

BOOKS TO BUILD a new SOCIETY  
FALL 2011



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## Cultivating Resilience, Harvesting Adaptation

FROM PERSONAL PREPARATION to community response, this season's books are all about understanding and adapting to constrained circumstances. Our authors provide the tools to help you not just cope, but thrive through changing times.

*The End of Growth* cuts straight to the chase, challenging us to abandon the futile pursuit of endless economic expansion in favor of living within natural limits. How to get there from here? *The Empowerment Manual* provides a complete communication and decision-making toolkit for groups of any size committed to social change. Increase your self-reliance and create abundance by design with *The Permaculture Handbook* — the definitive North American guide to practical, small-scale permaculture. *Homegrown and Handmade*, *Farmstead Chef*, *Aquaponic Gardening* and *Home Sweet Zero Energy Home* continue the theme with an array of strategies to bolster your food and energy independence.

Hungry for more? Take a bite of urban agriculture with *The Urban Food Revolution*, salvage your dream of home ownership through *Housing Reclaimed*, and join the mission to eliminate toxic body burdens with *The Non-Toxic Avenger*. Get inspired to take action (with or without permission) by *Tales From the Sustainable Underground*, see past black and white in *Uprooting Racism*, and don't be afraid to question technology with *Techno-Fix*.

Join us in cultivating resilience — let's make sure we're ready for the "new normal!"

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**new society**  
**PUBLISHERS**

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Economics has failed us . . . but there is life after growth!

# The End of Growth

*Adapting to Our New Economic Reality*

RICHARD HEINBERG

ECONOMISTS INSIST THAT RECOVERY IS AT HAND, yet unemployment remains high, real estate values continue to sink, and governments stagger under record deficits. *The End of Growth* proposes a startling diagnosis: humanity has reached a fundamental turning point in its economic history. The expansionary trajectory of industrial civilization is colliding with non-negotiable natural limits.

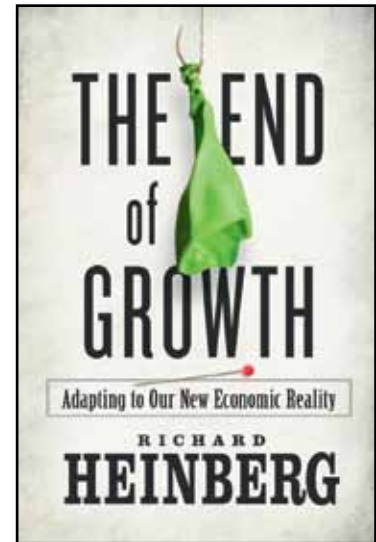
Richard Heinberg's latest landmark work goes to the heart of the ongoing financial crisis, explaining how and why it occurred, and what we must do to avert the worst potential outcomes. Written in an engaging, highly readable style, it shows why growth is being blocked by three factors:

- Resource depletion,
- Environmental impacts, and
- Crushing levels of debt.

These converging limits will force us to re-evaluate cherished economic theories and to reinvent money and commerce.

*The End of Growth* describes what policy makers, communities, and families can do to build a new economy that operates within Earth's budget of energy and resources. We can thrive during the transition if we set goals that promote human and environmental well-being, rather than continuing to pursue the now-unattainable prize of ever-expanding GDP.

RICHARD HEINBERG is the author of nine previous books including *Peak Everything* (see p. 20), *The Party's Over*, *Powerdown* and *Blackout* (see p. 35). A Senior Fellow of Post Carbon Institute, Richard is one of the world's foremost Peak Oil educators and an effective communicator of the urgent need to transition away from fossil fuels. For updates to *The End of Growth* or to learn more about Richard's work, visit [RichardHeinberg.com](http://RichardHeinberg.com)



ENVIRONMENT & ECONOMY /

POST CARBON PREP

6 x 9" / 336 PAGES

50 CHARTS & GRAPHICS

US/CAN \$17.95

PB ISBN: 978-0-86571-695-7

EBOOK ISBN: 978-1-55092-483-1

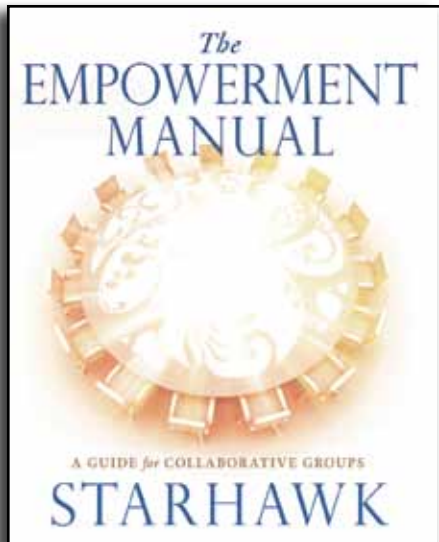
AVAILABLE SEPTEMBER

How collaborative groups can harness their ideals, passion, skills and knowledge

# The Empowerment Manual

*A Guide for Collaborative Groups*

STARHAWK



PROGRESSIVE LEADERSHIP

7.25 X 9 / 288 PAGES

US/CAN \$24.95

PB ISBN: 978-0-86571-697-1

EBOOK ISBN: 978-1-55092-484-8

AVAILABLE NOVEMBER

A TRANSITION TOWN GROUP involved in preparations for peak oil and climate change; an intentional community, founded with the highest ideals; a nonprofit dedicated to social change — millions of such voluntary groups exist around the world. These collaborative organizations have the unique potential to harness their members' ideals, passions, skills, and knowledge — if they can succeed in getting along together.

*The Empowerment Manual* is a comprehensive guide for groups seeking to organize with shared power and bottom-up leadership to foster vision, trust, accountability and responsibility. This desperately needed toolkit provides keys to:

- Understanding group dynamics
- Facilitating communication and collective decision-making
- Dealing effectively with difficult people.

Drawing on four decades of experience, Starhawk shows how collaborative groups can generate the cooperation, efficacy and commitment critical to success. Her extensive exploration of group process is woven together with the story of RootBound — a fictional ecovillage mired in conflict — and rounded out with a series of real-life case studies. The included exercises and facilitator's toolbox show how to establish the necessary structures, ground rules and healthy norms. *The Empowerment Manual* is required reading for anyone who wants to help their group avoid disagreement and disillusionment and become a wellspring of creativity and innovation.

STARHAWK is the author of eleven previous books including the award-winning *Webs of Power* (see p. 32). A highly influential voice for global justice and the environment, she is deeply committed to bringing the creative power of spirituality to political activism. [Starhawk.org](http://Starhawk.org)

Permanent agriculture — abundance by design

# The Permaculture Handbook

*Garden Farming for Town and Country*

PETER BANE

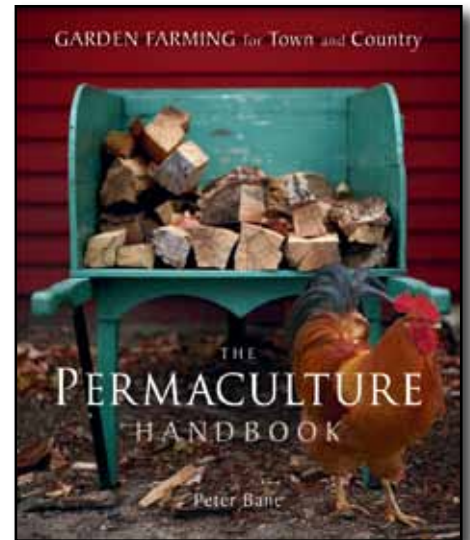
THE URBAN LANDSCAPE HAS SWALLOWED VAST SWATHS of prime farmland across North America. Imagine how much more self-reliant our communities would be if 30 million acres of lawns were made productive again. Permaculture is a practical way to apply ecological design principles to food, housing and energy systems, making growing fruits, vegetables and livestock easier and more sustainable.

*The Permaculture Handbook* is a step-by-step, beautifully illustrated guide to creating resilient and prosperous households and neighborhoods, complemented by extensive case studies of three successful farmsteads and market gardens. This comprehensive manual casts garden farming as both an economic opportunity and a strategy for living well with less money. It shows how, by mimicking the intelligence of nature and applying appropriate technologies such as solar and environmental design, permaculture can:

- Create an abundance of fresh, nourishing local produce
- Reduce dependence on expensive, polluting fossil fuels
- Drought-proof our cities and countryside
- Convert waste into wealth.

Permaculture is about working with the earth and with each other to repair the damage of industrial overreach and to enrich the living world that sustains us. *The Permaculture Handbook* is the definitive practical North American guide to this revolutionary practice, and is a must-read for anyone concerned about creating food security, resilience and a legacy of abundance rather than depletion.

PETER BANE is a permaculture teacher and site designer who has published and edited *Permaculture Activist* magazine for over 20 years. He helped create Earthaven Ecovillage in North Carolina, and is now pioneering suburban farming in Bloomington, Indiana. [PermacultureActivist.net](http://PermacultureActivist.net)



FOOD & GARDENING

7.5 X 9 / 320 PAGES

8 PAGE COLOUR SECTION

160 B&W CHARTS & GRAPHICS

MOTHER EARTH NEWS WISER LIVING PICK

US/CAN \$29.95

PB ISBN: 978-0-86571-666-7

EBOOK ISBN: 978-1-55092-485-5

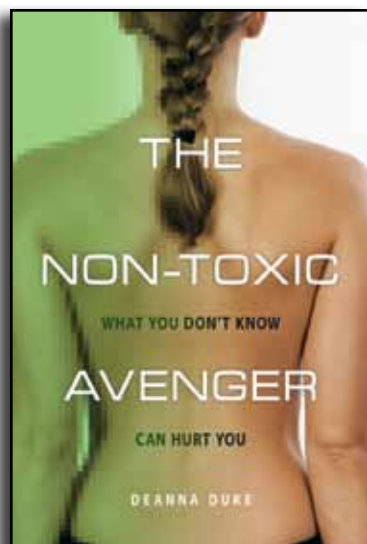
AVAILABLE FEBRUARY 2012

Mission impossible? One woman's quest to reduce her toxic body burden

# The Non-Toxic Avenger

*What you don't know can hurt you*

DEANNA DUKE



HEALTH & WELLNESS

6 x 9" / 336 PAGES

15 CHARTS & GRAPHICS

US/CAN \$17.95

PB ISBN: 978-0-86571-692-6

EBOOK ISBN: 978-1-55092-486-2

AVAILABLE NOVEMBER

MOST OF US TURN A BLIND EYE to the startling array of chemicals lurking in everything from shampoo to baby bottles to the bills in our wallets, choosing to believe that government agencies ensure the safety of the products we wear, use, ingest and breathe in daily. Yet the standards for product safety in North America lag far behind those of other countries. We frequently hear that a substance we've relied on for years turns out to have serious effects on our health, the environment or both.

After coming to terms with the fact that the autism and cancer which had impacted her family were most likely the result of environmental toxins, author Deanna Duke undertook a mission to dramatically reduce her family's chemical exposure. She committed to drastically reducing the levels of all known chemicals in both her home and work environments, using the help of body burden testing to see what effect, if any, she was able to have on the level of toxins in her body.

Follow Deanna's journey as she uncovers how insidious and invasive environmental toxins are. Learn about your day-to-day chemical exposure, the implications for your health, and what you can do about it. And find out whether the author's quest is mission impossible, or whether she is ultimately able to improve her family's health by taking steps towards leading a chemical-free life.

DEANNA DUKE is an environmental writer, urban homesteader, and author of the highly acclaimed environmental blog, *The Crunchy Chicken* ([TheCrunchyChicken.com](http://TheCrunchyChicken.com)).

A joyous romp through the fringes of sustainability

# Tales from the Sustainable Underground

*A Wild Journey with People Who Care More about the Planet than the Law*

STEPHEN HREN

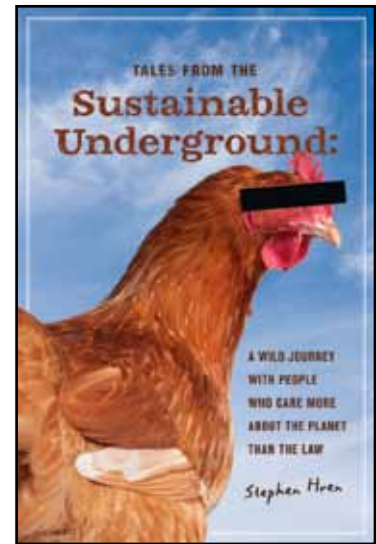
ACTIVISTS STRIVING FOR ANY TYPE OF SOCIAL CHANGE often find themselves operating on the fringes of legal and social norms. Many experience difficulties when their innovative ideas run afoul of antiquated laws and regulations that favor a big business, energy- and material-intensive approach. *Tales from the Sustainable Underground* is packed with the stories of just some of these pioneers — who care more for the planet than the rules — whether they're engaged in natural building, permaculture, community development or ecologically based art. Ride along and meet courageous and inspiring individuals such as:

- Solar guru Ed Eaton
- Radical urban permaculturalists Scott Kellogg and Stacy Pettigrew
- Artist, eco-architect and intuitive builder Matt Bua.

Equally entertaining and informative, the profiles in this highly original book provide a unique lens through which to view deeper questions about the societal structures that are preventing us from attaining a more sustainable world. By examining such issues as the nature of property rights and the function of art in society, the author raises profound questions about how our social attitudes and mores have contributed to our current destructive paradigm.

*Tales from the Sustainable Underground* is a must-read for sustainability activists in any field, or for anyone who wants to learn about more radical forms of sustainability activities in an entertaining way.

STEPHEN HREN is a restoration carpenter, builder and teacher who specializes in sustainable design and solar heating technologies. He is the co-author of *The Carbon-Free Home* and *A Solar Buyer's Guide for the Home and Office*.



SUSTAINABLE LIVING

6 x 9" / 240 PAGES

50 CHARTS & GRAPHICS

US/CAN \$17.95

PB ISBN: 978-0-86571-687-2

EBOOK ISBN: 978-1-55092-487-9

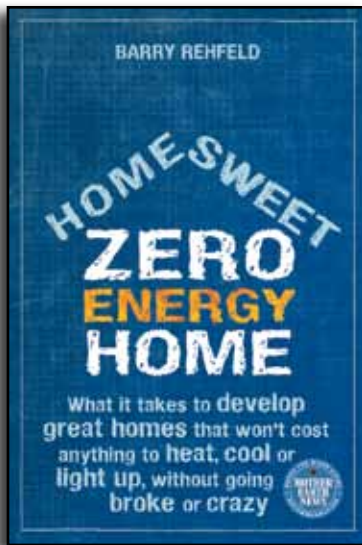
AVAILABLE NOVEMBER

Imagine never paying a utility bill again

# Home Sweet Zero Energy Home

*What it takes to develop great homes that won't cost anything to heat, cool or light up, without going broke or crazy*

BARRY REHFELD



ENERGY

6 x 9" / 320 PAGES

50 CHARTS & GRAPHICS

MOTHER EARTH NEWS WISER LIVING PICK

US/CAN \$19.95

PB ISBN: 978-0-86571-698-8

EBOOK ISBN: 978-1-55092-492-3

AVAILABLE NOVEMBER

ZERO ENERGY HOMES PRODUCE at least as much energy as they consume through a combination of energy efficiencies, passive design and renewable energy production. California has adopted zero net energy as the new residential standard for 2020; many other governments are considering similar policies. Developing zero energy homes is the first step towards making all buildings zero energy — a critical step in mitigating climate change, since buildings account for 40% of material and energy use worldwide.

*Home Sweet Zero Energy Home* is the first practical guidebook that clearly shows how zero energy homes can be good, livable, affordable homes. The author identifies all the pieces of the zero energy puzzle and how they fall into place, and explains how homeowners and buyers can also take smaller steps towards sharply reducing the energy use of existing buildings. Focusing on real costs and savings, this book takes an in depth look at:

- Site selection and passive design
- Insulation, windows, doors and building materials
- Heating and cooling
- Appliances and electronics
- Financial resources and incentives.

Whether you are a prospective buyer, owner or developer, *Home Sweet Zero Energy Home* is your complete guide to creating a more comfortable, efficient, environmentally friendly home without breaking your back or your bank account.

BARRY REHFELD has been a journalist for over 30 years and is the founder of ZeroEnergyIntelligence.com where he writes about everything you need to know to build, buy or renovate a home that produces as much energy as it uses.

How to build community, reduce waste and create affordable, unique homes

# Housing Reclaimed

*Sustainable Homes for Next to Nothing*

JESSICA KELLNER

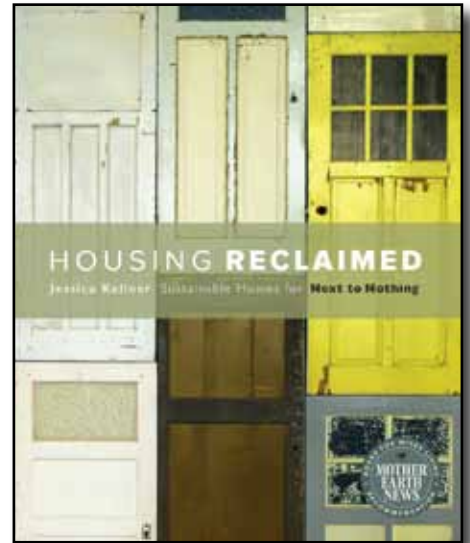
**HOUSING IS A FUNDAMENTAL HUMAN RIGHT.** For most of human history, our homes were built by hand from whatever local materials were available. However, since the Industrial Revolution, most housing has become little more than quickly constructed, mass-produced, uniform boxes. At the same time, the invention and standardization of the 30-year mortgage and our ever-increasing reliance on credit has come to mean that most of us never own our homes outright.

*Housing Reclaimed* is a call to arms for nonconventional home builders. It examines how technological advances, design evolution and resourceful, out-of-the-box thinking about materials and efficiency can help us meet the challenge of building affordable, environmentally friendly, beautiful and unique homes. Focusing on the use of salvaged and reclaimed materials, this inspirational volume is packed with case studies of innovative projects including:

- Phoenix Commotion — working together towards low-income home ownership through sweat equity and 100% recycled materials
- HabeRae — revitalizing neighborhoods by creating urban infill using modern technology and sustainable and reclaimed materials
- Builders of Hope —rescuing and rehabilitating whole houses slated for demolition.

These projects and others like them demonstrate that building one's own home does not have to be an unattainable dream. This beautifully illustrated guide is a must-read for anyone interested in creating quality zero or low-debt housing, reducing landfill waste and creating stronger communities.

JESSICA KELLNER is editor of *Natural Home & Garden* magazine (NaturalHomeAndGarden.com) and a passionate advocate of using architectural salvage to create aesthetically beautiful, low-cost housing.



GREEN BUILDING / SUSTAINABLE LIVING

7.5" x 9" / 224 PAGES

8 PAGE COLOUR SECTION

50 B&W CHARTS & GRAPHICS

MOTHER EARTH NEWS WISER LIVING PICK

US/CAN \$24.95

PB ISBN: 978-0-86571-696-4

EBOOK ISBN: 978-1-55092-493-0

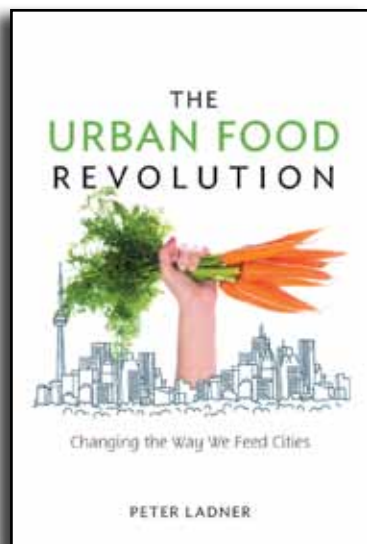
AVAILABLE OCTOBER

Planning cities as if food matters

# The Urban Food Revolution

*Changing the Way We Feed Cities*

PETER LADNER



6 x 9" / 288 PAGES

50 CHARTS & GRAPHICS

URBAN ISSUES/ FOOD & GARDENING

US/CAN \$18.95

PB ISBN: 978-0-86571-683-4

EBOOK ISBN: 978-1-55092-488-6

AVAILABLE OCTOBER

OUR RELIANCE ON INDUSTRIAL AGRICULTURE has resulted in a food supply riddled with hidden environmental, economic and health care costs and beset by rising prices. With only a handful of corporations responsible for the lion's share of the food on our supermarket shelves, we are incredibly vulnerable to supply chain disruption.

*The Urban Food Revolution* provides a recipe for community food security based on leading innovations across North America. The author draws on his political and business experience to show that we have all the necessary ingredients to ensure that local, fresh sustainable food is affordable and widely available. He describes how cities are bringing food production home by:

- Growing community through neighborhood gardening, cooking and composting programs
- Rebuilding local food processing, storage and distribution systems
- Investing in farmers markets and community supported agriculture
- Reducing obesity through local fresh food initiatives in schools, colleges and universities
- Ending inner-city food deserts.

Producing food locally makes people healthier, alleviates poverty, creates jobs, and makes cities safer and more beautiful. *The Urban Food Revolution* is an essential resource for anyone who has lost confidence in the global industrial food system and wants practical advice on how to join the local food revolution.

PETER LADNER has served two terms as a Vancouver City Councilor. With more than 35 years of journalistic experience, he is a frequent speaker on community issues and has a special interest in the intersection of food policy and city planning.

Dive into home aquaponics with this definitive do-it-yourself guide

# Aquaponic Gardening

*A Step-by-Step Guide to Raising Vegetables and Fish Together*

SYLVIA BERNSTEIN

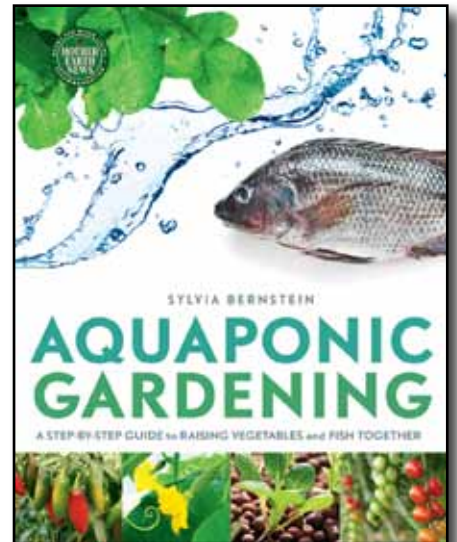
AQUAPONICS IS A REVOLUTIONARY SYSTEM for growing plants by fertilizing them with the waste water from fish in a sustainable closed system. A combination of the best of aquaculture and hydroponics, aquaponic gardening is an amazingly productive way to grow organic vegetables, greens, herbs and fruits, while providing the added benefits of fresh fish as a safe, healthy source of protein. On a larger scale, it is a key solution to mitigating food insecurity, climate change, groundwater pollution and the impacts of overfishing on our oceans.

*Aquaponic Gardening* is the definitive do-it-yourself home manual, focused on giving you all the tools you need to create your own aquaponic system and enjoy healthy, safe, fresh and delicious food all year round. Starting with an overview of the theory, benefits and potential of aquaponics, the book goes on to explain:

- System location considerations and hardware components
- The living elements — fish, plants, bacteria, and worms
- Putting it all together — starting and maintaining a healthy system.

Aquaponic systems are completely organic. They are four to six times more productive and use 90 percent less water than conventional gardens. Other advantages include no weeds, fewer pests and no watering, fertilizing, bending, digging or heavy lifting – in fact, there really is no down side! Anyone interested in taking the next step towards self-sufficiency will be fascinated by this practical, accessible and well-illustrated guide.

SYLVIA BERNSTEIN is the president and founder of The Aquaponic Source. An internationally recognized expert on aquaponic gardening, Sylvia speaks, writes and blogs extensively about this revolutionary technique. For more information see [TheAquaponicSource.com](http://TheAquaponicSource.com)



FOOD & GARDENING

7.25 x 9" / 336 PAGES

8 PAGE COLOUR SECTION

70 B&W CHARTS & GRAPHICS

MOTHER EARTH NEWS WISER LIVING PICK

US/CAN \$29.95

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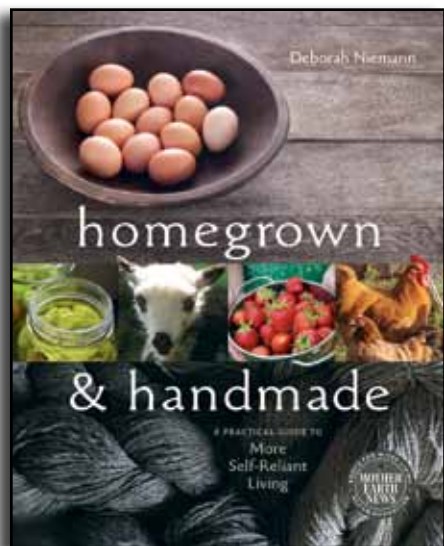
AVAILABLE OCTOBER

An old-fashioned approach to modern homesteading—no farm required

# Homegrown and Handmade

*A Practical Guide to More Self-Reliant Living*

DEBORAH NIEMANN



OUR FOOD SYSTEM IS DOMINATED BY INDUSTRIAL AGRICULTURE, and has become economically and environmentally unsustainable. The incidence of diet-related diseases including obesity, diabetes, hypertension, cancer, and heart disease has skyrocketed to unprecedented levels. Whether you have 40 acres and a mule or a condo with a balcony, you can do more than you think to safeguard your health, your money and the planet.

*Homegrown and Handmade* shows how making things from scratch and growing at least some of your own food can help you eliminate artificial ingredients from your diet, reduce your carbon footprint and create a more authentic life. Whether your goal is increasing your self-reliance or becoming a full-fledged homesteader, it's packed with answers and solutions to help you:

- Take control of your food supply from seed to plate
- Raise small and medium livestock for fun, food and fiber
- Rediscover traditional skills to meet more of your family's needs than you ever thought possible.

This comprehensive guide to food and fiber from scratch proves that attitude and knowledge is more important than acreage. Written from the perspective of a successful, self-taught modern homesteader, this well-illustrated, practical and accessible manual will appeal to anyone who dreams of a simpler life.

DEBORAH NIEMANN is a homesteader, writer and self-sufficiency expert who presents extensively on topics including soapmaking, breadbaking, cheesemaking, composting and homeschooling. She and her family raise sheep, pigs, cattle, goats, chickens and turkeys for meat, eggs and dairy products, while an organic garden and orchard provide fruit and vegetables.

SUSTAINABLE LIVING

7.25 X 9 / 288 PAGES

60 CHARTS & GRAPHICS

MOTHER EARTH NEWS WISER LIVING PICK

US/CAN \$22.95

PB ISBN: 978-0-86571-702-2

EBOOK ISBN: 978-1-55092-490-9

AVAILABLE OCTOBER

Recipes and stories to nourish and inspire

# Farmstead Chef

JOHN IVANKO & LISA KIVIRIST

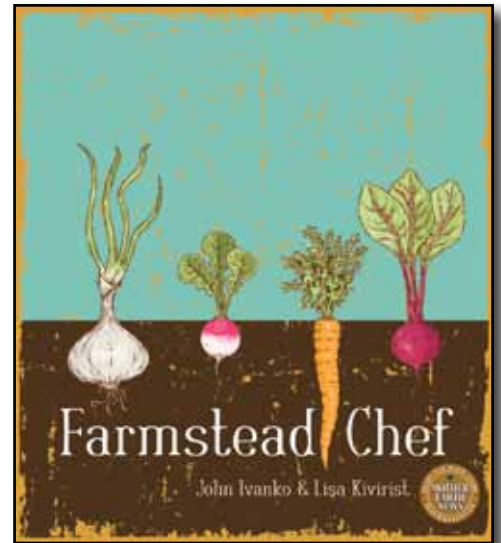
JOIN LISA KIVIRIST AND JOHN IVANKO, proprietors of the award-winning Inn Serendipity, as they launch a return to our roots of independence, self-sufficiency and frugality, blended with the spice of modern living. *Farmstead Chef* whips up a quirky, homespun tale of how we can eat well, nourish our bodies and restore the planet. Rediscover the benefits of homegrown food and homemade cooking, preserving the harvest, and stocking the pantry; all while building community.

From wholesome breakfasts to mouth-watering desserts, *Farmstead Chef* showcases the creative and budget-friendly side to eating lower on the food chain more often while taking responsibility for the food we put into our bodies – by growing it, sharing it, and savoring it. Recipes include:

- Zucchini feta pancakes
- Winter squash fritters
- Herb-infused spare ribs
- Strawberry dessert pizza
- Homemade graham crackers.

After your meal, pull up a chair and enjoy inviting slice-of-life “Kitchen Table Talk” features, such as interviews with local food heroes and visionaries transforming our food system. *Farmstead Chef* also shares practical cooking tips and lively short essays inspired by John and Lisa’s organic, self-reliant homestead and bed & breakfast. This fully illustrated cookbook will show you how to reconnect with nature through food, especially when shared with friends.

LISA KIVIRIST AND JOHN D. IVANKO are co-authors of the award-winning *Ecopreneuring* and *Rural Renaissance* (see p. 36). Lisa is also a distinguished Kellogg Food and Society Policy Fellow, and John is co-author and principal photographer for six multicultural children’s books. John and Lisa are innkeepers of the award-winning Inn Serendipity Bed & Breakfast. (InnSerendipity.com)



FOOD & GARDENING/ SUSTAINABLE LIVING

8 x 9" / 240 PAGES

25 CHARTS & GRAPHICS

MOTHER EARTH NEWS WISER LIVING PICK

US/CAN \$19.95

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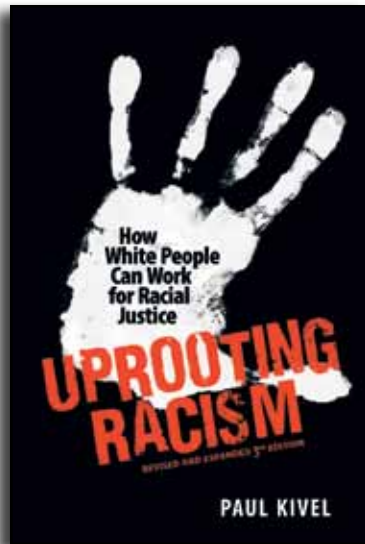
AVAILABLE SEPTEMBER

The essential guide to understanding and confronting institutionalized racism –  
now completely revised and updated

# Uprooting Racism

*How White People Can Work for Racial Justice – Revised and Expanded 3<sup>rd</sup> edition*

PAUL KIVEL



SOCIAL SCIENCE

6 x 9" / 320 PAGES

25 CHARTS & GRAPHICS

US/CAN \$19.95

PB ISBN: 978-0-86571-688-9

EBOOK ISBN: 978-1-55092-495-4

AVAILABLE SEPTEMBER

IN 2008, THE UNITED STATES ELECTED its first black president, and recent polls show that only 22 percent of white people in the US believe that racism is a major societal problem. On the surface, it may seem to be in decline. However the evidence of discrimination persists throughout our society. Segregation and inequalities in education, housing, health care and the job market continue to be the norm. Post 9/11, increased insecurity and fear have led to an epidemic of the scapegoating and harassment of people of color.

*Uprooting Racism* offers a framework for understanding institutional racism. It provides practical suggestions, tools, examples and advice on how white people can intervene in interpersonal and organizational situations to work as allies for racial justice. Completely revised and updated, this expanded third edition directly engages the reader through questions, exercises and suggestions for action, and takes a detailed look at current issues such as affirmative action, immigration and health care. It also includes a wealth of information about specific cultural groups such as Muslims, people with mixed heritage, Native Americans, Jews, recent immigrants, Asian Americans, and Latino/as.

Previous editions of *Uprooting Racism* have sold more than 50,000 copies. Accessible, personal, supportive and practical, this book is ideal for students, community activists, teachers, youth workers and anyone interested in issues of diversity, multiculturalism and social justice.

PAUL KIVEL is an award-winning author and an accomplished trainer and speaker. He has been a social justice activist, a nationally and internationally recognized anti-racism educator and an innovative leader in violence prevention for over 40 years.

A powerful and insightful critique of modern techno-optimism

# Techno-Fix

*Why Technology Won't Save Us or the Environment*

MICHAEL HUESEMANN & JOYCE HUESEMANN

Foreword by Paul R. Ehrlich & Anne H. Ehrlich

**NANOTECHNOLOGY! GENETIC ENGINEERING! MIRACLE DRUGS!** We are promised that new technological developments will magically save us from the dire consequences of the 300-year fossil-fueled binge known as modern industrial civilization, without demanding any fundamental changes in our behavior. There is a pervasive belief that technological innovation will enable us to continue our current lifestyle indefinitely and will prevent social, economic and environmental collapse.

*Techno-Fix* shows that negative unintended consequences of technology are inherently unpredictable and unavoidable, techno-optimism is completely unjustified, and modern technology, in the presence of continued economic growth, does not promote sustainability, but hastens collapse. The authors demonstrate that most technological solutions to social and technology-created problems are ineffective. They explore the reasons for the uncritical acceptance of new technologies, show who really controls the direction of technological change, and then advocate extensive reform.

This comprehensive exposé is a powerful argument for why we can and should put the genie back in the bottle. An insightful and powerful critique, it is required reading for anyone who is concerned about blind techno-optimism and believes that the time has come to make science and technology more socially and environmentally responsible.

**MICHAEL HUESEMANN, PHD** is a research scientist with a special interest in sustainability and critical science. He has specialized in environmental biotechnology for more than 25 years.

**JOYCE HUESEMANN, PHD** is an activist and academic who has taught at several universities, and participates actively in a number of environmental, wildlife protection and companion-animal organizations.



ENVIRONMENT & ECONOMY

6 x 9" / 400 PAGES

US/CAN \$24.95

PB ISBN: 978-0-86571-704-6

EBOOK ISBN: 978-1-55092-494-7

AVAILABLE SEPTEMBER

## SHARON ASTYK



SHARON ASTYK is a writer, teacher, blogger and farmer. A former academic, Sharon abandoned Shakespeare to work on the ecological and demographic catastrophes of the 21st century, beginning by running a small CSA and writing, both blogs and books, including the three described on this page.

In her copious spare time, she raises vegetables, fruit, livestock, children and havoc with her husband in rural upstate New York.

For more about Sharon see [SharonAstyk.com](http://SharonAstyk.com)

## Independence Days

*A Guide to Sustainable Food Storage & Preservation*

SHARON ASTYK

To create truly local diets, we must learn to preserve food year-round for the months when local food is scarce. This book is about food preservation and storage — the key to food security, independence from fluctuating prices and supply chains, and better health.

368 PAGES / 6 x 9"

MOTHER EARTH NEWS WISER LIVING PICK

PB ISBN 978-0-86571-652-0

US/CAN \$19.95

Sharon Astyk is one of the most interesting writers on the environment today. I strongly urge you to read her books.

— George Monbiot, author of *Heat*



## Depletion and Abundance

*Life on the New Home Front*

SHARON ASTYK

Sharon Astyk presents strategies to create stronger homes, better health and a richer family life. 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.

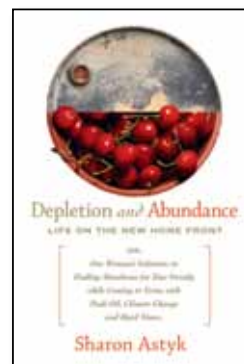
288 PAGES / 6 x 9"

PB ISBN 978-0-86571-614-8

US/CAN \$18.95

This is a wonderful book about a terrible subject ... buying it would be a good use of your last \$20.

— Peter Bane, publisher,  
*Permaculture Activist* magazine



## A Nation of Farmers

*Defeating the Food Crisis on American Soil*

SHARON ASTYK AND AARON NEWTON

We can keep hunger and food insecurity from stalking our families, but doing so will require a fundamental shift in our approach to field and table. Astyk and Newton examine the limits and dangers of the globalized food system and how returning to basics is our best hope.

408 PAGES / 6 x 9"

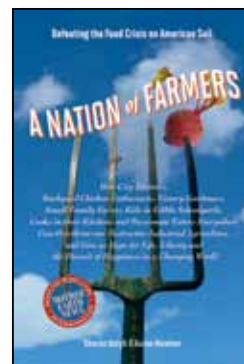
MOTHER EARTH NEWS WISER LIVING PICK

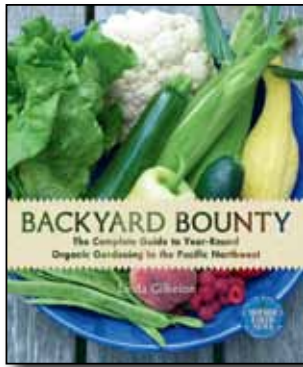
PB ISBN 978-0-86571-623-0

US/CAN \$19.95

...this book empowers every person with an action plan that is revolutionary in its simplicity and effectiveness.

— Joel Salatin, Polyface Farm, author of  
*Everything I want to do is Illegal*





## Backyard Bounty

*The Complete Guide to Year-Round Organic Gardening in the Pacific Northwest*

LINDA GILKESON

This encyclopedic reference demystifies gardening, bringing it back to the down-to-earth, environmentally practical activity that anyone can enjoy. Packed with a wealth of information specific to the Pacific Northwest, this complete guide emphasizes low-maintenance methods, exposes common gardening myths, includes a monthly garden schedule for year-round planting and harvesting and features plant profiles for

everything from apples to zucchini. Perfect for novice and experienced gardeners alike, *Backyard Bounty* shows how even the smallest garden can produce a surprising amount of food twelve months of the year.

7.5 x 9" / 304 PAGES

MOTHER EARTH NEWS WISER LIVING PICK

PB ISBN 978-0-86571-684-1

US/CAN \$24.95

## Eco-yards

*Simple Steps to Earth-Friendly Landscapes*

LAUREEN RAMA

*Eco-yards* supports the vision of a healthy, abundant planet in which beautiful, richly varied urban yards contribute to restoring the natural ecosystem. This inspiring and practical, well-illustrated manual includes clear, easy-to-follow instructions for designing and developing your own eco-yard. Visionary, hopeful and encouraging, *Eco-yards* is a must-read for anyone who wants to use environmentally sound practices when they garden

240 PAGES / 6 x 9"

8 COLOUR PLATES

PB ISBN 978-0-86571-682-7

US/CAN \$19.95



## Guerrilla Gardening

*A Manualfesto*

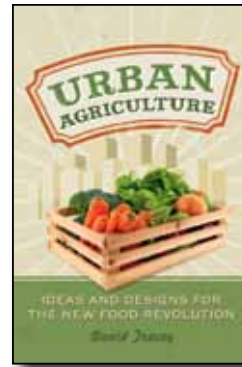
DAVID TRACEY

The concept is simple: Dig in some soil, plant a few seeds, or mend a sagging fence — one good deed inspiring another, with win-win results all around. Guerrilla Gardening includes tips on everything from finding plants and seeds cheap (or free) to knowing when to ask permission and when to seek forgiveness.

240 PAGES / 7.5 x 9"

PB ISBN 978-0-86571-583-7

US \$19.95 / CAN \$23.95



## Urban Agriculture

*Ideas and Designs for the New Food Revolution*

DAVID TRACEY

You don't have to go far to find the farm of the future— it's your neighbor's suburban lawn, the roof of your uptown condominium, or the co-op market garden in the vacant lot down the street.

*Urban Agriculture* is a detailed look at how food is taking root in our cities. It offers inspirational advice and working examples to help you dig in and become more self-sufficient with your own food choices.

Taking the local food movement to its next logical step, this fully illustrated, design-rich guide presents a cornucopia of proven ideas.

6 x 9" / 256 PAGES

8 PAGE COLOUR SECTION

PB ISBN 978-0-86571-694-0

US/CAN \$21.95



**Winter Harvest Cookbook**  
*How to select and prepare fresh seasonal produce all winter long*  
 —20th Anniversary Edition  
 (Revised & Updated)

LANE MORGAN

The *Winter Harvest Cookbook* takes a seasonal approach to eating, even during the coldest months of the year, including more than 200 simple, mouth-watering recipes showcasing fresh produce from the winter garden or local market, rounded out by introductions to unfamiliar ingredients, shopping tips, menu suggestions and resource lists.

Tantalize your tastebuds with an incredible array of soups, salads, sides, sauces, entrees and desserts. A must-have for anyone who wants to enjoy fresh, local and delicious food — any time of the year!

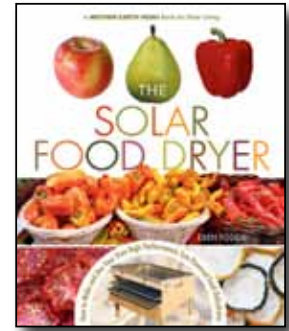
320 PAGES / 8 x 9"  
 MOTHER EARTH NEWS WISER LIVING PICK  
 Pb ISBN 978-0-86571-679-7  
 US/CAN \$24.95

**The Solar Food Dryer**  
*How to Make Your Own Low-Cost, High Performance, Sun-Powered Food Dehydrator*

EBEN FODOR

Applicable to a wide geography, this well-illustrated book features complete step-by-step plans for building a solar food dryer from readily-available materials and includes food drying tips and recipes, resources, solar charts and more.

144 PAGES / 7.5 x 9"  
 Pb ISBN 978-0-86571-544-8  
 US/CAN \$15.95



**Food Security for the Faint of Heart**  
*Keeping Your Larder Full in Lean Times*

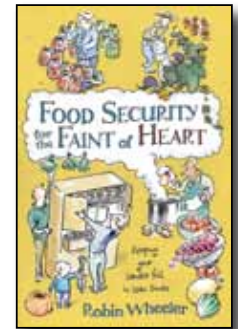
ROBIN WHEELER

Designed to gently ease readers into this sometimes threatening topic, this humorous treatment will appeal to both long-time food security advocates, as well as to those new to the topic.

If any book was ever published at the right moment, it's this one. Wheeler will calm you down, and make your eating life cheaper, healthier and more elegant.

—Bill McKibben, author of *Eearth*

192 PAGES / 6 x 9" / B & W ILLUSTRATIONS  
 Pb ISBN 978-0-86571-624-7  
 US/CAN \$16.95  
 (See page 32 for more from Robin Wheeler.)

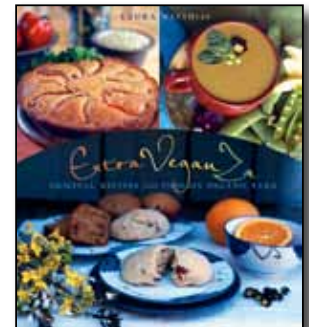


**Extraveganza**  
*Original Recipes from Phoenix Organic Farm*

LAURA MATTHIAS

An exquisite compilation of recipes that push the boundaries of vegan cuisine, presenting over 250 tantalizing recipes ranging from appetizers and snacks through main dishes, cookies, beverages and more.

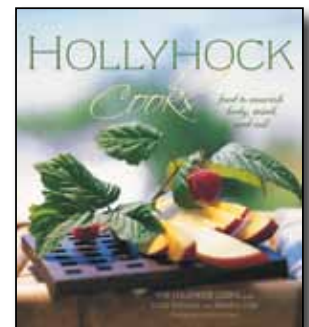
288 PAGES / 8 x 9"  
 8 COLOUR PLATES  
 Pb ISBN 978-0-86571-551-6  
 US/CAN \$25.95



**Hollyhock Cooks**  
*Food to Nourish Body, Mind and Soil*  
 THE HOLLYHOCK COOKS, WITH LINDA SOLOMON AND MOREKA JOLAR

Globally influenced local cuisine, with over 200 recipes including everything from soups and salads to entrees, sauces and spreads, desserts and drinks.

240 PAGES / 8 x 9"  
 8 COLOUR PLATES  
 Pb ISBN 978-0-86571-488-5  
 US \$23.95 / CAN \$29.95





## From Container to Kitchen *Growing Fruits and Vegetables in Pots*

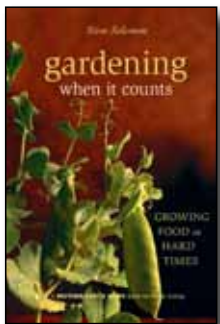
D.J. HERDA

How can urban dwellers without ready access to land enjoy the benefits of traditional gardening? Written for the novice home gardener as well as the seasoned pro, this fully illustrated, comprehensive guide will show you how to grow fruits and vegetables in pots. Topics include container size and location, managing light, water and humidity, and more.

240 PAGES / 6 X 9" / 8 COLOUR PLATES

PB ISBN 978-0-86571-665-0

US/CAN \$19.95



## Gardening When It Counts *Growing Food in Hard Times*

STEVE SOLOMON

Intensive vegetable gardening methods rely on high inputs of water, fertilizer and organic matter — which require cheap oil. This book helps readers rediscover low-input gardening methods to produce healthy food, using more land with less labor, wider plant spacing, less or no irrigation, and hand tools. Shows that any family with access to 3-5,000 sq. ft. of garden can halve their food costs.

352 PAGES / 6 X 9" / MOTHER EARTH NEWS WISER LIVING PICK

PB ISBN 978-0-86571-553-0

US/CAN \$19.95

## Energy-wise Landscape Design

*A New Approach for your Home and Garden*

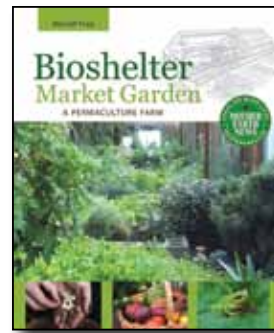
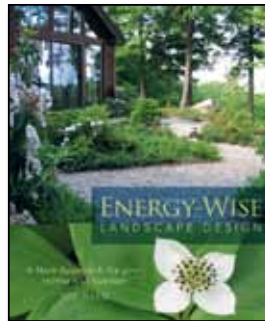
SUE REED

Presents hundreds of practical ways to save money, time and effort while making landscapes more environmentally healthy, ecologically rich and energy-efficient. Combining general guidelines with tips, techniques and actions, this fully illustrated guide explains the many opportunities for conserving energy. This is an essential resource for anyone who wants to shrink their energy footprint while enhancing their property and adding value to their home.

304 PAGES / 7.5 X 9" / 2 COLOUR

PB ISBN 978-0-86571-653-7

US/CAN \$29.95



## Bioshelter Market Garden *A Permaculture Farm*

DARRELL FREY

*Bioshelter Market Garden* describes the creation of a sustainable food system through a detailed case study of the year-round organic permaculture market garden at Pennsylvania's Three Sisters Farm.

At the heart of Three Sisters is its bioshelter — a solar greenhouse which integrates growing facilities, poultry housing, a potting room, storage, kitchen facilities, compost bins, a reference library and classroom area.

Both visionary and practical, this fully illustrated book contains a wealth of information on the application of permaculture principles.

480 PAGES / 7.5 X 9"

8 COLOUR PLATES

MOTHER EARTH NEWS WISER LIVING PICK

PB ISBN 978-0-86571-678-0

US/CAN \$34.95

## The Biochar Solution

*Carbon Farming and Climate Change*

ALBERT BATES

*The Biochar Solution* explores the dual function of biochar as a carbon-negative energy source and a potent soil-builder. Created by burning biomass in the absence of oxygen, this material has the unique ability to hold carbon back from the atmosphere while simultaneously enhancing soil fertility. Combines practical techniques with an overview of the development and future of carbon farming. See p. 34 for more from Albert Bates.

224 PAGES / 6 X 9" / MOTHER EARTH NEWS WISER LIVING PICK

PB ISBN 978-0-86571-677-3

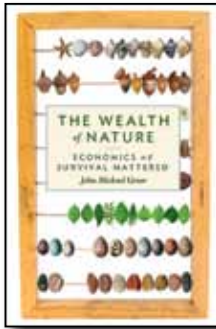
US/CAN \$17.95



JOHN MICHAEL GREER



JOHN MICHAEL GREER is a scholar of ecological history, an award-winning author and an internationally renowned peak oil theorist whose blog, “The Archdruid Report”, has become one of the most widely cited online resources dealing with the future of industrial society. He is the author of *The Wealth of Nature*, *The Ecotechnic Future* and *The Long Descent*, described on this page. Visit John Michael Greer online at [TheArchdruidReport.blogspot.com](http://TheArchdruidReport.blogspot.com)



**The Wealth of Nature**  
*Economics as If Survival Mattered*

JOHN MICHAEL GREER

Proposing a new model of economics based on the integral value of ecology, this book examines the true cost of confusing money with wealth, and shows how an economy centered on natural capital—the raw materials that support human life—can move our society toward a more productive relationship with the planet that sustains us all. Profoundly insightful and impeccably argued.

272 PAGES / 6 X 9”  
PB ISBN 978-0-86571-673-5  
US/CAN \$18.95

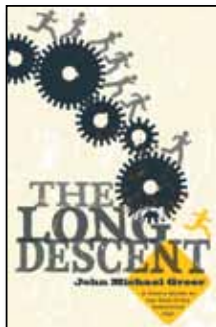


**The Ecotechnic Future**  
*Envisioning a Post-Peak World*

JOHN MICHAEL GREER

Fusing human ecology and history, this book envisions the transition from an industrial society to a sustainable ecotechnic world — not returning to the past, but creating a future that supports relatively advanced technology on a sustainable resource base.

288 PAGES / 6 X 9”  
PB ISBN 978-0-86571-639-1  
US/CAN \$18.95



**The Long Descent**  
*A User's Guide to the End of the Industrial Age*

JOHN MICHAEL GREER

Americans are expressing concern about dependence on oil and the onset of climate change. Greer examines this fear through core themes, showing that hope exists in actions ranging from taking up a handicraft through planting a vegetable garden, and building community.

288 PAGES / 6 X 9”  
PB ISBN 978-0-86571-609-4  
US/CAN \$18.95



**Peak Everything**  
*Waking Up to the Century of Declines*

RICHARD HEINBERG

*Peak Everything* addresses many of the cultural, psychological and practical changes we will have to make as nature rapidly dictates new limits in a profoundly different world.

A combination of wry commentary and sober forecasting, this book tells how we might make the transition from The Age of Excess to the Era of Modesty.

240 PAGES / 6 X 9”  
PB ISBN 978-0-86571-645-2 / US/CAN \$16.95  
HB ISBN 978-0-86571-598-1 / US/CAN \$24.95

(For more from Richard Heinberg see page 3 and page 35.)

## The KunstlerCast

*Conversations with James Howard Kunstler*

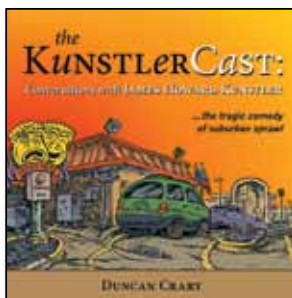
DUNCAN CRARY

An outspoken critic of suburban sprawl, James Howard Kunstler is often controversial and always provocative. *The KunstlerCast* is based on the popular weekly podcast of the same name, which features Kunstler in dialogue with author Duncan Crary. Presented as a long-form conversational interview, *The KunstlerCast* revisits and updates all the major ideas contained in Kunstler's body of work, leavened by his signature sharp wit and humor. Bound to inspire a great deal of thought, laughter, and hopefully, action.

240 PAGES / 6 x 6"

Pb ISBN 978-0-86571-693-3

US/CAN \$16.95



## Surviving the Apocalypse in the Suburbs

*The Thrivalist's Guide to Life Without Oil*

WENDY BROWN

*Surviving the Apocalypse in the Suburbs* envisions a suburban evolution — from isolated cookie-cutter houses with manicured lawns to small, productive, interdependent homesteads. This guide breaks down all our basic needs and describes how they might be met after the loss of modern conveniences, covering small-space gardening techniques, small livestock, tips on cooking, heating, and sanitation, and much more.

272 PAGES / 6x 9"

Pb ISBN 978-086571-681-0 US/CAN \$19.95

## Reinventing Collapse

*The Soviet Experience and American Prospects*  
— Revised & Updated Edition

DMITRY ORLOV

Plagued by runaway debt, a shrinking economy and environmental catastrophes, the US has been retracing the trajectory of the Soviet Union in the early 1980's toward national bankruptcy and political dissolution. Revised and updated, *Reinventing Collapse* examines the circumstances of the demise of the Soviet superpower and offers clear insights into how we might prepare for the events that are unfolding here.

208 PAGES / 6 x 9"

Pb ISBN 978-0-86571-685-8

US/CAN \$17.95



## Fleeing Vesuvius

*Overcoming the Risks of Economic and Environmental Collapse*

RICHARD DOUTHWAITE & GILLIAN FALLON, EDITORS

The financial crisis that has blighted the world's richest countries since 2008 was a turning point in human history because it ushered in an era in which economies will tend to shrink rather than grow. As this book shows, the financial crash itself was due to an irresistible force — the rising global demand for cheap fossil fuels — meeting an immovable object — a static supply.

*Fleeing Vesuvius* is a collection of 27 essays by well-known international authors and leading thinkers, including David Korowicz, Richard Douthwaite, Nate Hagen, Dmitry Orlov and more. Timely, practical and fundamentally optimistic, *Fleeing Vesuvius* is a must read for anyone concerned with reducing our risk of environmental and societal collapse.

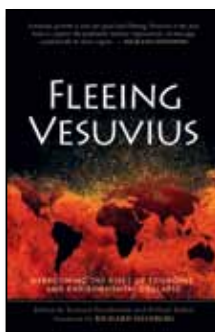
Economic growth is over for good, and [this] is the first book to explore the profound, historic implications.

— Richard Heinberg

480 PAGES / 6 x 9"

Pb ISBN 978-0-86571-699-5

US/CAN \$22.95



## Plan C

*Community Survival Strategies for Peak Oil and Climate Change*

PAT MURPHY

*Plan C* — the twin solutions of community and curtailment — is the only way to begin to create a sustainable, equitable world. Offering specific strategies in many areas, this is an indispensable resource for anyone interested in living in a saner, more sustainable lifestyle. CommunitySolution.org

272 PAGES / 6x 9"

Pb ISBN 978-086571-681-0 US/CAN \$19.95



### Simply Imperfect

*Revisiting the Wabi-Sabi House*

ROBYN GRIGGS LAWRENCE

In 2004 *The Wabi-Sabi House* introduced this ancient Japanese philosophy to North America. *Simply Imperfect* is a fully revised and updated edition of *The Wabi-Sabi House*, aimed at moving past our belief in life, liberty, and the pursuit of stuff to finding beauty in austerity, serenity and authenticity.

Far more than home décor, wabi-sabi is a state of mind: living modestly in the moment, stripping away the unnecessary, finding satisfaction in everyday things – it's everything that today's sleek, plastic, technology-saturated culture isn't. *Simply Imperfect* recounts wabi-sabi's rich history, tracing it from its Zen Buddhist roots through to the present day. This gentle book is for anyone who is overwhelmed by consumerism or whose focus has shifted from getting more to getting by.

176 PAGES / 7.5 x 9"

2 COLOUR

PB ISBN 978-0-86571-691-9

US/CAN \$22.95



### Less is More

*Embracing Simplicity for a Healthy Planet, a Caring Economy and Lasting Happiness*

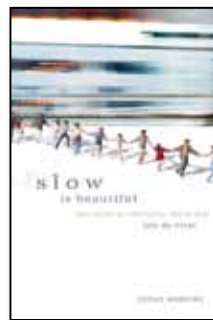
CECILE ANDREWS AND WANDA URBANSKA

When we have too much, we savor nothing — ultimately, a life of less connects us with one true source of happiness: being part of a caring community. *Less is More* shows how to turn individual change into a movement that leads to changes in government and corporate behavior, work hours, the wealth gap and sustainability.

288 PAGES / 5 x 8"

PB ISBN 978-0-86571-650-6

US/CAN \$16.95



### Slow is Beautiful

*New Visions of Community, Leisure and Joie de Vivre*

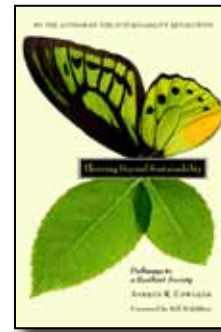
CECILE ANDREWS

Happiness is declining in the most affluent country in the world, and Americans are troubled by the destructiveness of a lifestyle devoted to money and status. *Slow Is Beautiful* analyzes the forces stamping the joy from our existence and provides a vision of a more fulfilling life through community, leisure and joie de vivre.

256 PAGES / 6 x 9"

PB ISBN 978-0-86571-554-7

US \$16.95 / CAN \$19.95



### Thriving Beyond Sustainability

*Pathways to a Resilient Society*

ANDRÉS R. EDWARDS

FOREWORD BY BILL MCKIBBEN

Against the bleak backdrop of apparent environmental and social collapse, beacons of hope shine from thousands of initiatives taking place everywhere. Andrés Edwards draws a collective map of individuals, organizations and communities from around the world that are building an alternative future – moving beyond a perception of surviving with scarcity to one of flourishing with abundance.

240 PAGES / 6 x 9"

PB ISBN 978-0-86571-641-4 US/CAN \$17.95



### The Sustainability Revolution

*Portrait of a Paradigm Shift*

ANDRÉS R. EDWARDS

FOREWORD BY DAVID ORR

*The Sustainability Revolution* analyzes the pedigree of the term "sustainability" as defined by the principles, declarations and intentions of five sectors. It explores common themes, including stewardship; respect for the principles of nature; and an intergenerational perspective on solutions, and describes innovative sustainable projects and policies around the world.

224 PAGES / 6 x 9"

PB ISBN 978-0-86571-531-8 US/CAN \$16.95

## Not Just a Pretty Face

*The Ugly Side of the Beauty Industry*

STACY MALKAN

The \$35 billion cosmetics industry is so powerful that they've kept themselves unregulated for decades. Not one cosmetic product has to be approved by the US FDA before hitting the market. It's not just women who are affected by this chemists' brew. Shampoo, deodorant, face lotion and other products used daily by men, women and children contain hazardous chemicals that the industry claims are "within acceptable limits." *Not Just a Pretty Face* delves deeply into the dark side of the beauty industry, and looks to hopeful solutions for a healthier future.

192 PAGES / 6 X 9"

PB ISBN 978-0-86571-574-5 US/CAN \$15.95



## Whitewash

*The Disturbing Truth about Cow's Milk and Your Health*

JOSEPH KEON

In *Whitewash*, nutritionist Dr. Joseph Keon unveils how North Americans unwittingly sabotage their health every day by drinking milk, and shows that our obsession with calcium is unwarranted.

Many of America's dairy herds contain sick and immunocompromised animals whose tainted milk regularly makes it to market. Cow's milk is also a sink for environmental contaminants, and has been found to contain traces of pesticides, dioxins, PCBs, rocket fuel, and even radioactive isotopes. Citing scientific literature, *Whitewash* builds an unassailable case that not only is milk unnecessary for human health; its inclusion in the diet may increase the risk of serious diseases.

*Whitewash* offers a completely fresh, candid and comprehensively documented look behind dairy's deceptively green pastures, and gives readers a hopeful picture of life after milk.

336 PAGES / 6 X 9"

PB ISBN 978-0-86571-676-6

US/CAN \$19.95

## Prescriptions for a Healthy House — 3rd Edition

*A Practical Guide for Architects, Builders & Home Owners*

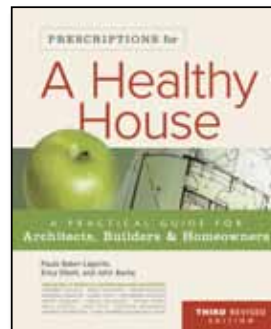
PAULA BAKER-LAPORTE,  
JOHN C. BANTA AND ERICA ELLIOTT

Takes the owner/architect/builder team through the entire home construction process resulting in a unique guide to creating healthy indoor and outdoor spaces. Packed with resources, including commentary from several nationally recognized experts in the field of building biology.

352 PAGES / 7.5 X 9"

PB ISBN 978-0-86571-604-9

US/CAN \$28.95



## Diabetes: Sugar-Coated Crisis

*Who Gets it, Who Profits and How to Stop it*

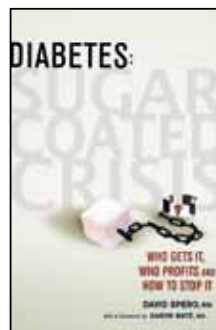
DAVID SPERO, RN  
FOREWORD BY DR. GABOR MATÉ

Describes the social sources of our toxic environment, covering deeper causes of the epidemic, including the stress and inequality built into our modern culture. Focuses on empowering people to better care for themselves, and changing the environment that causes illness.

240 PAGES / 6 X 9"

PB ISBN 978-0-86571-567-7

US \$16.95 / CAN \$18.95



## Cancer

*101 Solutions to a Preventable Epidemic*

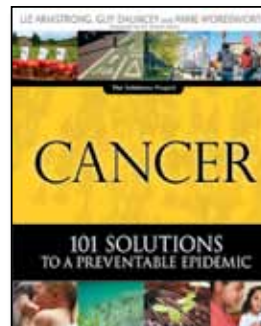
LIZ ARMSTRONG, GUY DAUNCEY  
AND ANNE WORDSWORTH  
FOREWORD BY DR. WARREN BELL

Offers solid evidence that many cancers are preventable, stemming from contamination of the air we breathe, products we use, water we drink and food we eat. Filled with practical advice and inspiring success stories.

336 PAGES / 7.25 X 9"

PB ISBN 978-0-86571-542-4

US \$22.95 / CAN \$27.95



## DAN CHIRAS



DAN CHIRAS is a respected educator and author who has published nearly 30 books – including the six featured on this page – on topics including renewable energy and sustainable living. He is the director of the Evergreen Institute, where he teaches workshops on home energy efficiency, solar electricity, wind energy, green building and more. For more about Dan's work and the Evergreen Institute, visit [EvergreenInstitute.org](http://EvergreenInstitute.org)



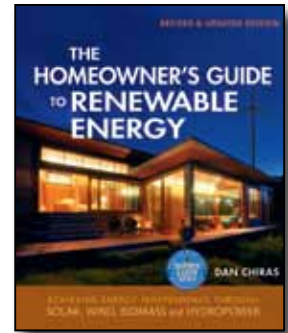
## The Homeowner's Guide to Renewable Energy

*Achieving Energy Independence through Solar, Wind, Biomass and Hydropower* Revised & Updated Edition

DAN CHIRAS

Completely revised and updated for 2011, this new edition describes the most practical and affordable methods for making significant improvements in home energy efficiency and tapping into clean, affordable, renewable energy resources. This well-illustrated, accessible guide is an essential resource for those wanting to enter the renewable energy field. A must-read for anyone interested in saving money and achieving energy independence.

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## Power from the Sun

*A Practical Guide to Solar Electricity*

DAN CHIRAS, WITH ROBERT ARAM AND KURT NELSON

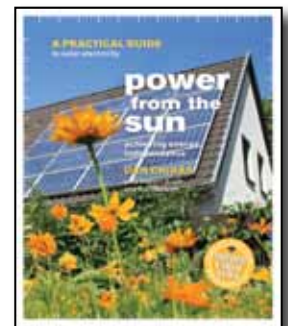
Provides a complete understanding of solar electricity, solar energy, and solar site assessment, discussing types of PV systems, inverters, batteries, installation and maintenance of a PV system, and more.

272 PAGES / 7.5 x 9"

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## Power from the Wind

*A Practical Guide to Small Scale Energy Production*

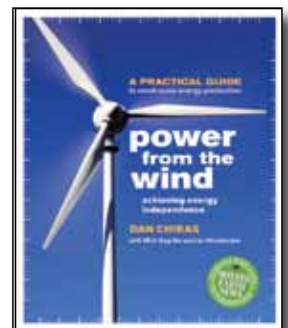
DAN CHIRAS, WITH MICK SAGRILLO AND IAN WOOFENDEN

Provides an overview of site assessment, turbines and towers, installation and maintenance of systems, and much more. Readers will gain the knowledge they need to make wise decisions during the design, purchase and installation of small wind energy systems.

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Provides a clear understanding of the sun, solar energy, and solar electric systems. Whether your goal is to lower your energy bill or to achieve complete energy independence, this is the introduction you need.

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## Wind Power Basics

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Provides a clear understanding of wind energy systems, examining all aspects of small-scale installations. A straightforward, detailed introduction to the benefits and challenges of this rapidly emerging technology.

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## Green Transportation Basics

*A Green Energy Guide*

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A guide to greening your personal driving habits by dramatically improving the efficiency of an existing vehicle. Explores the most promising new green cars and trucks and critically examines sustainable fuels.

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Pb ISBN 978-0-86571-619-3

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## Serious Microhydro

*Water Power Solutions from the Experts*

EDITED BY SCOTT DAVIS

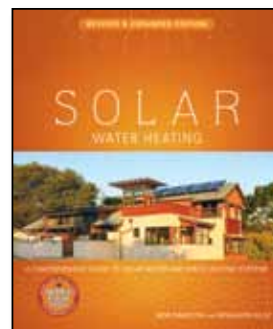
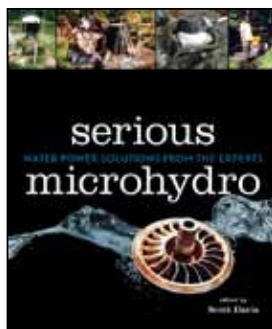
*Serious Microhydro* brings you firsthand stories of energy independence, from household sites to installations capable of powering a farm, business or small neighborhood. These case studies represent the most comprehensive collection available on tailoring an installation to meet the needs of a site and its owner/operators, and will appeal to homeowners, teachers, renewable energy professionals, activists and decision makers.

(See page 34 for *Microhydro*, also by Scott Davis)

336 PAGES / 7.5 x 9"

PB ISBN 978-0-86571-638-4

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## Solar Water Heating

*Revised and Expanded*

*A Comprehensive Guide to Solar Water and Space Heating Systems*

BOB RAMLOW AND BENJAMIN NUSZ

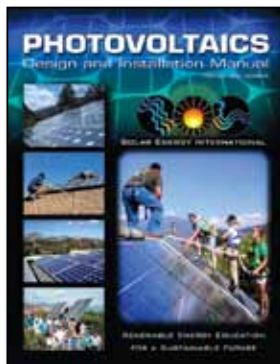
Completely revised and expanded, this is the definitive guide to this clean and cost-effective technology. Drawing on extensive practical experience, the authors cover types of solar collectors, components, installation, operation, maintenance, and much more. This richly illustrated book is designed for a readership ranging from the curious homeowner to the serious student or professional.

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PB ISBN 978-0-86571-668-1

US/CAN \$24.95



## Photovoltaics

*Revised Edition*

*Design and Installation Manual*

SOLAR ENERGY INTERNATIONAL

Provides critical information to successfully design, install and maintain PV systems. It includes an overview of PV electricity and a detailed description of system components; chapters on sizing systems, analyzing sites and installing PV systems; and troubleshooting and solar insolation data for over 300 sites.

352 PAGES / 8.5 x 11"

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US/CAN \$59.95

## Alcohol Fuel

*A Guide to Making and Using Ethanol as a Renewable Fuel*

RICHARD FREUDENBERGER

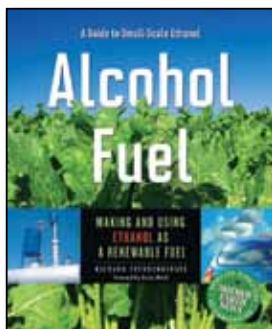
Ethanol lends itself to small-scale production, and especially to cooperative ventures in rural communities, often using "waste" feedstock. This practical, grassroots guide will give readers all the information they need, covering every aspect of making and using ethanol for fuel.

272 PAGES / 7.5 x 9"

MOTHER EARTH NEWS WISER LIVING PICK

PB ISBN 978-0-86571-626-1

US/CAN \$26.95



## Transport Revolutions

*Moving People and Freight without Oil*

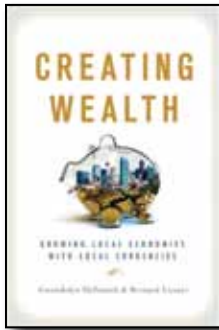
RICHARD GILBERT AND ANTHONY PERL

*Transport Revolutions* analyzes five prior episodes of rapid and radical change in the way people and goods travel. It examines the worldwide state of transport today, then shows how movement of people and freight could be sustained beyond 2025 with much-reduced dependence on oil. Written for transport professionals, planners and policymakers, this book will appeal to anyone with an interest in how transport will evolve in the years ahead.

448 PAGES / 6 x 9"

PB ISBN 978-0-86571-660-5 US/CAN \$26.95





**Creating Wealth**  
*Growing Local Economies with Local Currencies*

GWENDOLYN HALLSMITH & BERNARD LIETAER

*Creating Wealth* demonstrates how a healthy society can be attained through developing new systems of exchange. Using creative initiatives such as time banks, systems of barter and exchange and local currencies, cities and towns can empower themselves and build vibrant, healthy, sustainable local economies.

In addition to presenting many compelling case studies of successful alternative currencies in action, *Creating Wealth* also explores the different types of capital that communities have to draw on, including natural, built, social, human, institutional, cultural, technological, and financial. This book will appeal to community activists, city planners and other public officials, and anyone interested in developing strong local economies.

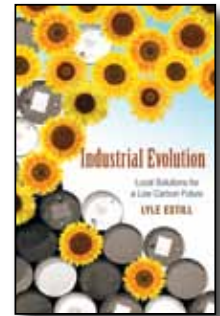
6 x 9" / 288 PAGES  
US/CAN \$19.95  
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**Industrial Evolution**  
*Local Solutions for a Low Carbon Future*

LYLE ESTILL

*Industrial Evolution* is a story of survival. It is about how the small group of committed entrepreneurs introduced in *Small is Possible* managed to keep their dream alive and thriving through the economic recession, emerging with a model of what a sustainable local economy might look like in a post carbon future. Compulsively readable and seasoned with light humor, this grassroots account demonstrates that ecological stewardship and enterprise at an appropriate scale can lay the foundation for abundance. [LyleEstill.com](http://LyleEstill.com)

5.5 x 8.5" / 224 PAGES  
Pb ISBN 978-0-86571-674-2 US/CAN \$17.95



**Small is Possible**  
*Life in a Local Economy*

LYLE ESTILL

Lyle Estill introduces us to "hometown security" with this chronicle of a community-powered response to resource depletion in a fickle global economy. By looking inward, this town discovered it is possible for a community to feed itself, fuel itself, heal itself, entertain itself and govern itself. Filled with inspiration for anyone working toward sustainability. [LyleEstill.com](http://LyleEstill.com)

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US/CAN \$17.95

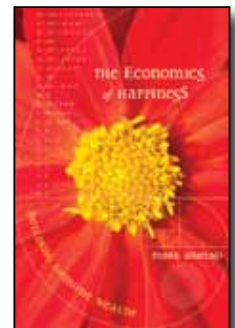


**The Economics of Happiness**  
*Building Genuine Wealth*

MARK ANIELSKI  
FOREWORD BY HERMAN DALY

Using the author's economic model called Genuine Wealth, *The Economics of Happiness* shows how economics can be reoriented towards the pursuit of genuine happiness, and how you and your family can apply the Genuine Wealth model in your lives.

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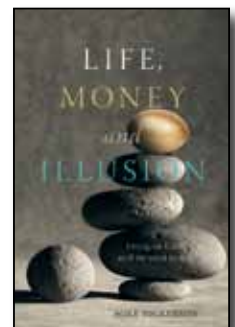


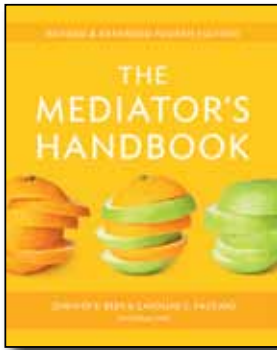
**Life, Money and Illusion**  
*Living on Earth as if we want to stay*

MIKE NICKERSON

This completely revised and updated edition examines how growth came to be a goal and how that goal, though once beneficial, is now the propellant for catastrophe. Then, by showing how the economy can be restructured to remain within planetary limits, it points the way to a sustainable future. An engaging and empowering vision of the future that celebrates humanity's extraordinary ability to adapt and evolve that will appeal to social activists, environmentalists and all those who are committed to a sustainable future.

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US/CAN \$22.95





### The Mediator's Handbook

Revised & Expanded Fourth Edition

JENNIFER BEER, CAROLINE PACKARD WITH EILEEN STIEF

The popular *Mediator's Handbook* presents a time-tested, adaptable model for helping people work through conflict. Extensively revised to incorporate recent practice and thinking, the accessible manual format lays out a clear structure for new and occasional mediators, while offering a detailed, nuanced resource for professionals. Long a popular course textbook for high schools, universities, and training programs, *The Mediator's Handbook* is also a valued desk reference for professional mediators, and a handy guide for managers, organizers, teachers, and anyone working with

clients, customers, volunteers, committees, or teams.

8.5 x 11" / 192 PAGES / PB ISBN 978-0-86571-690-2

US/CAN \$29.95

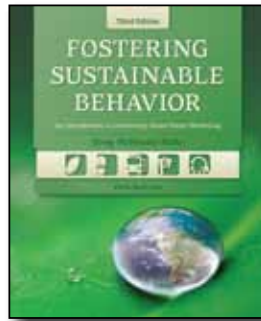
### Fostering Sustainable Behavior

*An Introduction to Community-Based Social Marketing (Third Edition)*

DOUG MCKENZIE-MOHR

To create a sustainable future, we must not only change our own actions, we must educate and encourage those around us to change theirs. How then do we go about transforming people's good intentions into action? This book explains how the field of community-based social marketing has emerged as an effective tool for encouraging positive social change. The strategies introduced in this ground-breaking manual are an invaluable resource for anyone interested in promoting sustainable behavior, including environmental conservation, recycling and waste reduction, water and energy efficiency and alternative transportation.

192 PAGES / 7.5 x 9" / PB ISBN 978-0-86571-642-1 US/CAN \$24.95



### The Joy of Conflict Resolution

*Transforming Victims, Villains and Heroes in the Workplace and at Home*

GARY HARPER

Helps readers understand conflict and why it arises, through the lens of the "drama triangle" of victims, villains and heroes. Accessible and engaging, it provides proven, practical skills to resolve conflicts collaboratively.

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### The Art of Focused Conversation

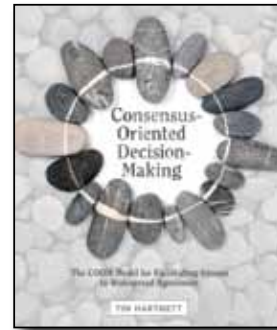
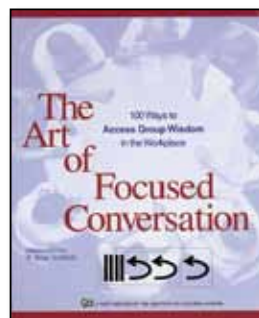
*100 Ways to Access Group Wisdom in the Workplace*

R. BRIAN STANFIELD AND  
THE INSTITUTE FOR CULTURAL AFFAIRS

Restores conversation — the most human of attributes — to prime place within businesses and organizations, demonstrating what can be accomplished through the medium of focused conversation. Developed, tested, and extensively used by professionals in the field of organizational development.

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### Consensus-Oriented Decision-Making

*The CODM Model for Facilitating Groups to Widespread Agreement*

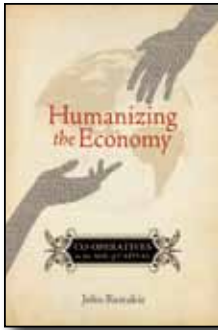
TIM HARTNETT

*Consensus-Oriented Decision-Making* is the first book to offer groups (and group facilitators) a clear and efficient path to generating widespread agreement while fostering full participation and true collaboration. Incorporating the principles of collaboration, inclusion, empathy, and openmindedness, CODM can be used in any group situation, regardless of whether the final decision-making power rests with a single person or team, a vote of members, or unanimity. This powerful framework will help you contribute to the success of your group through achieving maximum participation and efficiency, a clearer decision-making process, better decisions, and improved group dynamics.

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## Humanizing the Economy

### *Co-operatives in the Age of Capital*

JOHN RESTAKIS

While defenders of corporate capitalism argue that globalization is the only way forward for modern, democratic societies, the spread of this system is failing to meet even the most basic needs of billions of individuals around the world. Moreover, the entrenchment of this free market system is undermining the foundations of healthy societies, caring communities, and personal wellbeing.

*Humanizing the Economy* shows how co-operative models for economic and social development can create a more equitable, just, and humane future. With over 800 million members in 85 countries and a long history linking economic to social values, the co-operative movement is the most powerful grassroots movement in the world. Essential reading for anyone who cares about globalization, social justice and economic reform.

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## Choosing a Sustainable Future

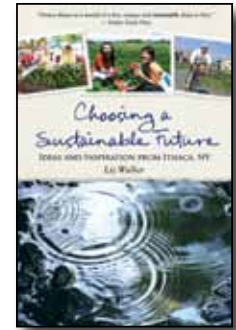
### *Ideas and Inspiration from Ithaca, NY*

LIZ WALKER

We all want a sustainable future, but what does it look like, and how do we get there? In Ithaca, NY a new culture is blossoming - one that values cooperation, local production, environmental stewardship, social justice and creativity.

*Choosing a Sustainable Future* provides readers with a remarkable sense of possibility. The examples of citizen engagement are a taste of what life could be like in a sustainable city of the future. In a time of overwhelming economic, social and environmental crises, *Choosing a Sustainable Future* provides a quiet, authoritative voice of hope.

(See *Eco Village at Ithaca*, also by Liz Walker, page 36.)  
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## Hope and Hard Times

### *Communities, Collaboration and Sustainability*

TED BERNARD

In the 1990s, Ted Bernard travelled to 9 communities across the US whose residents were working to solve resource conflicts and achieve greater sustainability. Over a decade later these community-based sustainability initiatives have proved resilient, and their quest points to the need for new perceptions of nature and of humankind.

(See *The Ecology of Hope*, also by Ted Bernard, page 32.)  
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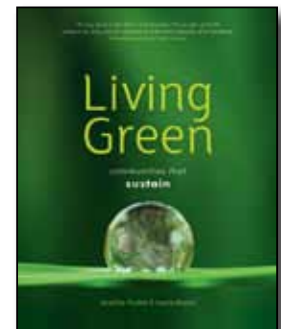
## Living Green

### *Communities that Sustain*

JENNIFER FOSKET AND LAURA MAMO

*Living Green* showcases the social side of living green, featuring communities that integrate social and human factors into their design and planning. It includes interviews with developers, architects and residents, highlighting personal ideals and efforts to pursue a sustainable lifestyle.

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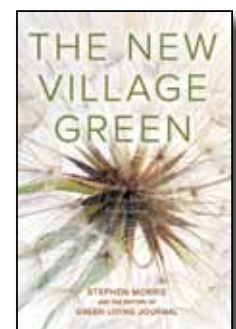
## The New Village Green

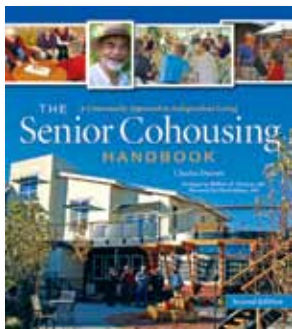
### *Living Light, Living Local, Living Large*

STEPHEN MORRIS AND THE EDITORS OF GREEN LIVING

This remarkable book gathers wisdom and insight from a thought-provoking virtual community, gathering some of the best ideas and brightest voices. Topics range from spirituality to solar panels, juxtaposed with opinions from a range of "the new village people," from writers Bill McKibben and Michael Pollan to scientists James Lovelock and Donella Meadows.

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## The Senior Cohousing Handbook

### *A Community Approach to Independent Living – 2nd Edition*

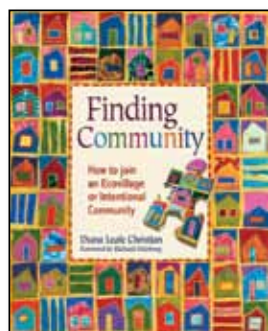
CHARLES DURRETT

Senior cohousing revolves around custom-built neighborhoods organized by the seniors themselves. This comprehensive guide to joining or creating a project addresses all aspects of senior cohousing, and examines common concerns, fears, and misunderstandings. Seniors will find in this book a compelling vision for their future.

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US/CAN \$34.95



## Finding Community

### *How to Join an Ecovillage or Intentional Community*

DIANA LEAFE CHRISTIAN

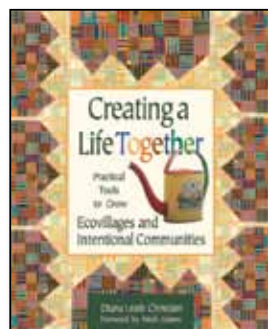
FOREWORD BY RICHARD HEINBERG

*Finding Community* presents a thorough overview of ecovillages and intentional communities and offers solid advice on how to research thoroughly, visit thoughtfully, evaluate intelligently and join gracefully. It provides intriguing possibilities to readers who are seeking a more cooperative, sustainable and meaningful life.

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## Creating a Life Together

### *Practical Tools to Grow Ecovillages and Intentional Communities*

DIANA LEAFE CHRISTIAN

FOREWORD BY PATCH ADAMS

*Creating a Life Together* is the only resource available that provides step-by-step practical information on how to establish ecovillages and intentional communities. It deals in-depth with structural, interpersonal and leadership issues, decision-making methods, vision statements, and the development of a legal structure, as well as profiling well-established model communities.

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US \$27.95 / CAN \$29.95



## Ecovillages

### *A Practical Guide to Sustainable Communities*

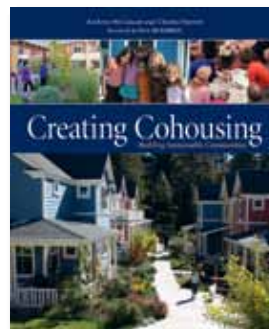
JAN MARTIN BANG

*Ecovillages* explores the history of the ecovillage movement and provides a manual for planning, establishing and maintaining a sustainable community, using a permaculture approach.

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## Creating Cohousing

### *Building Sustainable Communities*

KATHRYN MCCAMANT AND

CHARLES DURRETT

FOREWORD BY BILL MCKIBBEN

*Creating Cohousing* is an in-depth exploration of a uniquely rewarding type of housing which is perfect for anyone who values their independence but longs for more connection with those around them. Written by the award-winning team that wrote the original "cohousing bible" and first brought cohousing to North America, this fully-illustrated manual combines nuts-and-bolts practical considerations and design ideas with extensive case studies of dozens of diverse communities in Europe and North America.

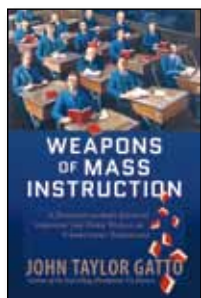
*Creating Cohousing* puts the "neighbor" back into "neighborhood," and is an essential resource for anyone interested in more environmentally and socially sustainable living.

336 PAGES / 7.5 X 9"

8 COLOUR PLATES

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**Weapons of Mass Instruction**  
*A Schoolteacher's Journey Through the Dark World of Compulsory Schooling*

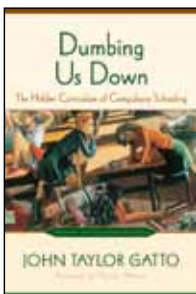
JOHN TAYLOR GATTO

*Weapons of Mass Instruction* focuses on mechanisms of traditional education which cripple imagination and discourage critical thinking, and demonstrates that the harm school inflicts is rational and deliberate, intended to render the common population manageable. Young people are conditioned to rely upon experts and accept disconnections from their own lived experiences, and are discouraged from developing self-reliance and independence.

Escaping this trap requires a strategy Gatto calls "open-source" learning. Through this alternative approach our children can avoid being indoctrinated—only then can they achieve self-knowledge, good judgment, and courage.

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 PB ISBN 978-0-86571-669-8  
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HARDCOVER ISBN 978-0-86571-631-5  
 US/CAN \$22.95

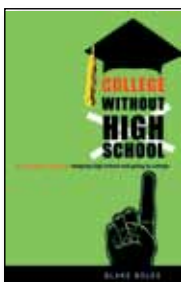


**Dumbing Us Down**  
*The Hidden Curriculum of Compulsory Schooling*

JOHN TAYLOR GATTO  
 FOREWORD BY THOMAS MOORE

A highly praised bestseller for over a decade, *Dumbing Us Down* is a radical treatise on public education that concludes that compulsory government schooling does little but teach young people to follow orders like cogs in a machine. This special edition celebrates 100,000 copies of the book in print, and the book's ongoing importance and popularity.

144 PAGES / 6 X 9"  
 PB ISBN 978-0-86571-448-9  
 US/CAN \$12.95



**College Without High School**  
*A Teenager's Guide to Skipping High School and Going to College*

BLAKE BOLES

*College Without High School* shows how independent teens can design their high school education by becoming unschooled, defining goals and dreams and then pursuing them through a combination of meaningful and engaging adventures. This intriguing approach to doing college prep on your own terms will be welcomed by students (and their parents). [CollegeWithoutHighSchool.com](http://CollegeWithoutHighSchool.com)

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 PB ISBN 978-0-86571-655-1  
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**Becoming the Kind Father**  
*A Son's Journey*

CALVIN SANDBORN

This intensely personal story is heart-searing and inspirational. Raised to fear his father's alcohol-fueled fury and hateful put-downs, the author buried his feelings and fine-tuned his own rage. His father's early death and the collapse of his own marriage provided catalysts for change. He provides well-researched psychological findings and self-help tips, and offers helpful insight for the millions of men who want to become kinder human beings.

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 PB ISBN 978-0-86571-582-0  
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**The Green Teen**  
*The Eco-Friendly Teen's Guide to Saving the Planet*

JENN SAVEDGE

Young people want to minimize their environmental impact at home, at school and in their communities, and get their concerns recognized by school officials, politicians, media, and even their own parents. This book will help them do this, and it's also a must-read for parents, grandparents, teachers and school administrators who want to help the next generation make environmentally responsible choices.

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 PB ISBN 978-0-86571-649-0  
 US/CAN \$14.95

**Teaching Green:  
The Elementary Years**  
*Hands-On Learning in Grades K-5*  
EDITED BY TIM GRANT & GAIL LITTLEJOHN  
256 PAGES / 8.5 X 11"  
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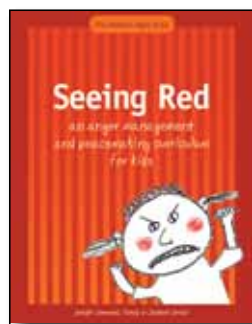
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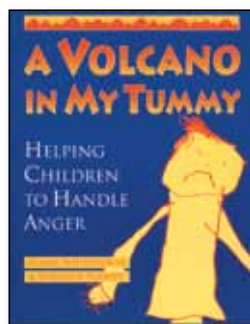
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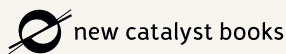
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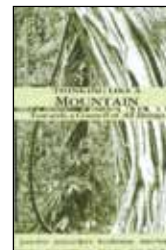
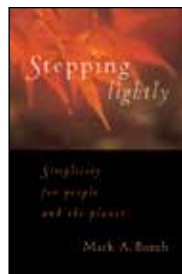
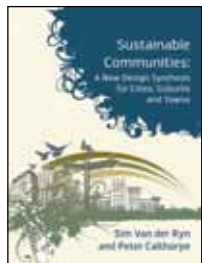
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