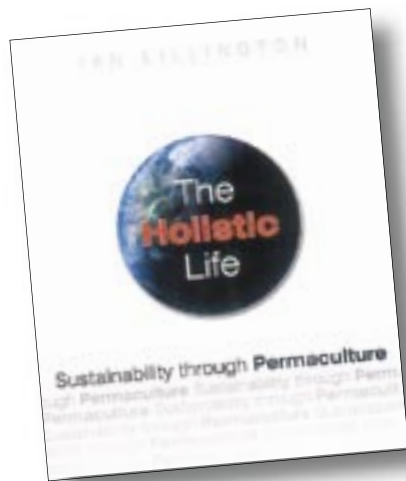


Press Release: New Environmental Book Autumn 2007



THE HOLISTIC LIFE

Sustainability Through Permaculture

by Ian Lillington

An excellent introduction for anyone who wants to know how to live a more sustainable lifestyle. The book clearly explains what permaculture is and how it provides solutions to our unsustainable consumer society.

This book shows how we can reduce our consumption *and* live happier, healthier lives. The author gives down-to-earth, practical examples which create an accessible understanding of permaculture ethics and design in action.

The Holistic Life is attractively laid out with colour photographs and illustrations. You will be inspired as it offers examples of what everyone can do at home and in the wider community. Some of the subjects covered to get you started to see a world of new possibilities are:

- Permaculture – an antidote to consumer society
- Personal and household strategies for sustainable living
- Growing your own food and happy, healthy eating
- Water saving techniques
- Using less fossil fuel – understanding our energy addiction
- Community gardens and villages within the city
- Passive solar design

The Author Ian Lillington discovered permaculture working on an inner-city farm in Liverpool in 1982. He is involved in local and international permaculture networks, applying its principles and practices to house and garden design and community development. Now living in Australia, Ian is active in a town where relocalisation is well under way.

Permanent Publications is an award winning and leading publisher of sustainable living titles. Editor, Maddy Harland, was ‘Specially Commended’ at the Triodos Bank Women’s Ethical Business Awards in 2007. She is available for further information on the book or any press or media opportunities about permaculture and sustainable living.

ISBN 978 1 85623 037 7 144 pages Paperback Over 150 photographs & illustrations
PRICE £14.95 [File: Environmental]

Available in the UK & Europe from:

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