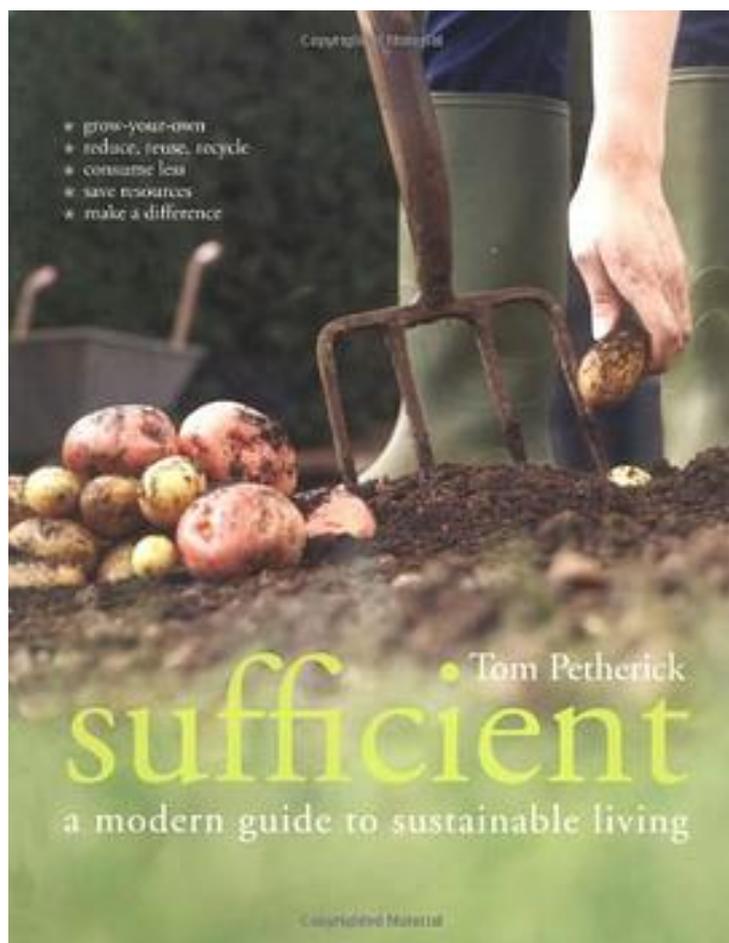


# Sufficient



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出版者:

出版时间:2007-10

装帧:

isbn:9781862057739

'Sufficient' is a book to inspire, educate and encourage a process of change towards a simple, gentle and sustainable way of living. Many of us want to make a shift in our lives by slowing down and consuming less, embracing artisan foods and championing

human-scale organic growing methods as safe, compassionate and pleasurable. This book is a guide to starting that process, however and wherever you currently live in the world. 'Sufficient' is a passionate approach to understanding why changes need to be made and how they can be achieved in a fun and life-enhancing way. It encourages the practice of sustainability, taking it from its niche following and bringing it into the mainstream consciousness via a practical every day manual.

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