



The Self Sufficient-ish Bible: An Eco-living Guide for the 21st Century

Andy Hamilton, Dave Hamilton

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In this fun and helpful handbook, an approach to eco-conscious living is presented that proves that helping the environment does not require altering an entire lifestyle. This guide is packed with creative ideas for recycling, growing organic vegetables, and establishing an environmentally friendly office for those who lack the space or time to be completely self-sufficient but still want to minimize their environmental impact. There are small suggestions for those just getting started—such as choosing alternative kitchen-cleaning products—as well as bigger projects—including making a solar oven from a used pizza carton and establishing a green nursery for children—that cover all aspects of modern family life. Earth-friendly recipes, herbal remedies, and eco-friendly travel solutions round out this helpful resource to making the Earth just a little greener every day.

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