



Self Sufficiency for the 21st Century

DICK AND JAMES STRAWBRIDGE

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Taking its inspiration from John Seymour's bestselling classic, *The Complete Book of Self-Sufficiency*, *Self Sufficiency for the 21st Century* brings the subject up to date by showing how to live a more sustainable life that everyone can access, whether living in the city, the suburbs, or the country. Sharing their experiences, tips, and techniques, father-and-son team Dick and James Strawbridge show how to make the practical changes that will have a big impact on your life-without having to transform your lifestyle. Covering eco projects, plant-by-plant and animal-by-animal identification, how to produce little or no waste and to remove our dependence upon fossil fuels, and so much more, *Self Sufficiency for the 21st Century* includes something for everyone-from urban apartment dwellers to suburbanites to those living in the countryside.

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