



# Back to Basics: A Complete Guide to Traditional Skills

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# Back to Basics: A Complete Guide to Traditional Skills

## Back to Basics: A Complete Guide to Traditional Skills

The classic guide to self-sufficiency, with more than 200,000 copies sold—now fully updated!

Anyone who wants to learn basic living skills—the kind employed by our forefathers—and adapt them for a better life in the twenty-first century need look no further than this eminently useful, full-color guide. Countless readers have turned to *Back to Basics* for inspiration and instruction, escaping to an era before power saws and fast-food restaurants and rediscovering the pleasures and challenges of a healthier, greener, and more self-sufficient lifestyle.

Now newly updated, the hundreds of projects, step-by-step sequences, photographs, charts, and illustrations in *Back to Basics* will help you dye your own wool with plant pigments, graft trees, raise chickens, craft a hutch table with hand tools, and make treats such as blueberry peach jam and cheddar cheese. The truly ambitious will find instructions on how to build a log cabin or an adobe brick homestead.

More than just practical advice, this is also a book for dreamers—even if you live in a city apartment, you will find your imagination sparked, and there's no reason why you can't, for example, make a loom and weave a rag rug. Complete with tips for old-fashioned fun (square dancing calls, homemade toys, and kayaking tips), this may be the most thorough book on voluntary simplicity available.

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