



The New Complete Book of Self-Sufficiency

By John Seymour



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Make the break, realise the dream and start living "The Good Life!" with John Seymour The new edition of this enduring classic from the founding father of modern self-sufficiency, John Seymour, is still the key reference to living off the land. Covering all the practicals from ploughing fields to milking cows as well as information on how to create an urban organic garden and harness natural energy, this is perfect for anyone aspiring to the self-sufficient lifestyle. Packed with Seymour's tried-and-tested tips and invaluable nuggets of advice, discover how to reap the harvest, respect the land, stay healthy and waste nothing.



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Editorial Review

About the Author

John Seymour, the acknowledged founding father of the self-sufficiency movement, was an active campaigner for the countryside and the environment. Students come from around the world to learn about his lifestyle & philosophies at the centre he established in southern Ireland. He died in 2004.

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