



## Depletion and Abundance: Life on the New Home Front

By Sharon Astyk

New Society Publishers. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.9in. x 6.0in. x 0.8in. 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...



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