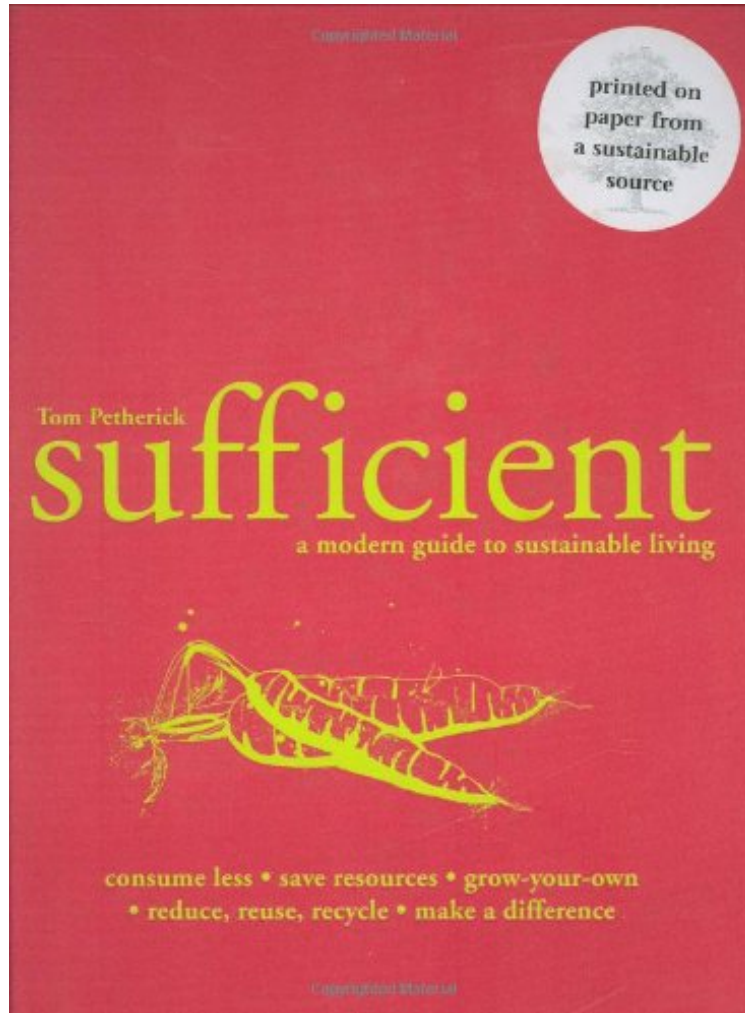


(Download) Sufficient: A Modern Guide to Sustainable Living

## Sufficient: A Modern Guide to Sustainable Living

*Tom Petherick*

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**Tom Petherick : Sufficient: A Modern Guide to Sustainable Living** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sufficient: A Modern Guide to Sustainable Living:

8 of 13 people found the following review helpful. Awesome book!!!!By Stella BlueA great book for anyone seeking to live a more self-sufficient life. This book has everything you need to know about getting started, plus the author shares a lot of stories from their past and makes it a very fun and informative read. I highly recommend.

Many of us want to make a shift in our lives by slowing down and consuming less, embracing artisan foods, and championing human-scale organic growing methods as safe, compassionate, and pleasurable. Sufficient is a book to inspire, educate and encourage a process of change towards a simple, gentle, and sustainable way of living. This guide to starting that process, however and wherever the reader currently lives in the world, features passionate approach to

understanding why changes need to be made and how they can be achieved in a fun and life-enhancing way. It is a new concept, the central aim of which is to encourage the practice of sustainability, taking it from its niche following and bringing it into the mainstream consciousness via a practical everyday manual.

"A guide to starting the process of changing our lives - slowing down, consuming less, embracing artisan foods and championing human-scale organic growing methods." Country Smallholding magazine  
About the Author Tom Petherick's passion for plants began when he restored an organic coffee farm in south India. He then became horticultural director of Europe's largest garden restoration project at The Lost Gardens of Heligan. He currently runs a horticultural consultancy. His work appears regularly in publications such as Country Smallholder, Gardens Illustrated, Hortus, and Saga Magazine, and his books include Heligan: A Portrait of The Lost Gardens and Trees That Shape The World.