

“Everything you need to know about surviving this lifetime” by Janice Lloyd

Janice compiled this list of resources for her final project for Wisdom of the Herbs.

Post Peak Oil/ Post Civilization/Crash-Culture:

The Self-Sufficiency Handbook : A Complete Guide to Greener Living 2007 by Alan & Gill Bridgewater I saw this book and thought that this would be perfect for someone who knew they wanted to change their lifestyle but needed a place to start. It has the basics for living “the Greener Life” --From easy changes you can make today to making choices about if you want to raise your animals or not. Chapters on: choices on how to live on the land and plotting out your environment be it city or country; The self-sufficient house; wild food and the organic garden- from techniques to specifics about plant needs, composting, mulching, etc ; animal husbandry- what you need to know about keeping chickens, geese, ducks, sheep, goats, bees, etc; the pantry- great section- has everything from curing bacon to drying fermenting, winemaking, smoking, cheese-making, and more.

Peak Oil Survival: Preparation for Life After Gridcrash 2006 by Aric McBay This is an awesome book that is very simple but concise- great illustrations and diagrams, how to's, and more. Chapters on: Finding water, treating it, Latrines and Greywater, Heating and Cooling for Safety, Cooking , Quick lighting and heat.

Powerdown: Options and Actions for a Post-Carbon World by Richard Heinberg (2004)

Radical Simplicity: Small Footprints On a Finite Earth by Jim Merckel Merckel introduces three tools to learn to live “radically simple”: Ecological Footprint, Your Money or Your Life, and Living with Nature.

Rocket Mass Heaters: Superefficient Woodstoves YOU Can Build by Ianto Evans and Leslie Jackson (2006) All about rocket stoves, how heat moves, slowing it down, building a stove with found objects, drafting, combustion, radiation, convection, etc... All you need to know about efficient heating. Not masonry heating, but similar.

Sub-Category: Theory (Why Civ is Not working/History Behind the Transition Movement/Perspective)

Since Predator Came: Notes from the Struggle for American Indian Liberation by Ward Churchill and Haunani-Kay Trask 2005

Collapse: How Societies Choose to Fail or Succeed by Jared Diamond 2005. This book is about the role of man's behavior in shaping the environments in which he lives. While in Guns, Germs and Steel, he explores the role of our environment in shaping the nature of the societies that emerged in different regions of the world. Anthropological perspective.

The Great Turning: From Empire to Earth Community by David C Korten 2007 A more optimistic approach to describing the Transition times or what Korten calls “The Great Turning”- using traditional peoples as an example but painting a modern picture of what that looks like.

Endgame, Vol. 1: The Problem of Civilization by Derrick Jensen 2006 motivational piece for me-if you have a tendency to get depressed with pieces that makes you angry rather than driven by it-don't read this! It's an in-depth approach to the highly controversial subject of Bringing Down Civilization. A call to arms- Not your peaceful hippie approach to fighting the system. Informative and revolutionary. Also: Endgame, Vol. 2: Resistance by Derrick Jensen 2006 See other works by Jensen (Language Older Than Words, Culture of Make Believe) To get a sample of him first, check out an essay: <http://www.derrickjensen.org/essay.html>

In Search of the Primitive: A Critique of Civilization by Stanley Diamond, Eric R. Wolf

2012: The Return of Quetzalcoatl by Daniel Pinchbeck 2007 and now Toward 2012: Perspectives on the Next Age by Daniel Pinchbeck and Ken Jordan (2008) Just found this on Amazon...

Superweed a zine by Ran Prieur. You can only read it online, preferably when you are working for the Man. Other zines and essays on his blog site are other favorites such as: zine Civilization Will Eat Itself, novel Apocalypseopolis, and essays Beyond Civilized and Primitive. Please go there now: <http://ranprieur.com/index.html>

Remaking Society by Murray Bookchin. 1998. It's a pretty hard read, but brilliant. He taught at my house when it was the Institute For Social Ecology so I had to give him a plug, in his honor.

Sacred Demise: Walking the Spiritual Path of Industrial Civilization's Collapse by Carolyn Baker. An emotional and spiritual roadmap for navigating unprecedented transitions. (Added by Annie McCleary)

Native Wisdom/Primitive Skills /Wilderness Survival

Primitive Living, Self-Sufficiency, and Survival Skills by Thomas J. Elpel 2003 Chapters on: Mind, Shelter, Water, Fire, Clothing, Cooking, Plants, Animals, etc.

Tom Brown's Field Guide to Wilderness Survival by Tom Brown (1987)

Wildwood Wisdom by Ellsworth Jaeger and Lloyd Kahn (1992)

Primitive Technology: A Book of Earth Skills by David Wescott (2001) and Primitive Technology II: Ancestral Skill - From the Society of Primitive Technology (2001)

Tracking and the Art of Seeing: How to Read Animal Tracks and Sign by Paul Rezendes (1999)

Tom Brown's Field Guide to Nature Observation and Tracking by Tom Brown (1986)

Mammal Tracks & Sign: A Guide to North American Species by Mark Elbroch (2003)

Scats and Tracks of the Northeast (Scats and Tracks Series) by James Halfpenny (2001)

Mammal Tracks and Sign of the Northeast by Diane K. Gibbons (2003)

Secrets of the Talking Jaguar by Martin Prechtel (2002) A shaman, artist and storyteller who tells about his journey of self-discovery and finding his true path. Inspiring for others seeking their path- Excellent critique of civilization which sharply contrasts of the olds ways to the modern native person experiences and battle for authenticity.

Mutant Message from Forever : A Novel of Aboriginal Wisdom by Marlo Morgan (1999) and Mutant Message Down Under by Marlo Morgan (2004) One of my favorite stories- based on a true story (told with changes to protect the aboriginal identity) of one woman's experience going on a walk-about with aboriginal people of New Zealand.

TEACHINGS FROM THE AMERICAN EARTH: Indian Religion and Philosophy by Dennis and Barbara TEDLOCK (1975)

Survival Skills of the North American Indians by Peter Goodchild (1999)

God Is Red: A Native View of Religion by Vine Deloria Jr., Leslie Marmon Silko, and George E. Tinker (2003)

The Medicine Way: How to Live the Teachings of the Native American Medicine Wheel (Craft of Life) by Kenneth Meadows (2002) Learn about how the medicine wheel can be used to organize and understand where you are at in your life, energy-wise.

Dancing with the Wheel by Sun Bear, Wabun Wind, and Crysalis Mulligan (1991)

Botany With a Purpose/Wildcrafting/ Plant & Fungus Medicine/

Forest Gardening/Native Plant Cultivation

Edaphos: Dynamics of a Natural Soil System by Paul D. Sachs (1999) I am reading this now. Nicko recommended it for this list. I called him a nerd, said that Wisdom folks would think I was weird, then started reading it... This is a really good book and well written. You want to read this if you want to understand soil science, how to feed your soil, what's in soil, etc.

Botany in a Day: The Patterns Method of Plant Identification by Thomas J. Elpel (2004) What a joke! No way in a day! But this is a really good book to have on your shelf. If you want to learn plants, read this. It will help you understand families and learning to see the connections in plants.

Tom Brown's Guide to Wild Edible and Medicinal Plants (Field Guide) by Tom Brown (1986) Intimate. Tom Brown's books are stories, really. He teaches us by telling us his story about the topic, how he learned, and what he learned from his teachers.

STALKING THE WILD ASPARAGUS by Euell Gibbons (1974)

Feasting Free on Wild Edibles by Bradford Angier (2002)

The Forager's Harvest: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants by Samuel Thayer (2006)

The Book of Herbal Wisdom: Using Plants as Medicines by Matthew Wood (1997)

Healing Wise (Wise Woman Herbal Series) by Susan S. Weed and Durga Bernhard (1989) She captures the personality of the plants. Not many plants, but very detailed on each one covered- common plants, easy to use.

Rosemary Gladstar's Family Herbal: A Guide to Living Life with Energy, Health, and Vitality by Rosemary Gladstar (Sep 1, 2001) This is my favorite herbal book. Comprehensive, pretty complete, and easy to look up not only plants, but also ailment remedies.

The Lost Language of Plants: The Ecological Importance of Plant Medicines for Life on Earth by Stephen Harrod Buhner (2002) and The Secret Teachings of Plants: The Intelligence of the Heart in the Direct Perception of Nature by Stephen Harrod Buhner (2004)

The Uses of Wild Plants: Using and Growing the Wild Plants of the United States and Canada by Frank Tozer (2007) Not a guide, the pics are awful but artful. Lists are simple but has basic uses and history of plants.

Reading the Forested Landscape: A Natural history of New England 2005 by Tom Wessels, Brian Cohen, and Ann Zwinger. This book helps make us more aware of the forest landscape- gives us tools for assessing what type of forest we enter, what the features mean, and what story the landscapes tells us. The writing is beautiful, poetic, as well as scientific, historic, and detailed. Not only will you learn to recognize signs of a fire but also see what's not there- the chestnuts that disappeared from the blight- how we can read that in a landscape.

Winter: An Ecological Handbook by James C. Halfpenny and Roy Douglas Ozanne (1989)

Tree Identification Book : A New Method for the Practical Identification and Recognition of Trees – 1973 Symonds Also the Shrub ID book...

Winter Tree Finder (Nature Study Guides) by May T. Watts and Tom Watts (1970) This is a pocket size id book, great to have on winter hikes- good drawings to help id. Also: Tree Finder: A Manual for the Identification of Trees by Their Leaves (Nature Study Guides) by May T. Watts (1963)

Wetland, Woodland, Wildland: A Guide to the Natural Communities of Vermont by Elizabeth H. Thompson, Eric R. Sorenson, Libby Davidson, and Betsy Brigham 2000

Wildly Successful Plants: A Handbook of North American Weeds by Lawrence J. Crockett 1977

Manual of Woody Landscape Plants: Their Identification, Ornamental Characteristics, Culture, Propagation and Uses - Paperback (Aug 1998) by Michael A. Dirr Excellent book, but may be overkill. It has EVERYTHING. For Nerds only. I love it.

Mushrooms Demystified by David Arora (2004) Mushroom nerds book. Not your typical mushroom guidebook.

Mycelium Running: How Mushrooms Can Help Save the World by Paul Stamets (2005)

Techniques: Permaculture/Forest Gardening/Redesign/Transition Living

The Transition Handbook: From Oil Dependency to Local Resilience by Rob Hopkins and Richard Heinberg (2008)

Toolbox for Sustainable City Living: A do-it-Ourselves Guide by Scott Kellogg, Stacy Pettigrew, and Juan Martinez 2008 One of my favorite books and also one of my favorite dudes- founder director of Rhizome Collective in Austin TX, runs Radical Urban Sustainability Center- recently moved to

Albany NY. They do trainings a few times a year. Applicable not just for city living, but also for Rural folks! Check out the web: <http://archive.rhizomecollective.org/>

Edible Forest Gardens (2 volume set) by Dave Jacke and Eric Toensmeier (2005) My teacher and friend. His work is foundational in the Pc movement and Forest Gardening community. This set is packed. I recommend the first vol unless you are going to become a permaculture designer. The first one will teach you all about the dynamics of a forest, and so much more.

Permaculture: Principles and Pathways Beyond Sustainability by David Holmgren (2002)

Introduction to Permaculture by Bill Mollison (1997) Anyone interested in Permaculture should start here. The father of the Pc movement.

One Straw Revolution: An Introduction To Natural Farming. Masanobu Fukuoka 1978 Another foundational work, though never called permaculture, best in practice. No till farming. There's a new edition that has some recent feedback in reexamining the land and Master Fukuoka's practices year later.

Gaia's Garden: A Guide to Home-Scale Permaculture by Toby Hemenway and John Todd (2001) Perfect for those interested in application to your own garden/homestead. I use this book most often at home myself.

Perennial Vegetables: From Artichokes to Zuiki Taro, A Gardener's Guide to Over 100 Delicious and Easy to Grow Edibles by Eric Toensmeier (2007)

Seed to Seed: Seed Saving and Growing Techniques for Vegetable Gardeners by Suzanne Ashworth and Kent Whealy (2002)

Back Garden Seed Saving: Keeping Our Vegetable Heritage Alive - (2003) by Sue Stickland

Synergistic Garden [VHS] Emilia Hazelip introduced the idea of permaculture to France. Cold climate Pc. Good to know about her work. You can YouTube her to see the film.

Bringing Nature Home: How You Can Sustain Wildlife with Native Plants, Updated and Expanded by Douglas W. Tallamy 2009

Let it Rot!: The Gardener's Guide to Composting by Stu Campbell (1998) Basics of composting, I find it very helpful and have answered many compost questions..when to turn, when not to...what...

The Humanure Handbook: A Guide to Composting Human Manure by Joseph C. Jenkins (2005) Show you how to build a composting toilet, simple to complex, how to maintain, all about poop and pee.

Food Not Lawns: How to Turn Your Yard into a Garden And Your Neighborhood into a Community by Heather Coburn Flores (2006) Permaculture in a community setting.

Radical Cooking/Food and Healing/Storage/Nutrition

Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods by Sandor Ellix Katz and Sally Fallon (2003) I use this book most in my kitchen. From fermenting vegetables in kimchi, to grain fermentation, dairy ferments, to meads and wines.

Preserving Food without Freezing or Canning: Traditional Techniques Using Salt, Oil, Sugar, Alcohol, Vinegar, Drying, Cold Storage, and Lactic Fermentation by The Gardeners and Farmers of Centre Terre Vivante, Deborah Madison, and Eliot Coleman (2007)

Sacred and Herbal Healing Beers: The Secrets of Ancient Fermentation by Stephen Harrod Buhner (1998)

Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats by Sally Fallon (1999)

The Original Road Kill Cookbook by Buck Peterson and J. Angus Mclean (2004) Fresh meat is more healthy, especially if it's free! Has info about how to shop for road kill, legality issues, etc.

Healing with Whole Foods: Asian Traditions and Modern Nutrition by Paul Pitchford (2003)

Full Moon Feast: Food and the Hunger for Connection by Jessica Prentice (2006) All about traditions around food and the season.

The Permaculture Book of Ferment & Human Nutrition by Bill Mollison (1993)

The Solar Food Dryer: How to Make and Use Your Own Low-Cost, High Performance, Sun-Powered Food Dehydrator by Eben V. Fodor (2006)

Build Your Own Earth Oven, 3rd Edition: A Low-Cost Wood-Fired Mud Oven; Simple Sourdough Bread; Perfect Loaves by Kiko Denzer and Hannah Field (2007)

Maintaining Sanity/ WellBeing/Communication/Mentoring

Nonviolent Communication: A Language of Life by Marshall B. Rosenberg and Arun Gandhi (2003) If you haven't read this, you should. It will improve your relationships, add clarity to your life goals and needs, and help you be understood by others.

Coyote's Guide to Connecting with Nature by Jon Young, Evan McGown, and Ellen Haas (2009)

The Art of Mentoring and Coyote Teaching by Jon Young

Ask and It Is Given: Learning to Manifest Your Desires by Esther Hicks, Jerry Hicks, and Wayne W. Dyer (2004) This book changed my life, for real. It weirded me out at first but I get it now. Written by a channeled being

How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber and Elaine Mazlish (1999)

Tom Brown's Field Guide to Nature and Survival for Children by Tom Brown (1989)