



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, “Green Twins” Andy and Dave Hamilton present an approach to eco-conscious living 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.

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

Date : Published November 1st 2008 by Hodder & Stoughton

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Author : Andy Hamilton , Dave Hamilton

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Jen says

I liked this book. It had lots of practical advice and DIY info about how to live a greener life. I especially liked the food and gardening sections and the part about how to build your own bird platform (akin to a feeder, I believe). The only con was that this was published in England, so there were a few teeny cultural differences. All in all a helpful "bible" for those interested in consuming less. (Lots of helpful pics and diagrams, which I loved!)

Dioscita says

More for newbies to this kind of thinking/being, but still user-friendly and easy to breeze through in a few hours. I consider this book more about greening one's lifestyle than actual self-sufficient-ish-ness, but that's a minor quibble, really...

Jacqueline McNeil says

I think I probably look at this book every single day, and have done so since I got it several years ago.

Kyle says

Nice tone, lots of ideas. Mostly about gardening and tips to buy completely new appliances and housing.

Creepy pictures of middle age balding longhair twins gleefully posing.

Christiana says

Listen, dudes, I am all for saving the planet. But this book makes me look like a jerk. I'm just not going to stop washing my hair, even though if I wait six weeks, it'll start naturally ridding itself of oil. There will also never be a wormery in my house.

It has made me think more about using goodwill and secondhand resources and only buying what I really truly need. I just am not ready to use hemp sheets instead of cotton.

Jodi says

Twin brothers Andy & Dave Hamilton deserve two big thumbs up for this book! Not only is it attractive and easy to read, but it's also chock-full of useful information about how to live a more mindful, frugal, earth-friendly life. Tips range from how to set up an eco-friendly home, to growing veggies, herbs, and fruit, to eating seasonally, keeping animals, preserving, foraging, making home-brew, natural medicines, low-impact travel, renewable energy, being green at the office, as a consumer and as a parent. I am impressed with the amount of information they managed to compile in this "bible." This would be an excellent book for any young person about to set up their own home for the first time, or for anyone looking to be more thoughtful in their lifestyle choices. Kudos to the brothers!

Julie Nédellec Dupont says

I borrowed this book from the library which is a self sufficient act in itself (borrowing rather than buying books) but I've now extended it twice and have to give it back. I love the book and want to keep getting back to it for all the little advice and recipes and methods I can use in my urban life to make it more sustainable. I'm going to have to buy the book now !

Andy says

Well I wrote it so slightly bias!

The aim when writing it was to produce a book that was accessible to those wanting to empower themselves to do more. The underlying philosophy of the book (and website), is that the more we do to support ourselves, whether this means keeping pigs, growing vegetables, home brewing or foraging, the happier we are as humans. We also make our own environment a better place to live by not polluting it or adding to the amount of fossil fuels used.

Jennifer says

Really more of a guide to living lightly on the Earth, rather than self sufficiency.

Ashley says

Reference book. Not for beginners.

Susan Tomi says

I didnt finish it but I want to own it, great info

Fee Fairy says

Can't believe it's taken me this long to review it...

The Ish Bible is the number 1 recommendation for anyone in an urban or rented setting who has an interest in going Self Sufficient. Andy and Dave, the authors both lived in a city in rented accommodation when they started the website www.selfsufficientish.com. They understood and found ways round the rules of renting and the difficulties of growing in cities.

The Bible is the result of the website and makes all the best hints and tips available in a beautifully printed, brilliantly photographed volume. The book is printed on recycled (and recyclable) paper and can be composted after reading if you wish :)

Serendipitychild says

Excellent book for those who fantasise about living the good life. Some very useful tips and information. Some information less useful if you don't have much money or live in a flat in inner city london, but still great for a good fantasy.

Latasha says

This is definitely more a book for homesteaders, which I am not as I live in a townhouse in the suburbs. Also, the authors are from the UK, so a lot of the garden ideas and green ideas are based on what's available over there. The pictures of the two of them seriously creeped me out; they're twins but they seem like they're a little chummy lol. Anywho, good points about organic/fair trade foods, and how to be a green consumer but most of it spent on homesteading.
