



# SELF SUFFICIENCY

A guide for 21st Century Living

Alan & Gill Bridgewater

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Alan and Gill Bridgewater have been living the dream of self-sufficient living for more than 25 years. This book draws on the wealth of their experience to create a fantastic starter guide to a way of life to which many aspire.

Starting at the very beginning, in **Self Sufficiency - A guide for 21st Century Living** Alan and Gill discuss what kind of land and properties are most suited to this most rewarding of lifestyles - whether country or town their checklists cover the most important aspects to be considered.

As the world debates the way forward for renewable energy as oil and fossil fuel supplies dwindle, they discuss how we can all make a difference on a very personal level - from affordable insulation to solar panels as well as other home modifications to get the very best out of the variable British climate.

Two extensive chapters on growing food and animal husbandry detail everything you need to know to keep supermarket trips to a minimum but as their experience shows, being part a self-sufficient community, sharing skills and shopping locally keeps that economy going - and growing. They also include a chapter on recipes for bread, jam and preservation of fruit and vegetables as well as other practical skills such as weaving, spinning, foraging, hunting and woodcraft.

“..if ever there was a time to try for self-sufficiency, then this is it. Not only is the subject of self-sufficiency prominent in people’s thinking, but all the technologies that would make off-grid self-reliance more readily achievable are all around us. Power from the sun, wind, water, earth and sea - just about everything is possible.”

With extensive checklists and diagrams, **Self Sufficiency - A guide for 21st Century Living** is a wonderfully illustrated guide to getting back in touch with traditional lifestyles and skills; but it is so much more than a simple “how-to”. It provides a remarkable and fascinating insight into the lives of two people trying to make a difference and creating both charming, unique and very personal homes.

Alan and Gill Bridgewater have gained an international reputation as producers of highly practical gardening and DIY books on a range of subjects, including ponds and patios, stone and brickwork, decks and decking, and garden design. They live in Rye, East Sussex.



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