to regulate or ration demand. Over time, our demand has grown, and scarcity has replaced abundance. We don't have as much clean water as we want. We can respond to the end of abundance with

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old ideas or adopt new tools specifically designed to address water scarcity. In this book, David Zetland describes the impact of scarcity on our many water uses, how the institutions of abundance fail in scarcity, and how economic ideas and tools can help us direct water to its highest and best use. Written for non-academic readers, *The End of Abundance* provides examples, insights and ideas to anyone interested in the management of our most precious resource.

A surprising, convincing, and optimistic argument for meeting the crisis of scarcity with the power of ideas

This extensively revised and expanded edition broadens the reach and depth of the permaculture approach for urban and suburban gardeners. The text's message is that working with nature, not against it,

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results in more beautiful, abundant, and
forgiving gardens.

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