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Depletion and Abundance: Life on the New Home Front

Sharon Astyk

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Depletion and Abundance


LIFE ON THE NEW HOME FRONT

OR,

*One Woman's Solutions to
Finding Abundance for Your Family
while Coming to Terms with
Peak Oil, Climate Change
and Hard Times.*

Sharon Astyk

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Sharon Astyk : Depletion and Abundance: Life on the New Home Front before purchasing it in order to gauge whether or not it would be worth my time, and all praised Depletion and Abundance: Life on the New Home Front:

0 of 0 people found the following review helpful. Awesome with a side of (locally grown) awesome sauceBy JulieI consider myself pretty well versed on many of the topics covered in this book, but discovered a ton more information, had several a-ha moments and was kept entertained and engaged by her practical but funny style. A very astute assessment of NOW and where to go (step by step) from here. I love her discussion of the Bull's Eye diet, which mirrors my own model used in purchasing preparation practices at the local/organic cafe I run. Just the kick in the pants I needed to go deeper in my own practice of interdependence, self-reliance and urban homesteading. I will

recommend this to many people in my community. A very welcome female voice who can engage from a no apologies homemaker view of things. Refreshing even if she emphasizes the turbulent times far above the sheer joy of making home. I consider Charles Eisenstein's "Ascent of Humanity" an essential primer on how we got to this point and this book is the best on the current state of our culture and how to move in a very practical way to a happier, simpler, more sustainable future. 0 of 0 people found the following review helpful. FantasticBy HEIDI from NYC I'm working my way through all of Astyk's publications. She's the only person who is at least moderately upbeat about how to face the coming fossil fuel decline coupled with climate change. Not that the picture is rosy (not at all) but she suggests concrete steps that every average person can make to both mitigate the crisis, and protect one's own family and community. And she is a great writer; her style is witty and compelling. 19 of 20 people found the following review helpful. Good Book/ Bad BookBy M. Garver I bought this book for ideas on how to address our families future on a planet running low on natural resources. We garden and preserve and raise chickens and sew and drive an old clunker that gets very good gas mileage. We are the weirdos on the block who grow tomatoes in their front yard. We understand the peril of non-action and feel the need to gain as much knowledge as possible so that we are as prepared as possible for whatever scenario we are faced with. But we don't need to be frightened into doing our part toward that end. I found myself skipping whole chapters that seemed entirely devoted to scaring me into action. There were times I literally wanted to scream "I get it!" Though there are wonderful sections in the book about family and community and the positives that can come out of being forced to change our global lifestyles, the overwhelming feeling is one of foreboding and doom. ps. Re-reading this review I felt that I needed to add a disclaimer. Though I don't like to read the 'worst possible case' scenarios because I tend to be a bit of a worrier (ok, I can make myself sick with worry) maybe most people NEED to be frightened into changing their behavior since that may be the only way they WILL change. I've discovered over the last few months in discussing some of the issues Sharon brings up in her book that doing something out of purely altruistic motives is truly unique. Most people have to be pushed to make even small adjustments in their lifestyles. I will be recommending this book to that crowd.

Why are so few peak oil authors women? There's been much debate about this, and no one has yet arrived at a definitive answer. But whatever the reason, Sharon Astyk has established herself as a true rarity within the peak oil community by virtue of being a woman who has chosen to write about peak oil. The perspective she offers is thus both uncommon and vital. In Depletion and Abundance, she shows how rewarding life on her New Home Front could be, immeasurably improving our health, nutrition, sense of community and overall well-being. Chief among its benefits would be all the extra time that we'd have. She points out that people in medieval times worked far fewer hours than Americans do today, and that most people in modern-day peasant societies also work less hard than we do. This, along with Astyk's unique perspective as a woman, a mother and a peak oil activist, makes Depletion and Abundance well worth a read. The ring of authenticity to her writing will hook you - while its relaxed style, ineffable humor, personal anecdotes and comforting touch will soothe your melancholy peaknik soul like a warm hand on the shoulder. Reviewed by Frank Kaminski, Energy Bulletin Sharon's introduction is priceless in its succinct, dead-on analysis of collapse, and is reason enough to buy and send this book to everyone you know who is partially or completely clueless about where we're headed. "When I realized that everything was going to change, I was at first afraid. Because I thought, if my government or public policy or other choices weren't going to fix everything, what could I possibly do? What hope was there, if I had to take care of myself, if my community had to take care of itself? But when I began looking for solutions that could be applied on the level of ordinary human lives, that involved changes in perspectives and pulling together, the reclamation of abandoned ideas and the restoration of strong communities, I began to feel hopeful, even excited. Because I realized that when large institutions cease to be powerful, sometimes that means that people start being powerful again." Depletion and Abundance is not a feel-good book, but it is intensely human, compassionate, supportive, practical, alarming, enlivening, and astonishingly accurate. Reviewed by Carolyn Baker, Carolynbaker.net Climate change, peak oil, and economic instability aren't just future social problems—they jeopardize our homes and families right now. Our once-abundant food supply is being threatened by toxic chemical agriculture, rising food prices and crop shortages brought on by climate change. Funding for education and health care is strained to the limit, and safe and affordable housing is disappearing. Depletion and Abundance explains how we are living beyond our means with or without a peak oil/climate change crisis and that, either way, we must learn to place our families and local communities at the center of our thinking once again. The author presents strategies to create stronger homes, better health and a richer family life and to: *live comfortably with an uncertain energy supply *prepare children for a hotter, lower energy, less secure world *survive and thrive in an economy in crisis, and *maintain a kitchen garden to supply basic food needs. Most importantly, readers will discover that depletion can lead to abundance, and the anxiety of these uncertain times can be turned into a gift of hope and action. An unusual family perspective on the topic, this book will appeal to all those interested in securing a future for their children and grandchildren.

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families right now. Our once-abundant food supply is being threatened by toxic chemical agriculture, rising food prices and crop shortages brought on by climate change. Funding for education and health care is strained to the limit, and safe and affordable housing is disappearing. *Depletion and Abundance* explains how we are living beyond our means with or without a peak oil/climate change crisis and that, either way, we must learn to place our families and local communities at the center of our thinking once again. The author presents strategies to create stronger homes, better health and a richer family life and to live comfortably with an uncertain energy supplyprepare children for a hotter, lower energy, less secure worldsurvive and thrive in an economy in crisis, and maintain a kitchen garden to supply basic food needs. Most importantly, readers will discover that depletion can lead to abundance, and the anxiety of these uncertain times can be turned into a gift of hope and action. An unusual family perspective on the topic, this book will appeal to all those interested in securing a future for their children and grandchildren. (2008-05-07) About the Author Sharon Astyk is a former academic who is a writer, subsistence farmer, parent, activist and prolific blogger (www.sharonastyk.com and <http://henandharvest.com/>). She farms in upstate New York with her husband and four children, raises livestock, and grows and preserves vegetables. She is the author of *Depletion and Abundance*, and co-author of *A Nation of Farmers*.