



The Good Life Lab: Radical Experiments in Hands-on Living

By Wendy Jehanara Tremayne

Storey Publishing LLC. Paperback. Book Condition: new. BRAND NEW, The Good Life Lab: Radical Experiments in Hands-on Living, Wendy Jehanara Tremayne, The Good Life Lab is the inspirational story of how one couple ditched their high-powered careers and high-pressure life in New York City to move to rural New Mexico, where they made, built, invented and grew all they needed to live self-sufficiently, discovering a new sense of abundance in the process. Alongside their personal story are tips and tutorials to guide readers in the discovery of a fulfilling new lifestyle. Tremayne believes that everyone has the skill and creativity to make it work. The Good Life Lab not only teaches the art of making appliances, structures, gardens, food and medicine but is filled with illustrations contributed by a community of artists and illustrators, making the book a work of art. It shows readers how to reconnect with nature and the home economics required for living off the grid - it is the manual for life in a post-consumer age.



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