NEW SOCIETY PUBLISHERS

2019

Tools for a world of change
Books to build a new society
NEW SOCIETY PUBLISHERS is an activist, solutions-oriented publisher focused on publishing books for a world of change. Our books offer tips, tools, and insights from leading experts in sustainable building, homesteading, climate change, environment, conscientious commerce, renewable energy, and more — positive solutions for troubled times.

We’re proud to hold to the highest environmental and social standards of any publisher in North America. This is why some of our books might cost a little more. We think it’s worth it!

► We print all our books in North America, never overseas
► All our books are printed on 100% post-consumer recycled paper, processed chlorine-free, with low-voc vegetable-based inks (since 2002)
► Our corporate structure is an innovative employee shareholder agreement, so we’re one-third employee-owned (since 2015)
► We’re carbon-neutral (since 2006)
► We’re certified as a B Corporation (since 2016)

At New Society Publishers, we care deeply about what we publish — but also about how we do business.

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The only metric that tracks how much nature we have — and how much nature we use

Ecological Footprint
Managing Our Biocapacity Budget

MATHIS WACKERNAGEL AND BERT BEYERS

OUR ECONOMY IS RUNNING A Madoff-style Ponzi scheme with the planet; we use future resources to run the present, using more than Earth can replenish. Like any such scheme, this works for a limited time, followed by a crash.

Avoiding ecological bankruptcy requires rigorous resource accounting — challenging, but doable with the right tools.

Ecological Footprint accounting, first introduced in the 1990s and continuously developed, continues to be the only metric that compares overall human demand on nature with what our planet can renew — its biocapacity — and distills this into one number: how many Earths we use. Ecological Footprint provides a complete introduction, covering:

▶ Footprint and biocapacity accounting
▶ Data and key findings for nations
▶ Worldwide examples including businesses, cities, and countries
▶ Strategies for creating regenerative economies.

Whether you’re a student, business leader, future-oriented city planner, economist, or have an abiding interest in humanity’s future, Ecological Footprint is your essential guide.

MATHIS WACKERNAGEL is co-creator of the Ecological Footprint and president of Global Footprint Network. Recipient of numerous awards, he has lectured at more than a hundred universities, and is author or contributor to over 100 peer-reviewed papers, articles, reports, and books, including the bestselling Our Ecological Footprint. He lives in Oakland, California. www.footprintnetwork.org.

BERT BEYERS is an author and journalist with a passion for exploring humanity’s future and its ecological context. He is a senior editor at one of Germany’s largest radio stations in Hamburg.

Climate Change
6 x 9” / 240 Pages
40 B&W Tables
US/Can $19.99
PB ISBN 9780865719118
Available September 2019

ALSO AVAILABLE:
Our Ecological Footprint
(9780865713123)
(see page 25)
How liberals can talk and listen to Trump supporters without blowing a fuse

Beyond Contempt
How Liberals Can Communicate Across the Great Divide

ERICA ETELSON

American politics has become a nasty blood sport, and both sides bear responsibility for deepening and inflaming the divide. Liberals often come across as self-righteous, condescending, and contemptuous of conservatives, an attitude that has magnified the appeal of right-wing populism. This attitude, especially when infused with classist scorn, antagonizes blue-collar conservatives and entrenches loyalty to Trump.

In Beyond Contempt, Erica Etelson shows how liberal disdain strengthens Trump’s hand and how liberals can instead communicate respectfully and effectively across the political divide. Using Powerful Non-Defensive Communication,™ liberals can express themselves in ways that inspire open-minded consideration rather than defensive rejection. Providing detailed instruction and dozens of examples of questions and statements on hot-button topics, Beyond Contempt shows how to engage in productive dialogue that defuses hostility, builds trust, opens hearts and minds, and — just maybe — discovers common ground.

Beyond Contempt is the must-have guide for anyone who has long wished that political discussions, and Thanksgiving dinner, didn’t end in frustration and anger. Equipped with this guide, liberals can begin to build bridges and heal a nation that has become perilously polarized.

ERICA ETELSON is a writer, community activist, and certified Powerful Non-Defensive Communication™ facilitator. A former human rights attorney, she has advocated in support of welfare recipients, prisoners, indigenous peoples, immigrants, and environmental activists. She has also organized for clean, community-owned energy as a solution to the climate crisis. Following the 2016 election, Etelson became active in the resistance movement and in red-blue dialogue initiatives. Her articles have appeared in the San Francisco Chronicle, Christian Science Monitor, San Jose Mercury News, Truthout and Alternet. She lives with her husband and son in Berkeley, California.
Change the story, change the future – merging science and Indigenous knowledge to steer us towards a more benign Anthropocene

Changing Tides
An Ecologist’s Journey to Make Peace with the Anthropocene

ALEJANDRO FRID

As humanity marches on, causing mass extinctions and destabilizing the climate, the future of Earth will reflect the stories that Homo sapiens decides to jettison or accept into our collective identity. At this pivotal moment in history, the most important story we can tell ourselves is that humans are not inherently destructive.

Alejandro Frid tackles the big questions: who, or what, represents our essential selves, and what stories might allow us to shift the collective psyche of industrial civilization in time to avert the worst of the climate and biodiversity crises?

In seeking the answers, Frid draws from personal experience and that of Indigenous colleagues, finding a glimmer of hope in Indigenous cultures that, despite the ravages of colonialism, have for thousands of years developed intentional and socially complex practices for resource management that epitomize sustainability. Ultimately, Frid argues, merging scientific perspectives with Indigenous knowledge might just help us change the stories about who we are and where we could go.

Changing Tides is for everyone concerned with the crises we have unleashed upon our planet, and how we might steer towards a more benign Anthropocene.

ALEJANDRO FRID, PH.D., an ecologist for First Nations of British Columbia’s Central Coast, and Adjunct Assistant Professor at the University of Victoria, has for over two decades inhabited the worlds of science, modern Indigenous cultures, and climate activism. He lives on Bowen Island, British Columbia.
A delicious alternative to the status quo when it comes to how we farm, cook, and eat

The Ethical Meat Handbook, Revised and Updated 2nd Edition

From sourcing to butchery, mindful meat eating for the modern omnivore

MEREDITH LEIGH

Nutrition, environment, ethics — it seems there’s no end to the food factors we must consider, and at the center of the dietary storm is animal-based agriculture.

In this full-color 2nd edition of The Ethical Meat Handbook, author Meredith Leigh argues that by assuming responsibility for the food on our fork and the route by which it gets there, animals can be an optimal source of food, fiber, and environmental management. This new edition covers:

- Integrating animals into your garden or homestead
- Step-by-step color photos for beef, pork, lamb, and poultry butchery
- 100+ recipes for whole-animal cooking
- Culinary highlights: preparing difficult cuts, sauces, and extras
- Charcuterie, including history, general science, and tooling up
- Discussion of economics and parameters for responsible meat production.

Eating diversely may be the most revolutionary and proactive action we can take to ensure the sustainability of our food system. This book challenges us to take a hard look at our dietary choices and enjoy delicious food that benefits our health and our planet.

Meredith Leigh has worked as a farmer, butcher, chef, teacher, nonprofit executive director, consultant, and writer for the past 17 years, all in the pursuit of sustainable food. She works for Living Web Farms and travels extensively teaching charcuterie and food production and processing to chefs, butchers, home cooks, and farmers. She lives with her partner and four children in Asheville, NC.
A totally new category of plants — as easy to grow as tomatoes, perfect for gardeners

**DIY Autoflowering Cannabis**

*An Easy Way to Grow Your Own*

**JEFF LOWENFELS**

Cannabis prohibition is ending around the world, and there’s a new bud in town — auto-flowering cannabis. As easy to grow as tomatoes, auto-flowering cannabis is the perfect new plant for the home gardener who has limited time and space.

Unlike commercially grown cannabis, auto-flowering cannabis plants are small, container-grown, day-neutral, require no special lights or equipment, and grow incredibly fast — from seed to harvest in as little as seven weeks.

Written by gardening authority Jeff Lowenfels, this full-color guide covers:

- The history and benefits of auto-flowering cannabis
- Its origins, chemistry, and growing habits
- Step-by-step growing methods, including tips, tricks, supplies, and seed sourcing
- How to harvest, process, and breed your new plants.

If you are a home gardener or already grow cannabis, you too can learn how to grow this new plant with ease, all while reaping its many benefits, such as harvesting it for medical use, recreational use, or simply as a decorative, sweet-smelling flower to enjoy. If you like to grow tomatoes, you will love growing auto-flowering cannabis.

Jeff Lowenfels, a reformed lawyer and leader in the organic gardening movement, is one of the most humorous and entertaining lecturers and writers on the organic gardening circuit. He is the author of three bestselling books, including *Teaming With Microbes*, which have become bibles for organic growers worldwide. He lives in Anchorage, Alaska, where cannabis has been legal since 1975. www.jefflowenfels.com
Once a staple in homes across the world, and found along every highland, highway, and hedgerow, the forgotten elderberry is making a comeback. Its popularity as medicine is surging, its choice as an edible landscaping plant is growing, and its use for wine-making and crafts is being rediscovered.

Spanning history and geography, The Elderberry Book takes you on an adventure, deepening your appreciation of a plant that has played a crucial role across the world for thousands of years. Through this fun, inspirational, and educational resource, discover:

- Elderberry’s amazing history
- Cultivating and foraging, from the balcony to the backyard
- Various traditional food and medicine preparations
- Simple wine-making techniques
- Traditional crafts and tools.

This is the definitive guide to the many uses of elderberry; no matter where you are, humankind’s oldest plant friend can provide you with anything from syrup to wine to dyes, and more.

John Moody is the founder of Whole Life Services and Whole Life Buying Club. He won the 2013 Weston A. Price activist of the year award and is one of two old-timers and five rambunctious kids who farm and homestead on 35 acres in Kentucky.
How home gardeners with little time or space can reclaim the joy and independence of seed saving

Beginning Seed Saving for the Home Gardener

JAMES ULAGER

MANY HOME GARDENERS refuse to eat a grocery store tomato, but routinely obtain their seeds commercially, sometimes from thousands of miles away. And while seed saving has been largely mysterious and intimidating, even home gardeners with little land and time can experience the joy and independence it brings, freeing them from industry and the annual commercial seed order.

Beginning Seed Saving for the Home Gardener explores how seed saving is not only easier than we think, but that it is essential for vibrant, independent, and bountiful gardens. Coverage includes:

- Why seed saving belongs in the home garden
- General plant principles
- Easy inbreeding with perfect flowers, including legumes, lettuce, tomatoes, parsley, and peppers
- Plants with moving parts, including squash, spinach, onions, and parsley
- Obligate outbreeds including corn, carrots, and cabbage.

Written by a home seed saver for the home seed saver, Beginning Seed Saving for the Home Gardener is a comprehensive guide for those who want to reclaim a portion of the seed heritage, highlighting the importance of saving seeds for you, your neighbors, and most importantly, subsequent generations.

JAMES ULAGER is a home gardener and seed saver who has traveled, studied, and spoken on seed saving for the small-scale gardener. Jim produces fruit, vegetables, tree products, chicken, pork, grain, and seeds on his 4-acre Vermont homestead with his wife and three children.
Unleash the potential of your yard by transforming it into a beautiful and vibrant space offering a continuous supply of food

Your Edible Yard
Landscaping with Fruits and Vegetables

CRYSTAL STEVENS

JOURNEY INTO THE GOOD FOOD MOVEMENT by unleashing the potential of your yard, transforming it into a beautiful and vibrant space that offers a continuous supply of food.

Using dozens of beautiful color photographs, watercolor planting charts, and landscaping designs, Your Edible Yard is the comprehensive how-to guide you need to turn your yard into a bountiful feast.

It features:

- Practical gardening methods and maintenance from weeding to wintering, including foodscaping and container gardening
- Permaculture principles including soil building techniques, raised beds, and natural/non-toxic DIY pesticide alternatives
- How to integrate culinary and medicinal herbs, edible flowers, mushrooms, fruits, vegetables, and wild edibles
- Resources for buying seeds, and sourcing supplies on a budget
- Instructions on preserving, fermenting, freezing, and drying
- General tips, such as how to find loopholes in laws preventing edible front yards.

Whether you’re a beginner or experienced gardener in the city, the suburbs, or the country, this manual is the A-Z guide for how to make use of the space you have, highlighting the colorful and abundant array that edible landscapes promise.

CRYSTAL STEVENS is an author, artist/art teacher, folk herbalist, regenerative farmer, and Permaculturist. She is the co-founder of Flourish, and the author of the award-winning Grow Create Inspire, and Worms at Work. Crystal lives and farms with her husband and two children in Godfrey, IL. www.growcreateinspire.com
WHILE CONCERN ABOUT THE STATE of our land, air, and water continues to grow, there is widespread belief that environmental issues are primarily of interest to wealthy white communities. *Engage, Connect, Protect* explodes this myth, revealing the deep and abiding interest that African American, Latino, and Native American communities – many of whom live in degraded and polluted parts of the country – have in our collective environment.

Part eye-opening critique of the cultural divide in environmentalism and part practical toolkit for engaging diverse youth, *Engage, Connect, Protect* covers:

- Why communities of color are largely unrecognized in the environmental movement
- Bridging the cultural divide and activating a new generation of environmental stewards
- A curriculum for engaging diverse youth and young adults through culturally appropriate methods and activities
- A resource guide for connecting mainstream America to organizations working with diverse youth within environmental projects, training, and employment.

*Engage, Connect, Protect* is a wake-up call for businesses, activists, educators, and policymakers to recognize the work of grassroots activists in diverse communities and create opportunities for engaging with diverse youth as the next generation of environmental stewards.

**ANGELOU EZEILO** is founder and CEO of the Greening Youth Foundation. A 2016 Ashoka Fellow, she is a member of the National Center for Civil and Human Rights’ Women in Solidarity Society. Born and raised in America, Angelou lives in Atlanta, GA and Victoria Island, Nigeria.

**NICK CHILES** is a Pulitzer Prize winning journalist and *New York Times* bestselling author. He lives in Atlanta, GA.
The complete guide to growing trees and shrubs indoors to beautify and purify your home

Growing Trees and Shrubs Indoors

Breathe New Life into Your Home with Large Plants

D.J. HERDA

Some of the most polluted places on earth are where we spend 90% of our time—our homes. Science is continually uncovering more effective ways of improving the quality of our environment, and plants—specifically indoor trees and shrubs—are at the top of this list.

Growing trees and shrubs indoors might seem like a monumental challenge, but it’s no different than growing any plants indoors. Written by master gardener D.J. Herda, Growing Trees and Shrubs Indoors is the definitive guide to all the tips and tricks you need to help them survive and flourish in an indoor environment. It covers how they:

- Rid your environment of airborne pollutants
- Beautify your home
- Help you to live a longer, healthier, happier life.

An explosive entry into the wellness scene, Growing Trees and Shrubs Indoors is for those with a keen interest in gardening, health, and science, offering a new way of promoting human wellness while creating beautiful, enjoyable surroundings.

D.J. HERDA is an award-winning creative writer, photojournalist, editor, public speaker, and college-level instructor. He has gardened indoors and out for more than 50 years, is a syndicated newspaper and magazine garden writer, and a test grower for Rodale Farms and Jackson & Perkins. DJ has written over 80 books and is a professional mentor and workshop instructor. He lives and works in the Rocky Mountains of St. George, Utah. www.djherda.org
The power of the commons as a free, fair system of provisioning and governance beyond capitalism, socialism, and other -isms

Free, Fair, and Alive

The Insurgent Power of the Commons

DAVID BOLLIER, SILKE HELFRICH

FROM CO-HOUSING AND AGROECOLOGY to fisheries and open-source everything, people are increasingly using “commoning” to emancipate themselves from a predatory market-state system.

*Free, Fair, and Alive* presents a re-thinking of the commons — the self-organized social system that humans have used for millennia to meet their needs. It offers a compelling vision of a future beyond the dead-end binary of capitalism versus socialism that has almost brought the world to its knees.

Written by two leading commons activists, this is a penetrating cultural critique, table-pounding political treatise, and practical playbook. Highly readable and full of colorful stories, coverage includes:

- Internal dynamics of commoning
- How the commons worldview opens up new possibilities for change
- The role of language in reorienting our perceptions and political strategies
- Seeing the potential of commoning everywhere.

*Free, Fair, and Alive* presents a compelling narrative: that we can be free and creative people, govern ourselves through fair and accountable institutions, and experience the aliveness of authentic human presence.

DAVID BOLLIER is Director of Reinventing the Commons Program at the Schumacher Center for a New Economics, co-founder of the Commons Strategies Group, and author of *Think Like a Commoner*. He blogs at Bollier.org and lives in Amherst, MA.

SILKE HELFRICH is an independent activist, author, scholar, and speaker. She co-founded the Commons Strategies Group and Commons-Institut in Germany, blogs in German at commons.blog, and lives in Neudenau, Germany.
THOMAS JEFFERSON SAID THAT “the purpose of government is to enable the people of a nation to live in safety and happiness.” Yet only now, 270 years later, is the happiness of citizens starting to be taken seriously as the purpose of government.

While happiness science is advancing rapidly, and governments and organizations are creating indices for measuring happiness, there is little practical information on how to create policy to advance happiness.

Drawing from a deep well of expertise and experience, The Happiness Policy Handbook is the first step-by-step guide for integrating happiness into government policy at all levels. Coverage includes:

- A concise background on happiness science, indices and indicators, and happiness in public policy
- Tools for formulating happiness policy and integrating happiness into administrative functions
- Communicating happiness policy objectives to media and engaging with the community
- A happiness policy screening tool for evaluating the happiness contribution of any policy
- Policy perspectives from seasoned experts across sectors.

The Happiness Policy Handbook is the essential resource for policymakers and professionals working to integrate happiness and well-being into governmental processes and institutions.

LAURA MUSIKANSKI is Executive Director of the Happiness Alliance and lives in Seattle, WA. RHONDA PHILLIPS is the Dean of Purdue Honors College, Interim Dean of Libraries, and Professor of Agricultural Economics at Purdue University, and lives in West Lafayette, IN. JEAN CROWDER was a member of parliament in the Canadian government, has extensive policymaking experience, and lives in Duncan, BC.
The indispensable guide to solar electricity systems for homeowners, business owners, builders, and students

Solar Electricity Basics – Revised and Updated 2nd Edition

Powering Your Home or Office with Solar Energy

DAN CHIRAS

Climate change and limits to fossil fuels compel us to find safer, more economical, and more sustainable ways to meet our needs for electricity. And, as more and more electric cars hit the road, we’ll need to find a way to provide fuel that is clean, environmentally sustainable, and affordable.

With Solar Electricity Basics, author Dan Chiras offers a concise and up-to-date guide covering all the essentials. It explores:

- How to size, cost, and choose the right system, including off-grid vs. grid-tied vs grid-tied with battery backup
- Where to mount a system for maximum performance
- What type of modules and inverters to buy
- How to install and maintain batteries
- Cost vs benefits for solar electric systems
- How to connect to the grid, and what type of net metering your area offers.

Solar Electricity Basics is an indispensable guide for homeowners, business owners, builders, and students for figuring out solar electricity quickly and easily.

DAN CHIRAS, PH.D, is the author of numerous books on renewable energy, including Power from the Sun, Power from the Wind and The Homeowner’s Guide to Renewable Energy. He has taught workshops on solar electricity through various organizations including the Evergreen Institute, the American Solar Energy Society, the Colorado Renewable Energy Society, Missouri Solar Energy Industries Association, and the University of Colorado. Dan lives off-grid in Gerald, MO.
Elegant Simplicity
The Art of Living Well
SATISH KUMAR
Elegant Simplicity provides a philosophy of life that weaves together simplicity of material life, thought, and spirit and distills Satish Kumar’s five decades of wisdom into a guide for pursuing a life that prioritizes the ecological integrity of Earth, social equity, and personal happiness.
5.5 x 8.5” / 208 Pages
US/Can $19.99
HC ISBN 9780865719101

Renewal
How Nature Awakens
Our Creativity, Compassion, and Joy
ANDRÉS R. EDWARDS
Renewal explores the science behind why being in nature makes us feel alive and helps us thrive. Backed by cutting-edge research in cognitive science, Edwards weaves stories that reveal nature’s genius, its effect on our lives, and how cultivating an emotional bond with nature benefits us and the natural world.
6 x 9” / 208 Pages
US/Can $19.99
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Are We Done Fighting?
Building Understanding in a World of Hate and Division
MATTHEW LEGGE
Are We Done Fighting? provides research, practical activities, and inspirational stories of success for cultivating inner change and spreading peace at the community level and beyond. Essential for everyone working to build understanding as an antidote to the politics of hate and division.
6 x 9” / 352 Pages
US/Can $24.99
PB ISBN 9780865719088

I’m Right and You’re an Idiot – 2nd Edition
The Toxic State of Public Discourse and How to Clean it Up
JAMES HOGGAN WITH GRANIA LITWIN
This fully updated 2nd edition grapples with the desperate state of current public discourse. Through interviews and wisdom from outstanding thinkers, it shows that deliberately polluted conversations can discourage people from taking action on critical issues, and demonstrates how we can become more powerful communicators.
6 x 9” / 304 Pages
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PB ISBN 9780865719149
i-Minds – 2nd edition

_How and Why Constant Connectivity is Rewiring Our Brains and What to Do About it_

MARI SWINGLE

Engaging and scientifically rigorous, this fully updated edition of _i-Minds_ explores screen-based technology’s assimilation into our lives, pondering them as both godsend and plague, demonstrating how constant connectivity is changing our brains and exploring positive steps to take to embrace new technologies.

6 x 9” / 544 Pages

US/Can $29.99

PB ISBN 9780865719019

Democratic Rules of Order

_Easy-to-Use Rules for Meetings of Any Size_

PEG FRANCIS & FRED FRANCIS

With over 20,000 copies sold, _Democratic Rules of Order_ – 10th edition is the alternative to other unwieldy guides. Honed through thousands of meetings, it offers a complete set of easy-to-use, plain-language rules for governing democratic meetings of any size and complexity.

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Nature-Based Therapy

_A Practitioner’s Guide to Working Outdoors with Children, Youth, and Families_

NEVIN HARPER, KARThRYN ROSE & DAVID SEGAL

_Nature-Based Therapy_ is a practical guide for those working in educational and therapeutic settings. It addresses the disconnection between humans and their ecological home, and offers successful theories and practices undertaken with children, youth, and families.

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_An Integrated K-8 Guide for Discovering Science, Ecology, and Whole-Systems Thinking_

KACI RAE CHRISTOPHER

_The School Garden Curriculum_ provides an integrated K-8 framework and over 200 weekly lessons that weave science, permaculture, and environmental education into place-based, immersive learning. For teachers aiming to blend science and life skills while inspiring environmental stewardship.

8 x 10” / 320 Pages

US/Can $34.99

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When Kids Rule the School
The Power and Promise of Democratic Education
JIM RIETMULDER
When Kids Rule the School is a comprehensive guide to the theory and practice of democratic schooling, where kids practice life in a self-governed school society: empowered as voters, bound by laws, challenged by choice, supported by community, and driven by nature.
6 x 9” / 288 Pages
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PB ISBN 9780865719040

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Cooperative Games and Activities for All Ages
JOSETTE & BA LUVMOUR
This 3rd edition of the best-selling, Parent Choice Award-winning book Everyone Wins is an easy to use, quick reference guide featuring over 170 well-designed cooperative games and activities for and about children, education, and the actualization of social well-being in a diverse range of environments.
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Growing Mushrooms at Home for Food, Medicine, and Soil
WILLOUGHBY AREVALO
DIY Mushroom Cultivation is a full-color, illustrated guide to growing mushrooms at home. It offers a concise background on mushrooms, proven step-by-step instructions, and a simple method that will make your home or garden the perfect place for a fruitful mushroom cultivation practice.
7.5 x 9” / 176 Full Color Pages
US/Can $24.99
PB ISBN 9780865719071
Homegrown City Life Series
Essential Composting Toilets
A Guide to Options, Design, Installation, and Use
GORD BAIRD & ANN BAIRD
Essential Composting Toilets is a streamlined, illustrated manual that takes a practical approach to system selection criteria, design, installation, and operation, while meeting universal health and safety objectives.
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An Illustrated Guide for Design and Construction
CASBA
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Essential Rammed Earth Construction
The Complete Step-by-Step Guide
TIM KRAHN
Essential Rammed Earth Construction covers design, building science, tools, and step-by-step building methods for building with rammed earth – and, gravel, and clay or lime/cement binder packed into forms – in any climate, with an emphasis on cold climates.
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A Guide to Home-Scale System Design
ROB AVIS & MICHELLE AVIS
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The Complete Step-by-Step Guide
TIM KRAHN
Essential Rammed Earth Construction covers design, building science, tools, and step-by-step building methods for building with rammed earth – and, gravel, and clay or lime/cement binder packed into forms – in any climate, with an emphasis on cold climates.
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