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About The Sustainable (ish) Living Guide. Easy, do-able, down to earth ideas and suggestions for everyone to help save the planet. If you want to save the planet, but your to-do

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list is already pretty long and remembering your re-usable coffee cup feels like a Herculean task, then this is the book for you. Covering every aspect of our lives from the stuff we buy and the food we eat, to how we travel, work, and celebrate.

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If you answered "yes" to these questions, then living off the grid may be for you. Although living off the grid takes some hard work, the benefits make it all worthwhile. This practical guide gives you all the information you'll need to move off the grid, including how to:

- Grow your own produce
- Raise, hunt, and process your meat

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Do you want to have electricity and hot water at any time, no matter what's going on outside your property? Do you want to have more control over the things you eat and how they are processed? Do you want your family safe from the worries of

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a bad economy and crime? If you answered "yes" to these questions, then living off the grid may be for you. Although living off the grid takes some hard work, the benefits make it all worthwhile. This practical guide gives you all the information you'll need to move off the grid, including how to:

- Grow your own produce
- Raise, hunt, and process your meat
- Eliminate existing debt to cut off financial ties
- Build a sustainable home from scratch
- Harvest and reuse water
- Create your own sources of energy

Whether you want to live an eco-friendly life or just want to incorporate a few key aspects into your existing day-to-day, this guide is your comprehensive introduction to homestead sustainability.

All you need for a smooth transition to the gluten-free lifestyle! Contrary to popular belief, living gluten-free doesn't just mean eating gluten-free! With 1 in 20 people suffering from some degree of gluten intolerance and countless others interested in the health benefits of removing gluten from your diet, it's no wonder that the gluten-free lifestyle is on the rise. The Everything Guide to Living Gluten-Free is the perfect introduction to this lifestyle change. Inside, you'll find guidance on making a stress-free switch to a gluten-free life, with valuable information on:

- Setting up a pantry to avoid cross-contamination.
- Finding gluten-free options when traveling.
- Selecting gluten-free health and personal care products.
- Enjoying restaurant dinners and parties.
- Helping children acclimate to the gluten-free lifestyle.

Plus, you'll find 100 recipes for superb gluten-free dishes, like Cornmeal-Crusted Chicken, Focaccia Bread, and Chocolate Raspberry Cupcakes with Fluffy Raspberry Frosting. Even including information for gluten-free vegans and vegetarians, this all-in-one guide is your indispensable resource for losing gluten for good!

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Self-sufficiency doesn't have to mean getting off the grid entirely. That level of independence isn't practical for most people. A backyard farm can provide an abundance of inexpensive food as well as additional income which can bring you real independence. Whether you're a first-timer who wants to start growing vegetables or an experienced gardener looking to expand a small plot into a minifarm, *The Everything Backyard Farming Book* has all you need, from growing fruits and vegetables to raising animals to preserving and storing food. With this common-sense guide, you will be able to take control of the food you eat - in an urban or suburban setting.

This clever how-to handbook is the first step to living off the grid.

Easy, do-able, down to earth ideas and suggestions for everyone to help save the planet. If you want to save the planet, but your to-do list is already pretty long and remembering your re-usable coffee cup feels like a Herculean task, then this is the book for you. Covering every aspect of our lives from the stuff we buy and the food we eat, to how we travel, work, and celebrate. This book provides stacks of practical, down to earth ideas to slot into your daily life, alongside a gentle kick up the butt to put your newfound knowledge into action. Practical tips include unsubscribing from all the tempting emails that drop into your inbox with details of the newest clothing range or the latest sale, and keeping a mug next to your kettle to work out how much water you actually need to boil each time, as over filling kettles costs British households £68 million on energy bills each year. Find out how to fit "sustainable living" into your life, in a way that works for you. Change your impact without radically changing your life and figure out the small steps you

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can make that will add up to make a big difference (halo not included).

According to the U.S. Environmental Protection Agency, the air in our houses is up to five times more polluted than air outside--so it's clear that our homes have become fundamentally unhealthy places. But there is hope! With this guide, you'll learn the immediate changes that make your home--and your life--healthier and safer by neutralizing the toxins, radiation, and chemicals that threaten the average house. Inside you'll find: Instant-fix checklists that will immediately make your home, workplace, and school safer Room-by-room explorations of the most common and avoidable threats Special tips designed to protect vulnerable infants, children, and pets With detailed checklists that are ranked by the projected health impact of making the fix, you'll be able to make real, concrete improvements to the health of your home. Whether you make every change or just a targeted few, the decisive steps in this guide will result in a safer, more comfortable, and more livable home for you and your family.

There are a lot of issues to consider as our loved ones get older. From in-home care to assisted living facilities, there are myriad options available - and each person's needs are unique. Family members need a resource that will answer all of their questions and ease them through this often complicated transition. This helpful handbook guides concerned children as they: decide which level of care is best for their parent; maintain communication and discuss difficult topics; handle home safety issues; manage transportation; find and work with a primary-care physician; navigate insurance paperwork; handle legal issues and questions; and other sensitive issues. From setting up a support network to

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avoiding scams, this informative guide will help a family decide on - and implement - the best care options for their loved ones.

Rural homesteaders and urban apartment-dwellers alike will find a mother lode of practical information packed into this completely revised and updated edition of the ultimate how-to handbook for all generations. A selective compendium of public-domain documents, it brings together in one volume a wealth of knowledge and useful instruction on just about every imaginable aspect of self-sufficiency—from building a dwelling and growing food to raising children, using tools of all kinds, and, yes, getting more mileage out of your car.

Readers will learn how to: build a greenhouse; administer first aid; stock an emergency shelter; survive in the wilderness, at sea, and in the city; plant, buy farmland; grow plants indoors and out; read architect's drawings; care for household pets; repair clothing; hunt, trap, and fish; repair a screen or leaking faucet; butcher and store big-game kill; relieve allergy symptoms; control insects; stay safe during storms and floods; can and freeze fruits and vegetables; take your own blood pressure; and much, much more! Praise for a previous edition: "How we have survived this long without [this book], I don't know. The concept is brilliant and simple. . . . If we had lived in a rural community a century ago, much of the knowledge gathered here would have been in our bones." —Harper's

Narcissistic Personality Disorder, often mistaken for a too-big ego or inflated self-esteem, is in actuality a severe psychological condition that ruins marriages, social relationships, work environments, and the sufferer's own sense of self. Although perceived as self-confident and arrogant, narcissists are really victims of devastatingly low

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self-esteem and insecurity. The Everything Guide to Narcissistic Personality Disorder is a comprehensive resource for readers who need guidance, including information on: Identifying the symptoms in themselves and their loved ones Different types of narcissists Living with a narcissistic (one-way) relationship Treatment options and methods Preventing narcissism in children and young adults Recovering from a narcissistic relationship with a parent, spouse, or friend Complete with an exclusive section on the epidemic of "net narcissism" due to social media, The Everything Guide to Narcissistic Personality Disorder is the complete guide to a misunderstood disorder that impacts millions everyday.

Provides information about handling type 2 diabetes, including monitoring glucose levels, increasing exercise, paying attention to nutrition, and reducing the long-term effects.

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