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How settling for less can mean having more

# Making Home

*Adapting Our Homes and Our Lives to Settle in Place*

SHARON ASTYK

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.

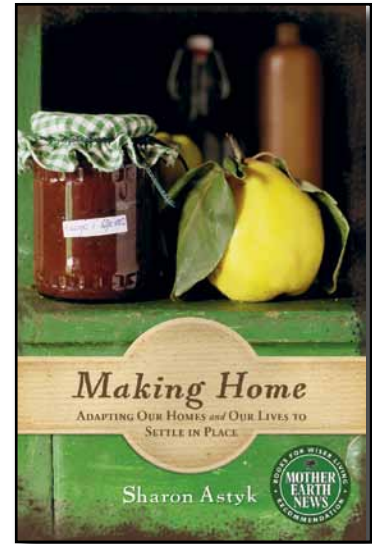
Written from the perspective of a family who has already made this transition, *Making Home* shows readers how to turn the challenge of living with less into settling for more – more happiness, more security and more peace of mind.

Learn simple but 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.

SHARON ASTYK is a writer, teacher, blogger, and farmer whose family uses 80% less energy and resources than the average American household. She is a member of the Board of Directors of ASPO-USA, founder of the Riot 4 Austerity, and the author of 3 previous books including *Depletion and Abundance* and *Independence Days* (see pp. 13 & 19). [SharonAstyk.com](http://SharonAstyk.com)



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What's the matter with meat?  
A solution-oriented guide to developing food systems that nourish people and the planet

# High Steaks

*Why and How to Eat Less Meat*

ELEANOR BOYLE

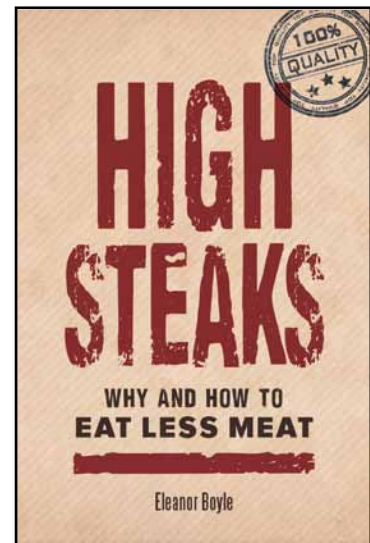
EACH YEAR THE AVERAGE North American ingests well over 200 pounds of animal protein, and the global appetite for meat has also increased dramatically. But feeding our meat addiction comes at tremendous cost. Maintaining our current level of consumption is ecologically impossible in the long-term, and undermines our personal health and community well-being.

*High Steaks* documents the disastrous consequences of modern large-scale industrial meat production and excessive consumption including:

- The loss of vast tracts of arable land and fresh water to intensive livestock production
- Increased pollution, loss of biodiversity, deforestation and accelerating climate change
- The environmental and health impacts of too much animal fat and of fertilizers, antibiotics and other chemicals in our food.

Timely and compelling, this powerful book offers a modest, commonsense approach to a serious problem, suggesting strategies for all of us to cut back on our consumption of animal products and ensure that the meat we do consume is produced in a sustainable, ecologically responsible manner. At the same time, *High Steaks* describes progressive food policy shifts that will discourage factory farming and encourage people to eat in ways that support ecosystems and personal health.

ELEANOR BOYLE has been teaching and writing for 25 years, with a focus on food systems and their social, environmental and health consequences. As well as working with organizations aiming for better food policy, she holds an MSc in Food Policy and is an instructor at the Centre for Sustainability at the University of British Columbia. EleanorBoyle.com



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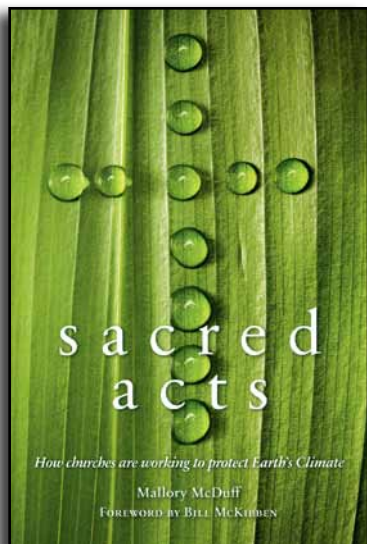
Acting in good faith – environmental stewardship through worship, education, advocacy and action

# Sacred Acts

*How Churches are Working to Protect Earth's Climate*

**MALLORY MCDUFF**

Foreword by Bill McKibben



SUSTAINABLE LIVING

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STORIES FROM ACROSS NORTH AMERICA of contemporary church leaders, parishioners and religious activists who are working to define a new environmental movement, where honoring the Creator means protecting the planet.

*Sacred Acts* documents the diverse actions taken by churches to address climate change through stewardship, advocacy, spirituality and justice. Contributions from leading Christian voices such as Norman Wirtzba and the Reverend Canon Sally Bingham detail the concrete work of faith communities such as:

- Englewood Christian Church in Indianapolis, IN, where parishioners have enhanced food security by sharing canning and food preservation skills in the church kitchen
- Georgia's Interfaith Power & Light, which has used federal stimulus funds to weatherize congregations, reduce utility bills and cut carbon emissions
- Earth Ministry, where people of faith spearheaded the movement to pass state legislation to make Washington State a coal-free state.

*Sacred Acts* shows that churches can play a critical role in confronting climate change — perhaps the greatest moral imperative of our time. This timely collection will inspire individuals and congregations to act in good faith to help protect Earth's climate.

**MALLORY MCDUFF** teaches environmental education at Warren Wilson College, a unique liberal arts school that combines academics with work and service. A lifelong Episcopalian, she was raised in a family that integrated faith and environmental stewardship. She is the author of *Natural Saints*.

There is no them. There is only us, celebrating our common humanity

# The Interfaith Alternative

*Embracing Spiritual Diversity*

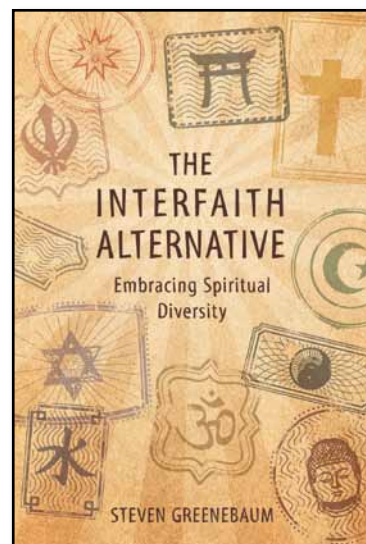
STEVEN GREENEBAUM

WHATEVER YOUR SPIRITUAL PATH, chances are that the primary tenets of your faith include universal love, acceptance and compassion. Yet three thousand years after Moses, twenty-five hundred years after the Buddha, two thousand years after Jesus and fifteen hundred after Muhammad, we are still divided by our differences. Religious intolerance, discrimination, even persecution and violence is the not-so-golden rule.

*The Interfaith Alternative* shows us how we can celebrate each other without fear of losing our own identity. It illuminates the path to creating a nurturing spiritual community that honors and includes all religious languages — an alternative to Jews worshipping only with Jews, Christians with Christians, and Muslims with Muslims. In doing so, it demonstrates that through coming together in a mutually supportive environment we can concentrate on our shared desire to remake the world into a compassionate, loving place.

At its core, Interfaith is about community and justice. Once we truly embrace diversity, we embrace our common humanity. A powerful antidote to the current climate of fear and mistrust, *The Interfaith Alternative* argues that it is not how we encounter the sacred, but what we DO about it that counts – there are positive alternatives to religious lines in the sand.

REVEREND STEVEN GREENEBAUM is an Interfaith Minister whose experiences directing choirs of different faiths and denominations have helped him to understand the profound wisdom of many spiritual traditions. Steven has dedicated his life to working for social and environmental justice. He is the founder of the Living Interfaith Church in Lynnwood, Washington. [LivingInterfaith.com](http://LivingInterfaith.com)



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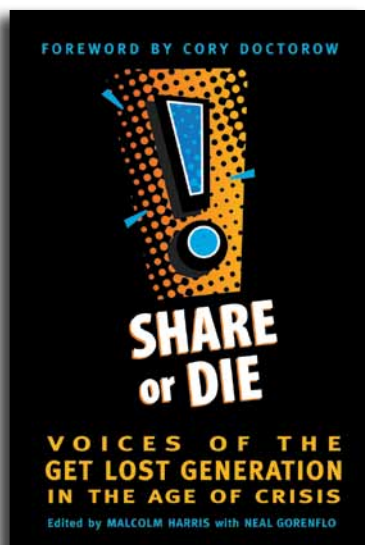
A collection of messages from the front lines of the new “Lost Generation”

# Share or Die

*Voices of the Get Lost Generation in the Age of Crisis*

EDITED BY MALCOLM HARRIS WITH NEAL GORENFLO

Foreword by Cory Doctorow



ENVIRONMENT & ECONOMY

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B&W PHOTOGRAPHS & ILLUSTRATIONS

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AVAILABLE APRIL

AMERICA STANDS AT A PRECIPICE; limitless consumption, reckless economics, and disregard for the environment have put the country on a collision course with disaster. It's up to a younger generation to rebuild according to new forms of organization, and *Share or Die* is a collection of messages from the front lines.

From urban Detroit to central Amsterdam, and from worker co-operatives to nomadic communities, an astonishing variety of recent graduates and 20-something experimenters are finding (and sharing) their own answers to negotiating the new economic order. Their visions of a shared future include:

- Collaborative consumption networks instead of private ownership
- Replacing the corporate ladder with a “lattice lifestyle”
- Do-it-yourself higher education.

As a call-to-action, “share or die” doesn't only refer to resource depletion, disappearing jobs or stagnating wages. It refers to social death too, and to finding the common-sense ideas and practices needed to not only merely survive, but to build a place where it's worth living. A series of forays into uncharted territory, this graphically-rich collection of essays, narratives and how-tos is an intimate guide to the new economic order and a must-read for anyone attempting to understand what it means to live as part of Generation Y.

MALCOLM HARRIS is the Life/Art channel editor and a writer at Shareable (Shareable.net) and managing editor at The New Inquiry website, a criticism site devoted to collecting and promoting the work of young unaffiliated writers.

NEAL GORENFLO is the co-founder and publisher of Shareable (Shareable.net), a nonprofit online magazine about sharing.

Elegant and audacious possibilities that push the boundaries of contemporary environmentalism

# Mobilizing the Green Imagination

*An Exuberant Manifesto*

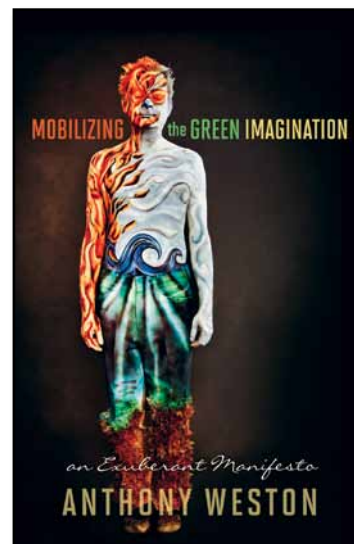
ANTHONY WESTON

DYSFUNCTIONAL CITIES, catastrophic climate change, ever-deepening distance from nature — today we see environmental disaster everywhere we look. In *Mobilizing the Green Imagination*, philosophical provocateur Anthony Weston urges us to move beyond ever more desperate attempts to “green” the status quo, toward entirely different and far more inviting ecological visions:

- Life after transportation – decentralized work, inventive infill and self-sufficient micro-communities to facilitate life in place
- Adaptation with attitude – cities that welcome the rising waters
- A Great Second Chance – moving beyond exploitation of the whole natural world
- A cosmic ecology – why not a green space program?

These postcards from beyond the leading edge of today’s green thinking are bold, audacious, extravagantly hopeful and profoundly inspiring – the perfect antidote to the despair brought on by too many “doom and gloom” scenarios. Nothing less than a complete reinvention of contemporary environmentalism, *Mobilizing the Green Imagination* belongs in the back pocket of anyone who dares to dream of a brighter future and a better world.

ANTHONY WESTON is Professor of Philosophy and Environmental Studies at Elon University in North Carolina, where he teaches Ethics, Environmental Studies and “Millennial Imagination.” He is author of twelve other books, including *How to Re-Imagine the World* (p. 16) and *Back to Earth*, as well as many articles on ethics, critical thinking, education and contemporary culture. At Elon, Weston has been named both Teacher of the Year and Scholar of the Year.



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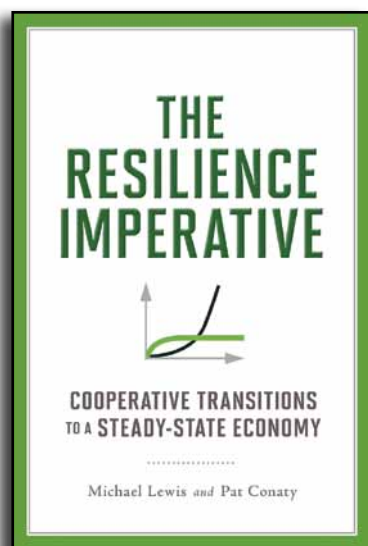
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Time for a SEE Change – Social, Ecological and Economic strategies for life after growth

# The Resilience Imperative

## *Cooperative Transitions to a Steady-state Economy*

MICHAEL LEWIS & PAT CONATY



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WE FIND OURSELVES between a rock and a hot place – compelled by the intertwining forces of peak oil and climate change to reinvent our economic life at a much more local and regional scale. *The Resilience Imperative* argues for a major “SEE (Social, Ecological, Economic) Change” as a prerequisite for replacing the paradigm of limitless economic growth with a more decentralized, cooperative, steady-state economy. The authors present a comprehensive series of strategic questions within the broad areas of:

- Energy sufficiency
- Local food systems
- Low-cost financing
- Affordable housing and land reform
- Democratic ownership and sustainability.

Each section is complemented by case studies of pioneering community initiatives rounded out by a discussion of transition factors and resilience reflections.

With a focus on securing and sustaining change, this provocative book challenges deeply embedded cultural assumptions. Profoundly hopeful and inspiring, *The Resilience Imperative* affirms the possibilities of positive change as it is shaped by individuals, communities and institutions learning to live within our ecological limits.

MICHAEL LEWIS is the Executive Director of the Center for Community Enterprise and is well-known internationally as a practitioner, author, educator and leader in the field of Community Economic Development and the Social Economy. [CommunityRenewal.ca](http://CommunityRenewal.ca)

PAT CONATY is a Fellow of new economics foundation and a research associate of Community Finance Solutions at the University of Salford. Pat specializes in developmental research on cooperative and mutual enterprise and is a national expert in the fields of community development finance and community land trusts. [CommunityRenewal.ca](http://CommunityRenewal.ca)

The single most useful resource out there on how to build and grow sustainable places

# Toward Sustainable Communities

*Solutions for Citizens and Their Governments — Completely Revised Fourth Edition*

MARK ROSELAND

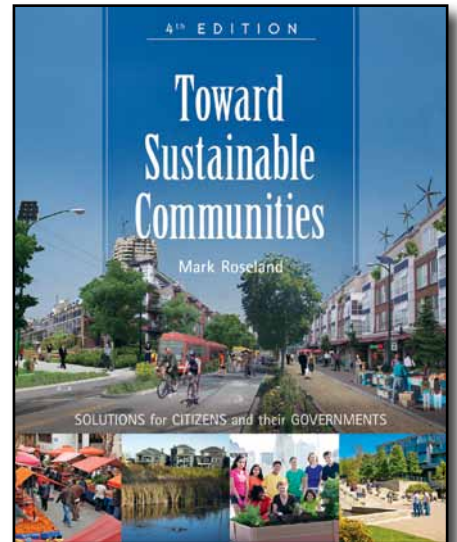
THE NEED TO MAKE our communities sustainable is more urgent than ever before. *Toward Sustainable Communities* remains the single most useful resource for creating vibrant, healthy, equitable, economically viable places. This comprehensive update of the classic text presents a leading-edge overview of sustainability in a new fully-illustrated, full-color format.

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- Water, sewage, transportation and housing
- Climate change and air quality
- Land use and urban planning.

Fully supported by a complete suite of online resources and tools, *Toward Sustainable Communities* is packed with concrete, innovative solutions to a host of municipal challenges. Required reading for policymakers, educators, social enterprises and engaged citizens, this “living book” will appeal to anyone concerned about community sustainability and a livable future.

MARK ROSELAND is Director of the Centre for Sustainable Community Development at Simon Fraser University and a Professor at SFU’s School of Resource and Environmental Management. He lectures internationally, advises communities and governments on sustainable development policy and planning, and has been cited as one of British Columbia’s “top 50 living public intellectuals.”



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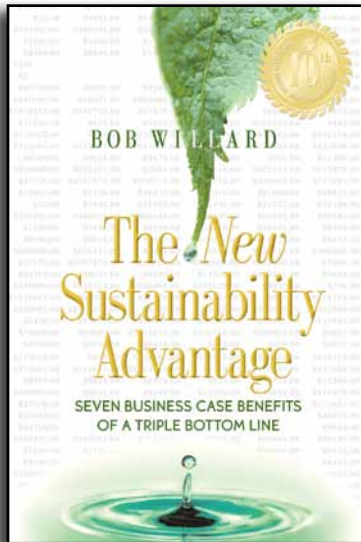
AVAILABLE APRIL

Smart sustainability strategies and how they can benefit the bottom line

# The New Sustainability Advantage

*Seven Business Case Benefits of a Triple Bottom Line – Tenth Anniversary Edition*

BOB WILLARD



CONSCIENTIOUS COMMERCE

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THE NEW SUSTAINABILITY ADVANTAGE shows how the benefits of the “triple bottom line” can increase a typical company’s profit by at least 51 to 81% within five years, depending on the company’s size and industry sector, while avoiding risks that could jeopardize its financial wellbeing.

Fully revised and updated, this 10th anniversary edition clearly demonstrates that, by focusing on seven powerful yet easy-to-grasp sustainability strategies, businesses can:

- Increase revenue
- Improve productivity
- Reduce expenses
- Decrease risks.

Expressed in clear business language and presented in an appealing, graphically rich format, this practical guide and the accompanying online Sustainability Advantage Simulator Dashboard enables executives to enter their own data and quickly identify high-leverage benefit areas for their organization. More detailed downloadable Sustainability Advantage Simulator Worksheets help them drill down into specific areas of interest and fine-tune the assumptions to their specific situation.

An indispensable tool for both sustainability champions and senior management, *The New Sustainability Advantage* proves that the quantified business case for sustainability is more compelling than ever before.

BOB WILLARD gave up an award-winning, successful career in senior management at IBM to devote himself full-time to building corporate commitment to sustainability. Widely in demand as a speaker, he has delivered hundreds of presentations demonstrating the business case for sustainability to companies, consultants, academics and NGOs worldwide. Bob is the author of *The Sustainability Champion’s Guidebook* (p. 19), *The Next Sustainability Wave* (p. 17), and the original edition of *The Sustainability Advantage*. [SustainabilityAdvantage.com](http://SustainabilityAdvantage.com)

An easy-to-understand introduction to practical and affordable ways  
to heat your home or office with the power of the sun

# Solar Home Heating Basics

*A Green Energy Guide*

DAN CHIRAS

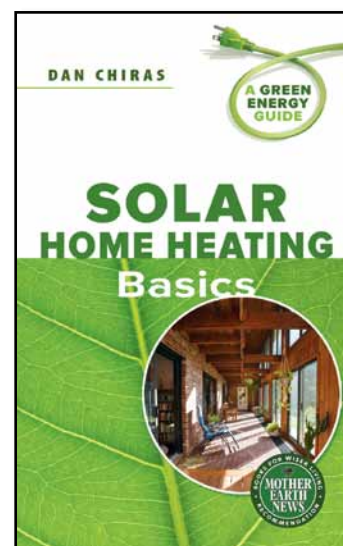
AS FOSSIL FUEL SUPPLIES DWINDLE, home heating will be one of the major challenges in temperate and cold climates. The reserves of natural gas used to heat the majority of North American buildings are rapidly being depleted. This latest *Green Energy Guide* helps readers who want to slash their energy bills and reduce their dependence on scarce resources to navigate the sometimes confusing maze of clean, reliable and affordable options.

*Solar Home Heating Basics* focuses on renewable energy strategies to heat new and existing homes and small businesses. These include:

- Energy efficiency, weatherization and insulation
- Solar hot air heating
- Solar thermal systems
- Passive solar heating
- Backup heating systems.

While most solar home heating resources are geared primarily towards new buildings, this practical and easy-to-understand guide also addresses ways of retrofitting existing buildings, making solar a reality for many people. Packed with all the essential information home and small-business owners need to find alternatives to conventional heating solutions, *Solar Home Heating Basics* is your key to a personal energy strategy.

DAN CHIRAS is a respected educator and the author of 30 books on residential renewable energy and green building, including *The Homeowner's Guide to Renewable Energy* (p. 16) and *Power from the Sun* (p. 18). Dan is the director and lead instructor at the Evergreen Institute's Center for Renewable Energy and Green Building, where he teaches workshops on energy efficiency, solar electricity, solar hot water, small wind energy, green building, natural plasters and natural building. [EvergreenInstitute.org](http://EvergreenInstitute.org)



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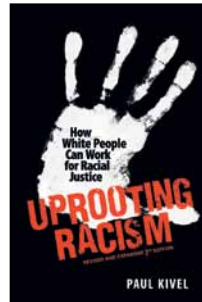
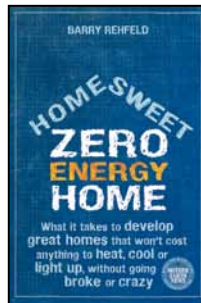
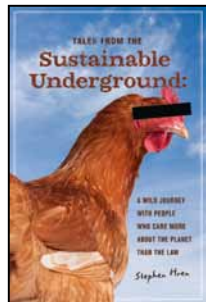
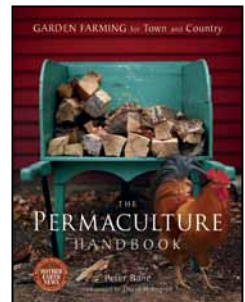
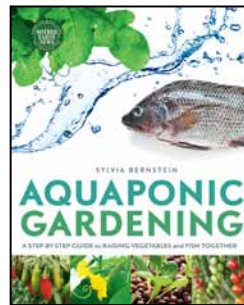
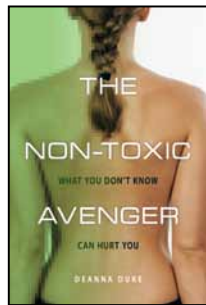
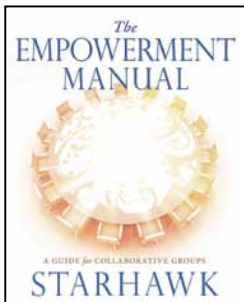
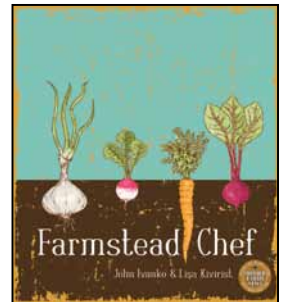
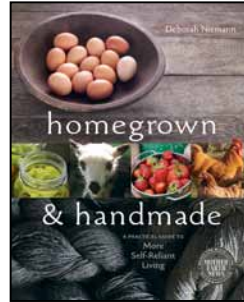
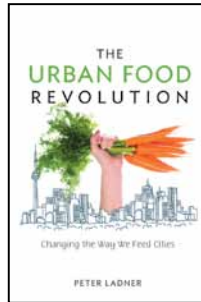
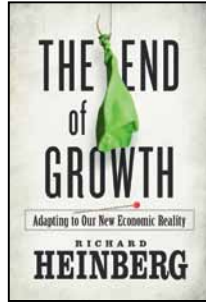
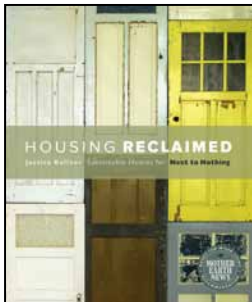
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