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Sufficient: A Modern Guide to Sustainable Living

Tom Petherick

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Sufficient: A Modern Guide to Sustainable Living

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Sufficient: A Modern Guide to Sustainable Living Tom Petherick
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.

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