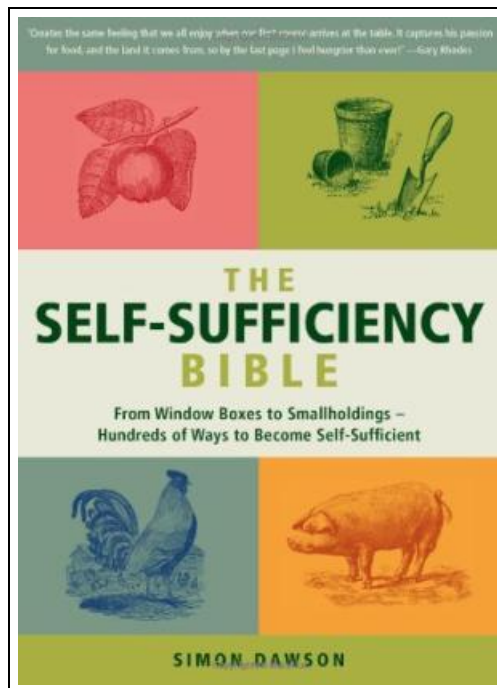


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Watkins Media, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. In today s economic climate, self-sufficiency is increasingly seen as a viable means of taking control of our lives and safeguarding for the future - this is the book that will help every householder do just that. Each of the twelve chapters focuses on key topics for living a more self-sustainable life, with practical information and expert guidance that will make the subject come alive for everyone, whatever their needs, circumstances and resources. This means that the gardening chapter, for example, is appropriate both for people with an urban back yard or a more substantial plot of land. Written in a down-to-earth, engaging and often amusing style, the book will appeal to single people as much as to those with large families, to women who want to be more creative, resourceful and independent, to men who want to rediscover their inner hunter-gatherer , and to parents looking to equip their children with basic life skills.



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