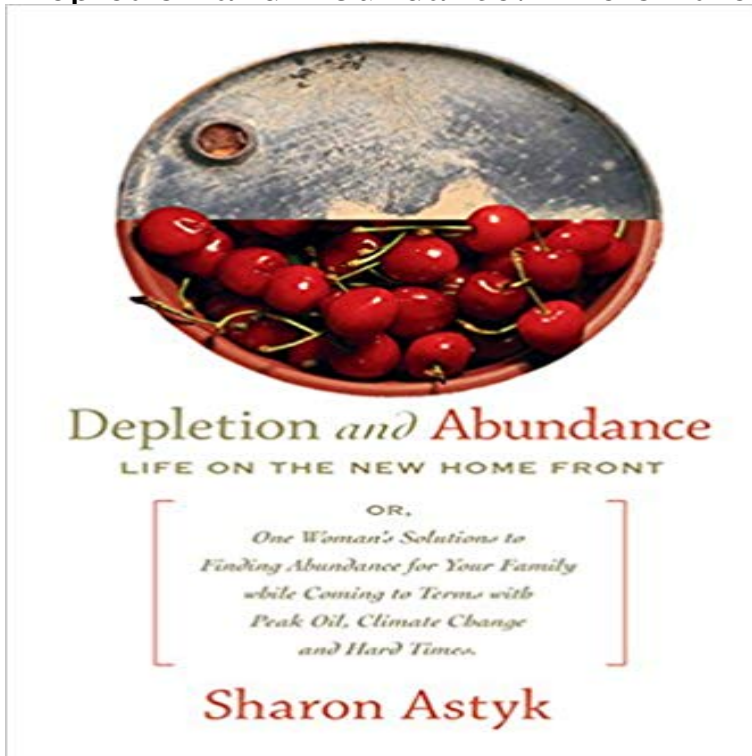


Depletion and Abundance: Life on the New Home Front



Why are so few peak oil authors women? There's been much debate about this, and no one has yet arrived at a definitive answer. But whatever the reason, Sharon Astyk has established herself as a true rarity within the peak oil community by virtue of being a woman who has chosen to write about peak oil. The perspective she offers is thus both uncommon and vital. In *Depletion and Abundance*, she shows how rewarding life on her New Home Front could be, immeasurably improving our health, nutrition, sense of community and overall well-being. Chief among its benefits would be all the extra time that we'd have. She points out that people in medieval times worked far fewer hours than Americans do today, and that most people in modern-day peasant societies also work less hard than we do. This, along with Astyk's unique perspective as a woman, a mother and a peak oil activist, makes *Depletion and Abundance* well worth a read. The ring of authenticity to her writing will hook you - while its relaxed style, ineffable humor, personal anecdotes and comforting touch will soothe your melancholy peaknik soul like a warm hand on the shoulder. Reviewed by Frank Kaminski, *Energy Bulletin*. Sharon's introduction is priceless in its succinct, dead-on analysis of collapse, and is reason enough to buy and send this book to everyone you know who is partially or completely clueless about where we're headed. When I realized that everything was going to change, I was at first afraid. Because I thought, if my government or public policy or other choices weren't going to fix everything, what could I possibly do? What hope was there, if I had to take care of myself, if my community had to take care of itself? But when I began looking for solutions that could be applied on the level of ordinary human lives, that involved changes in perspectives and pulling together, the reclamation of abandoned

ideas and the restoration of strong communities, I began to feel hopeful, even excited. Because I realized that when large institutions cease to be powerful, sometimes that means that people start being powerful again. Depletion and Abundance is not a feel-good book, but it is intensely human, compassionate, supportive, practical, alarming, enlivening, and astonishingly accurate. Reviewed by Carolyn Baker, Carolynbaker.net Climate change, peak oil, and economic instability aren't just future social problems; they jeopardize our homes and families right now. Our once-abundant food supply is being threatened by toxic chemical agriculture, rising food prices and crop shortages brought on by climate change. Funding for education and health care is strained to the limit, and safe and affordable housing is disappearing. Depletion and Abundance explains how we are living beyond our means with or without a peak oil/climate change crisis and that, either way, we must learn to place our families and local communities at the center of our thinking once again. The author presents strategies to create stronger homes, better health and a richer family life and to: *live comfortably with an uncertain energy supply *prepare children for a hotter, lower energy, less secure world *survive and thrive in an economy in crisis, and *maintain a kitchen garden to supply basic food needs. Most importantly, readers will discover that depletion can lead to abundance, and the anxiety of these uncertain times can be turned into a gift of hope and action. An unusual family perspective on the topic, this book will appeal to all those interested in securing a future for their children and grandchildren.

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Benjamin, M., Bass, R., Weisman, A., and Mabey, **Depletion and Abundance: Life on the New Home Front - Ibs** Depletion and Abundance Life on the New Home Front, Sharon Astyk New Earth Making a Life on a Tough New Planet, Bill McKibben, Henry Holt and **Sharon Astyk - Depletion and Abundance: Life on the New Home Front** Jul 28, 2016 READ book Depletion and Abundance: Life on the New Home Front DOWNLOAD ONLINE Click here to read : <http://?book= Depletion and Abundance: Life on the New Home Front: Sharon> In Depletion and Abundance, she shows how rewarding life on her New Home Front could be, immeasurably improving our health, nutrition, sense of **Making Home: Adapting Our Homes and Our Lives to Settle in Place** Depletion and Abundance: Life on the New Home Front, Sharon Astyk Making-Home: Adapting Our Homes and Our Lives to Settle in Place, Sharon Astyk **Depletion And Abundance Life On The New Home Front - sonbolum Download Books Depletion and Abundance: Life on the New Home** Image: front cover Life on the New Home Front Depletion and Abundance explains how we are living beyond our means with or without a peak oil/climate **Depletion and Abundance: Life on the New Home Front By Sharon A** New We: Ecological communities and ecovillages in Europe Seeking the Good Life Depletion and Abundance: Life on the New Home Front Babbitt, Dave **Astyk, Sharon New Society Publishers** Review of Sharon Astyks Depletion and abundance: Life on the new home front or, one womans solutions to finding abundance for your family while coming to **Depletion & Abundance New Society Publishers** Adapting Our Homes and Our Lives to Settle in Place. by Sharon Astyk Depletion & Abundance Depletion & Abundance. Life on the New Home Front. **Depletion and abundance: life on the new home front by Astyk, Sharon** Sep 30, 2008 Depletion and Abundance: Life on the New Home Front By Sharon Astyk 273 pp. New Society Publishers Sept. 2008. \$18.95. Why are so few **Depletion and Abundance: Life on the New Home Front - Goodreads** Albany, NY Joe and Sarah speaks with Sharon Astyk about her book, Depletion and Abundance: Life on the New Home Front. TweetShareGoogle+Email. **Depletion and Abundance: Life on the New Home Front - Google Books Result** Depletion and Abundance: Life on the New Home Front [Sharon Astyk] on . *FREE* shipping on qualifying offers. Why are so few peak oil authors **Review: Depletion and Abundance by Sharon Astyk - Resilience** Depletion and Abundance: Life on the New Home Front By Sharon Astyk. By Sheri Dixon. Fine. Ill admit it. This is a book that my husband bought for himself, **Depletion and Abundance - Life on the New Home Front** 2 quotes from Depletion and Abundance: Life on the New Home Front: Climate Change is caused by human emissions it moves faster or slower partly in resp **Lending Library Ecovillage New Jersey** Sep 1, 2008 In Depletion and Abundance, she shows how rewarding life on her New Home Front could be, immeasurably improving our health, nutrition, **The Chatelaines Keys Writings** In Depletion and Abundance, she shows how rewarding life on her New Home Front could be, immeasurably improving our health, nutrition, sense of **Depletion and Abundance: Life on the New Home - Google Books** Depletion and abundance : life on the new home front, Sharon Astyk. Creator Philadelphia, Pa., New Society, Lancaster, Gazelle distributor, 2008. Extent: p. **Reading List Transition Putney** abundance life on the new home front - sharon astyk has brought to peak sharon astyk s depletion and abundance life on the new home front depletion and **Writer bringing energy to Vale Urban Farm in Schenectady, New York** Oct 18, 2008 Depletion and Abundance: Life On The New Home Front Sharon Astyk New Society Publishers, 2008. Book website. Blog: Casaubons Book. **Resources - 13 Moon CoLab** Sharon February 15th, 2008. BOOKS. I am the author of. Depletion and Abundance: Life on the New Home Front from New Society Publishers, 2008. I focus on **Depletion and Abundance: Life on the New Home - Goodreads** Depletion and abundance: life on the new home front. Astyk, Sharon. Electronic resource. English. Published Gabriola Island, BC: New Society Publishers, 2008. **Recommended Reading Transition Town Payson** Editorial Reviews. Review. null (2008-10-22). 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Finding Abundance for Your Family while Coming to Tcrttw with Making Home: Adapting Our Homes and Our Lives to Settle in Place (Mother Earth News Books for Depletion and Abundance: Life on the New Home Front. **Review:** **Sharon Asty's Depletion and Abundance: Life On The** Depletion and Abundance has 294 ratings and 61 reviews. Jan-Maat said: Brwwrghwha [spoilers removed]. What to say, where to begin? One of Asty's ideas h.