



# The New Complete Book of Self-Sufficiency: The Classic Guide for Realists and Dreamers

By John Seymour

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Make the break, realise the dream and start living 'The Good Life!' Packed with comprehensive information on all the practicals, from ploughing fields to milking cows, as well as new information on how to create an urban organic garden and harness natural energy. This new and revised full-colour edition of the illustrated classic is an engrossing read and a wonderful handbook for realists and dreamers alike.

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### **Editorial Review**

#### **Review**

Everyone dreams at some point in their lives of living the good life, albeit not in terms of the BBC comedy series. In this revised and fully updated edition of John Seymour's classic guide to self-sufficiency, the dream becomes more attainable. Now running a School of Self-Sufficiency in Ireland, John Seymour is as committed as ever to living a better life, more simply, by living off the land rather than out of shops. His magnum opus covers every conceivable topic from animal husbandry and butchering, seed sowing and cropping, dairy production and food storage, rubbish and recycling. All delivered in Seymour's inimitable, occasionally brusque style, it is a mine of information artfully illustrated with the original illustrations redrawn in full colour. New material includes GM crops, urban gardens and alternative forms of energy with craft skills rounding the picture of natural wholesomeness off nicely. A classic of its time and a new classic in the making, this revised edition will encourage and assist all those aspiring to a live a healthier, more environmentally friendly life. - Lucy Watson

#### **About the Author**

John Seymour is the acknowledged founding father of the self-sufficiency movement. Author of more than 40 books, he draws students from around the world to learn self-sufficiency first hand at his farm in County Wexford.

### **Users Review**

#### **From reader reviews:**

##### **Marilyn Apperson:**

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##### **Irma Chavez:**

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**Betty Freeman:**

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**Janice Leon:**

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