

A Life Less Throwaway

A timely edge-of-your-seat thriller from a debut writer to watch. Caroline is only three months from her great escape — leaving behind her rigid prep school and the parents who think they can convert her to being straight — when her best friend, Madison, goes missing. There's no question that Caroline will get involved in the investigation. After all, she has her own reasons for not trusting the police, and she owes Madison big time. But Caroline uncovers a wider mystery as she follows the clues, with other missing girls and no one on the case. Why isn't anyone looking for these girls? And what's the connection between them and Madison? Could it be . . . Caroline herself?

Now more than ever, we live in a society where we covet new and shiny things. Not only has consumption risen dramatically over the last 60 years, but we are damaging the environment at the same time. That is why buying quality and why Tara Button's Buy Me Once brand has such popular appeal.

A finalist for the Arthur Ellis Award for Best First Crime Novel, *Throwaway Angels* is a compelling whodunit, and a fast-paced novel about friendship and living with courage.

The present economic system requires us to consume and throw away more and more goods. Yet often it's our desire, and the best interests of the environment, for these goods to last. The contributors to this book, who comprise many of the most significant international thinkers in the field, explore how longer lasting products could offer enhanced value while reducing environmental impacts. If we created fewer but better quality products, looked after them carefully and invested more in repair, renovation and upgrading, would this direct our economy onto a more sustainable course? The solution sounds simple, yet it requires a seismic shift in how we think, whether as producers or consumers, and our voracious appetite for novelty. The complex range of issues associated with product life-spans demands a multidisciplinary approach. The book covers historical context, design, engineering, marketing, law, government policy, consumer behaviour and systems of provision. It addresses the whole range of consumer durables - vehicles, kitchen appliances, audio-visual equipment and other domestic products, furniture and floor coverings, hardware, garden tools, clothing, household textiles, recreational goods and DIY goods - as well as the re-use of packaging. *Longer Lasting Products* provides policy makers, those involved in product design, manufacturing and marketing, and all of us as consumers, with clear and compelling guidance as to how we can move away from a throwaway culture towards an economy sustained by more durable goods.

Elevate your personal style, trim your belongings, and transform your life, one room at a time, with this visionary lifestyle and home organization book from professional organizing expert, Shira Gill. "Warm, funny, and direct, Shira builds you up while helping you edit down to the best version of yourself."—Stacy London, New York Times bestselling author of *The Truth About Style* As a professional home organizer with clients ranging from students to multi-millionaires, Shira Gill observed that clutter is a universal stress trigger. Over the years she created a signature decluttering and organization process that promotes sustainability, achieves lasting results, and can be applied to anyone, regardless of their space or lifestyle. Rather than imposing strict rules and limitations, Shira redefines minimalism as having the perfect amount of everything—for you—based on your personal values and the limitations of your space. Now, in *Minimalista*, Shira shares her complete toolkit for the first time, built around five key steps: Clarify, Edit, Organize, Elevate, and Maintain. Once you learn the methodology you'll dive into the hands-on work, choose-your-own-adventure style: knock out a room, or even a single drawer; style a bookshelf; donate a

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sweater. Shira teaches that the most important thing you can do is start, and that small victories, achieved one at a time, will snowball into massive transformation. Broken into small, bite-sized chunks, *Minimalista* makes it clear that if the process is fun and easy to follow, anyone can learn the principles of editing and organization.

Do you ever feel caught in an endless cycle of working harder and longer to get more while enjoying life less? The Stewart family did—and they decided to make a radical change. Popular Catholic blogger and podcaster Haley Stewart explains how a year-long internship on a sustainable farm changed her family's life for the better, allowing them to live gospel values more intentionally. When Haley Stewart married her bee-keeping sweetheart, Daniel, they dreamed of a life centered on home and family. But as the children arrived and Daniel was forced to work longer hours at a job he liked less and less, they dared to break free from the unending cycle of getting more yet feeling unfulfilled. They sold their Florida home and retreated to Texas to live on a farm with a compost toilet and 650 square feet of space for a family of five. Surprisingly, they found that they had never been happier. In *The Grace of Enough*, Stewart shares essential elements of intentional Christian living that her family discovered during that extraordinary year on the farm and that they continue to practice today. You, too, will be inspired to: live simply offer hospitality revive food culture and the family table reconnect with the land nurture community prioritize beauty develop a sense of wonder be intentional about technology seek authentic intimacy center life around home, family, and relationships Drawing from Pope Francis's encyclical on the environment, *Laudato Si'*, Stewart identifies elements of Catholic social teaching that will enhance your life and create a ripple effect of grace to help you overcome the effects of today's "throwaway" culture and experience a deeper satisfaction and stronger faith.

The daily lives of ordinary people are replete with objects, common things used in commonplace settings. These objects are our constant companions in life. As such, writes Soetsu Yanagi, they should be made with care and built to last, treated with respect and even affection. They should be natural and simple, sturdy and safe - the aesthetic result of wholeheartedly fulfilling utilitarian needs. They should, in short, be things of beauty. In an age of feeble and ugly machine-made things, these essays call for us to deepen and transform our relationship with the objects that surround us. Inspired by the work of the simple, humble craftsmen Yanagi encountered during his lifelong travels through Japan and Korea, they are an earnest defence of modest, honest, handcrafted things - from traditional teacups to jars to cloth and paper. Objects like these exemplify the enduring appeal of simplicity and function: the beauty of everyday things.

"Carter's writing is on target."—Publishers Weekly Former FBI agent Karen Pantelli lives by a simple philosophy: never, ever care. Three years after a tragic mistake ends her once-stellar career, she drifts from one dead-end job to another, quickly moving on when she finds herself getting too attached. A new city. A new life. A new way of forgetting and being forgotten. Until one chilly night behind a seedy bar, when a frightened girl leaps out of the back of a speeding van. As they end up on the run in a thrilling chase that spans half the country, Karen soon realizes it's much easier to say you don't care than to actually mean it. And that unlocking the secrets in this girl's extraordinary mind might not only save both of them, but bring down one of the most sinister organizations the world has ever known.

Hayden Michaels had given six years of her life to MyKell before he abruptly informs her that things hadn't been "right" for a while and he had met someone else. That is when Hayden finally opens her eyes and takes a good look around at her life and the mess that she was—financially, emotionally and physically. Never able to maintain enough discipline to put her mind to any difficult task, Hayden makes a bold decision; she will throw away an entire year of her life; moving towards her goals with no thought of pleasure or pain. With the use of positive affirmations Hayden's journey is a lesson to us all as she faces situations and people that help her to realize her worth—namely a man who

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has been written off by society. But the question becomes whether Hayden can accept the faults of someone else without allowing herself to fall back into her old ways? Warning: this story contains explicit language, sex, and descriptions of drug use.

Gritty, heartrending and unputdownable – the story of two sisters sent first to an English, then an Australian orphanage in the aftermath of World War II. Rita and Rosie Stevens are only nine and five years old when their widowed mother marries a violent bully called Jimmy Randall and has a baby boy by him. Under pressure from her new husband, she is persuaded to send the girls to an orphanage – not knowing that the papers she has signed will entitle them to do what they like with the children. And it is not long before the powers that be decide to send a consignment of orphans to their sister institution in Australia. Among them – without their family's consent or knowledge – are Rita and Rosie, the throwaway children. What readers are saying about THE THROWAWAY CHILDREN: 'I haven't felt so immersed in a book in a very long time and have recommended to just about everyone' 'Heart wrenching' 'A truly powerful book'

Part inspirational story of how the author transformed her family's life for the better by reducing their waste to an astonishing 1 liter per year; part practical guide that gives readers tools & tips to diminish their footprint & simplify their lives. Original.

Christmas is a time for giving - what do you do when no one gives a damn? For Zachary Weston Christmas means sleeping on a churchyard bench in the freezing snow with nothing better in his future. Thrown out of his home for being gay, he is left without money or, it seems, anywhere to go. Until a stranger shows him that some people do give a lot more than a damn. Ben Hamilton is a rookie cop in his small home town. He finds a young throwaway, fresh from the city, sleeping on a bench in the churchyard on a snowy Christmas Eve. Can he be the one to give Zachary his own Christmas miracle?

Now more than ever, we live in a society where we covet new and shiny things. Not only has consumption risen dramatically over the last 60 years, but we are damaging the environment at the same time. That is why buying quality and why Tara Button's Buy Me Once brand has such popular appeal.

#1 NEW YORK TIMES BESTSELLER • The book that sparked a revolution and inspired the hit Netflix series *Tidying Up with Marie Kondo*: the original guide to decluttering your home once and for all. **ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE**—CNN Despite constant efforts to declutter your home, do papers still accumulate like snowdrifts and clothes pile up like a tangled mess of noodles? Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo's clients have lapsed (and she still has a three-month waiting list). With detailed guidance for determining which items in your house “spark joy” (and which don't), this international bestseller will help you clear your clutter and enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire.

Discover new ways to clean your home and simplify your life in this handy and creative guidebook. Does your house bulge with clutter? Are your possessions weighing you down? Is your home an unorganized mess? Turn it around—ban sagging shelves, bulging cupboards, and bursting closets—with this fun and effective guide. In a step-by-step, easy-to-follow approach, the authors suggest ways to change clutter-accumulating behavior; show how to efficiently organize the possessions you need (with a strict definition of “need”); and examine dozens of ways to dispose of clutter. *Declutter Anything* offers serious advice that doesn't take itself too seriously. The emphasis is on uncomplicated, inexpensive solutions that are easy to implement and that produce life-changing results. Take the plunge and soon you'll be living and

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working slim, trim, and clutter-free.

Jessie Jones is living the life--except for the fact that she earns it by working the streets. She's been under pimp Spence's thumb for fourteen years, and she isn't looking for change. That is, until undercover cop Gabe walks into her life and offers her something she's never had before: a love, a future, a home. But even if Jessie could walk away from Spence, there are darker forces of evil who want her to stay put, or worse, dead. In this romantic suspense, author Heather Huffman delivers an adventure from the vibrant streets of St. Louis to the caves of the Ozarks as Jessie discovers whether she can love another, whether she can love herself, and whether any of it is enough. Don't miss Heather Huffman's other books: "Suddenly a Spy," "Jailbird," "Ties That Bind," "Ring of Fire," "Tumbleweed," "Devil in Disguise," "Roses in Ecuador," "Fool's Game," "Waiting for You," "The Vance Davis Dossier," and "Finding Broken Arrow"!

Easy recipes, DIY projects, and other ideas for living a beautiful and low-waste life, from the expert behind @simply.living.well on Instagram. In a world that can sometimes feel overwhelming, this comprehensive guide to the practice of Sophrology will help you cultivate resilience, confidence, and serenity in your daily life. Sophrology is a dynamic relaxation, stress-management, and personal-development system already popular in Europe, growing worldwide, and used successfully by people from all walks of life. The method combines Western science and Eastern wisdom using relaxation, breathing, body awareness, and visualization. In ten- to fifteen-minute practices, you will learn to:

- manage stress and anxiety
- beat insomnia
- overcome fear of failure
- support your needs and realize your goals
- prepare for major life events (childbirth, exams, sports competitions, etc.)
- regain calm and balance
- live up to your full potential
- enjoy your version of happiness

Includes downloadable guided practices

If there is one thing that most of us aspire to, it is, simply, to be happy. And yet attaining happiness has become, it appears, anything but simple. Having stuff -the latest, the newest, the best yet - is all too often peddled as the sure fire route to happiness. So why then, in our consumer-driven society, is depression, stress and anxiety ever more common, affecting every strata of society and every age, even, worryingly, the very young? Kate Humble's fresh and frank exploration of a stripped-back approach to life is uplifting, engaging and inspiring - and will help us all find balance and happiness every day.

First Place Winner of the Society of Environmental Journalists' Rachel Carson Environment Book Award "If you're looking for something to cling to in what often feels like a hopeless conversation, Schlossberg's darkly humorous, knowledge-is-power, eyes-wide-open approach may be just the thing."--Vogue From a former New York Times science writer, this urgent call to action will empower you to stand up to climate change and environmental pollution by making simple but impactful everyday choices. With urgency and wit, Tatiana Schlossberg explains that far from being only a distant problem of the natural world created by the fossil fuel industry, climate change is all around us, all the time, lurking everywhere in our convenience-driven society, all without our realizing it. By examining the unseen and unconscious environmental impacts in four areas-the Internet and technology, food, fashion, and fuel - Schlossberg helps readers better understand why climate change is such a complicated issue, and how it connects all of us: How streaming a movie on Netflix in New York burns coal in Virginia; how eating a hamburger in California might contribute to pollution in the Gulf of Mexico; how buying an inexpensive cashmere sweater in Chicago expands the Mongolian desert; how destroying forests from North Carolina is necessary to generate electricity in England. Cataloging the

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complexities and frustrations of our carbon-intensive society with a dry sense of humor, Schlossberg makes the climate crisis and its solutions interesting and relevant to everyone who cares, even a little, about the planet. She empowers readers to think about their stuff and the environment in a new way, helping them make more informed choices when it comes to the future of our world. Most importantly, this is a book about the power we have as voters and consumers to make sure that the fight against climate change includes all of us and all of our stuff, not just industry groups and politicians. If we have any hope of solving the problem, we all have to do it together. "A compelling-and illuminating-look at how our daily habits impact the environment."--Vanity Fair "Shows how even the smallest decisions can have profound environmental consequences."--The New York Times

A revolutionary guide to the art of mindful buying that will teach you how to resist cheaply made goods and make smart, fulfilling purchases that last a lifetime. With the whole world trying to convince us to spend our way to happiness, we've been left cluttered, stressed, and unfulfilled. Tara Button, founder of BuyMeOnce, is at the forefront of the global movement to change the way we shop and live forever. Tara advocates a life of mindful buying that celebrates what lasts, giving you exercises that help you curb impulses, ignore trends, and discover your true style. Once a shopaholic herself, her groundbreaking mindful curation method reveals the amazing benefits of buying for life and will help you:

- Spot the tricks that make you overspend
- De-clutter your home
- Find the products that serve you best
- Rediscover the art of keeping and caring for things
- Find happiness, success, and self-worth, beyond buying

When your teen years are so messed up, how do you grow up happy? Andy Burton knows a thing or two about survival. Since she was removed from her mother's home and placed in foster care when she was nine, she's had to deal with abuse, hunger, and homelessness. But now that she's eighteen, she's about to leave Haywood House, the group home for girls where she's lived for the past four years, and the closest thing to a real home she's ever known. Will Andy be able to carve out a better life for herself and find the happiness she is searching for?

From journalist, fashionista, and clothing resale expert Elizabeth L. Cline, "the Michael Pollan of fashion,"* comes the definitive guide to building an ethical, sustainable wardrobe you'll love. Clothing is one of the most personal expressions of who we are. In her landmark investigation *Overdressed: The Shockingly High Cost of Cheap Fashion*, Elizabeth L. Cline first revealed fast fashion's hidden toll on the environment, garment workers, and even our own satisfaction with our clothes. *The Conscious Closet* shows exactly what we can do about it. Whether your goal is to build an effortless capsule wardrobe, keep up with trends without harming the environment, buy better quality, seek out ethical brands, or all of the above, *The Conscious Closet* is packed with the vital tools you need. Elizabeth delves into fresh research on fashion's impacts and shows how we can leverage our everyday fashion choices to change the world through style. Inspired by her own revelatory journey getting off the fast-fashion treadmill, Elizabeth shares exactly how to build a more ethical wardrobe, starting with a mindful closet clean-out and donating, swapping, or selling the clothes you don't love to make way for the closet of your dreams. *The Conscious Closet* is not just a style guide. It is a call to action to transform one of the most polluting industries on earth—fashion—into a force for good. Readers will learn where our

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clothes are made and how they're made, before connecting to a global and impassioned community of stylish fashion revolutionaries. In *The Conscious Closet*, Elizabeth shows us how we can start to truly love and understand our clothes again—without sacrificing the environment, our morals, or our style in the process. *Michelle Goldberg, *Newsweek/The Daily Beast*

To look at him now, you might never guess the hell that Abdul Lloyd-Bey was forced to endure as a young man. As a boy he thought death row was his likely future because of where he lived and the color of his skin. Arrested for armed robbery at the age of seventeen, he served nearly thirteen years for his first offense while his white codefendant, a repeat violent offender, got off with just five. While serving his time within New York's most dangerous prisons, Lloyd-Bey survived three near-fatal attacks—one involving an ice pick that left him temporarily paralyzed. But though violence and discrimination have greatly impacted Lloyd-Bey's story, they aren't the final authority on his life. A victim of abused power, he chose to change the criminal justice system by learning how to ensure justice for all. And now, as a criminal defense attorney, he shares his personal insights and experiences from both sides of the bench in the hope of further transforming how we, as a nation, prosecute crime. *No Throwaway Boy* is a triumphant story you will never forget.

Glamour's "Beauty Sleuth" reveals tricks of the trade to help you look fabulously high-end—in any economy. Andrea Pomerantz Lustig has spent twenty years as a beauty editor, and her contact list is packed with the names of the most exclusive stylists in the business. In *How to Look Expensive*, she combines her own experience with highly coveted secrets she's learned from the experts to help readers achieve buttery highlights, luminous skin, flawless makeup, and more, all on a budget. Delivering red-carpet looks without putting readers in the red, tips include:

- How to get expensive-looking hair color at an inexpensive salon
- Superluxe DIY skincare cocktails for less than \$20
- The cheap cosmetic secrets of expensive makeup artists
- Tips for princess-perfect skin on a pauper's budget
- "Work Your Beauty Budget" sections that help you make the most of every dollar

With *How to Look Expensive*, every woman can afford to get gold-card gorgeous, and reap the self-confidence that comes with it.

Live Green is a practical guide of 52 sustainable living changes – one for each week of the year – you can make to be more self-sufficient and reduce your impact on the environment. Many of us are already doing what we can to adopt a greener lifestyle. We recycle, try to reduce our waste and plastics, choose organic food when shopping, eat less meat and opt for environmentally friendly cleaning products. Yet we often wish we were doing more and it can be overwhelming to know where to start. *Live Green* tackles all areas of your life from your cleaning routine, home furnishings, food shopping, fashion choices, natural beauty and Christmas, and has all the ingredients to help you achieve a more sustainable year. From making your own eco-friendly cleaning products, buying vintage furniture, making your own moth repellent and improving your natural beauty regime to creating a capsule wardrobe and creating your own ethical Christmas decorations – discover how to get the most out of life by living with intention. Live simply. Live Green.

"Andrea Contos takes readers on a triumphant and terrifying journey, from fear and solitude to solidarity and vengeance. A complex and captivating thriller that kept me guessing at every turn." --Elle Cosimano, author of *Finlay Donovan is Killing It* We

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were like fire, the four of us. Catching each other's sparks until the flames grew, spread, raged beyond our control. We'll give them back the damage they left us with, burden them with the weight of our pain. We may be temporarily broken, but we will leave them forever charred. Ashes to ashes. It wasn't the kidnapping that ruined Cass Adams's life. It was the letters that came after. The pink envelopes that appear in her car, her locker, her bedroom. Notes from the man she escaped, telling her that he's always there, always watching. And that someday, he'll be back for her. The police say there's nothing they can do, and Cass resigns herself to live in fear until she reconnects with three old friends—three girls ready to exact vengeance on those who wronged them. But the deeper Cass digs, the more shocking the truth becomes, especially when she discovers that the person who ruined her life may be the only one who can save it.

A wide-ranging inquiry into the nature and possibility of restoration.

This is a book about hope in the midst of a polarized culture. Camosy begins with a hopeful starting point in the midst of a crumbling US political culture: two of every three Americans constitute an "exhausted majority" who reject right/left polarization and are open to alternative viewpoints. Especially at this time of realignment, we have been given a unique moment to put aside the frothy, angsty political debates and think harder about our deepest values. A Consistent Life Ethic, especially one which embraces Pope Francis' challenge to resist "throwaway culture," has the capacity to unite people who for the last several decades imagined themselves in a polarized culture war.

Mark has been in and out of hospital his whole life - and he's fed up. So when his cancer returns, he decides he's had enough. Running away with his dog Beau, he sets out to climb a mountain - and it's only when he's left everything behind that Mark realises he has everything to live for.

A practical guide to generating less waste, featuring meaningful and achievable strategies from the blogger behind The Green Garbage Project, a yearlong experiment in living garbage-free. Trash is a big, dirty problem. The average American tosses out nearly 2,000 pounds of garbage every year that piles up in landfills and threatens our air and water quality. You do your part to reduce, reuse, and recycle, but is it enough? In *The Zero-Waste Lifestyle*, Amy Korst shows you how to lead a healthier, happier, and more sustainable life by generating less garbage. Drawing from lessons she learned during a yearlong experiment in zero-waste living, Amy outlines hundreds of easy ideas—from the simple to the radical—for consuming and throwing away less, with low-impact tips on the best ways to:

- Buy eggs from a local farm instead of the grocery store
- Start a worm bin for composting
- Grow your own loofah sponges and mix up eco-friendly cleaning solutions
- Purchase gently used items and donate them when you're finished
- Shop the bulk aisle and keep reusable bags in your purse or car
- Bring your own containers for take-out or restaurant leftovers

By eliminating unnecessary items in every aspect of your life, these meaningful and achievable strategies will help you save time and

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money, support local businesses, decrease litter, reduce your toxic exposure, eat well, become more self-sufficient, and preserve the planet for future generations.

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

An evaluation of the life, art and psyche of the controversial recluse whose prolific creative achievements were discovered after his death analyzes his existence as a damaged man in hiding from the societal fallout of his gay orientation, in a portrait complemented by full-color art reproductions.

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The Lost Art of Buying for Life
Ten Speed Press

Rudy The Throwaway Mutt is a true story told through the eyes of a dog. Abandoned on a busy farm road, Rudy's tenacity and character lead him to a new family and a new purpose in life.

Laudato Si 'is Pope Francis' second encyclical which focuses on the theme of the environment. In fact, the Holy Father in his encyclical urges all men and women of good will, the rulers and all the powerful on earth to reflect deeply on the theme of the environment and the care of our planet. This is our common home, we must take care of it and love it - the Holy Father tells us - because its end is also ours.

"A well-tied tie is the first serious step in life," quipped Oscar Wilde, a fashion genius who could knot an ascot as well as he could turn a phrase. For the rest of us, there's How to Tie a Tie. Whether you have always wanted to master a classic Windsor knot or simply need to rustle up an acceptable bow tie, this is your personal guide to dressing seriously well. Inside you'll find: * Step-by-step instructions to knot neckties for casual, office, and evening wear * Tailoring basics for sartorial excellence * Guidelines for matching cufflinks to shirts, folding pocket squares, and other essential finishing touches

Every year, millions of people throw away countless items because they don't know how to fix them. Some products are manufactured in a way that makes it hard, if not impossible, for people to repair them themselves. This throwaway lifestyle depletes Earth's resources and adds to overflowing landfills. Now there's a better way. Repair Revolution chronicles the rise of Repair Cafes, Fixit Clinics, and other volunteer-run

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organizations devoted to helping consumers repair their beloved but broken items for free. Repair Revolution explores the philosophy and wisdom of repairing, as well as the Right to Repair movement. It provides inspiration and instructions for starting, staffing, and sustaining your own repair events. "Fixperts" share their favorite online repair resources, as well as tips and step-by-step instructions for how to make your own repairs. Ultimately, Repair Revolution is about more than fixing material objects: in an age of over-consumption and planned obsolescence, do-it-yourself repair is a way of caring for our lives, our communities, and our planet.

"An elegant, meticulously researched, and eminently readable history of the books that define us as Americans. For history buffs and book-lovers alike, McHugh offers us a precious gift."—Jake Halpern, Pulitzer Prize winner and New York Times bestselling author "With her usual eye for detail and knack for smart storytelling, Jess McHugh takes a savvy and sensitive look at the 'secret origins' of the books that made and defined us. . . . You won't want to miss a one moment of it."—Brian Jay Jones, author of *Becoming Dr. Seuss* and the New York Times bestselling *Jim Henson: The true, fascinating, and remarkable history of thirteen books that defined a nation* *Surprising and delightfully engrossing, Americanon* explores the true history of thirteen of the nation's most popular books. Overlooked for centuries, our simple dictionaries, spellers, almanacs, and how-to manuals are the unexamined touchstones for American cultures and customs. These books sold tens of millions of copies and set out specific archetypes for the ideal American, from the self-made entrepreneur to the humble farmer. Benjamin Franklin's *Autobiography*, *How to Win Friends and Influence People*, *Webster's Dictionary*, *Emily Post's Etiquette: Americanon* looks at how these ubiquitous books have updated and reemphasized potent American ideals—about meritocracy, patriotism, or individualism—at crucial moments in history. Old favorites like the *Old Farmer's Almanac* and *Betty Crocker's Picture Cook Book* are seen in this new way—not just as popular books but as foundational texts that shaped our understanding of the American story. Taken together, these books help us understand how their authors, most of them part of a powerful minority, attempted to construct meaning for the majority. Their beliefs and quirks—as well as personal interests, prejudices, and often strange personalities—informed the values and habits of millions of Americans, woven into our cultural DNA over generations of reading and dog-earing. Yet their influence remains uninvestigated--until now. What better way to understand a people than to look at the books they consumed most, the ones they returned to repeatedly, with questions about everything from spelling to social mobility to sex. This fresh and engaging book is American history as you've never encountered it before.

"Co-production is a bold, pragmatic strategy that shatters limits on social change. This book exposes the Dark Side of money and market. It redefines economics by treating households and community as a separate economy. Placing that economy on a par with market generates a new exchange dynamic that empowers us all to become change agents who can shape the future; convert failing social programs into catalysts for social justice; enlist *Throw-Away People* as partners in a shared mission; and create the world we want for our children."--Publisher's description.

In 1997, Alix Chapel's world was to change forever when her husband Billy suffered a mental breakdown. After 10 years of marriage, Billy's breakdown forced him—and Alix—to face up to the truth of his tormented childhood. Unbeknownst to Alix, Billy had been living with a terrible burden: he was ruthlessly and shockingly abused as a child, and he had carried the mental scars into adulthood. When it all became too much for him, Alix, his devoted and loving wife, stood by him and helped him to work through the pain and begin the healing.

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