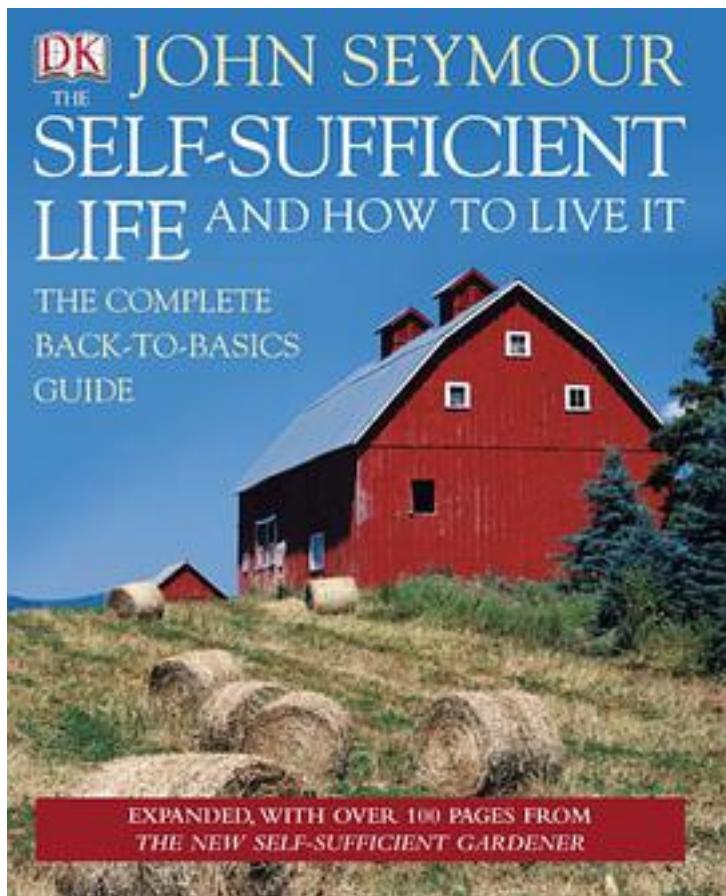


# The Self-Sufficient Life and How to Live It



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著者:John Seymour

出版者:DK Publishing

出版时间:2009-8-17

装帧:Hardcover

isbn:9780756654504

"The Self Sufficient Life and How to Live It" is the only book that teaches all the skills needed to live independently in harmony with the land harnessing natural forms of energy, raising crops and keeping livestock, preserving foodstuffs, making beer and wine, basketry, carpentry, weaving, and much more. Our 2003 edition included 150

new full-color illustrations and a special section in which John Seymour, the father of the back to basics movement, explains the philosophy of self-sufficiency and its power to transform lives and create communities. More relevant than ever in our high-tech world, "The Self Sufficient Life and How to Live It" is the ultimate practical guide for realists and dreamers alike.

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