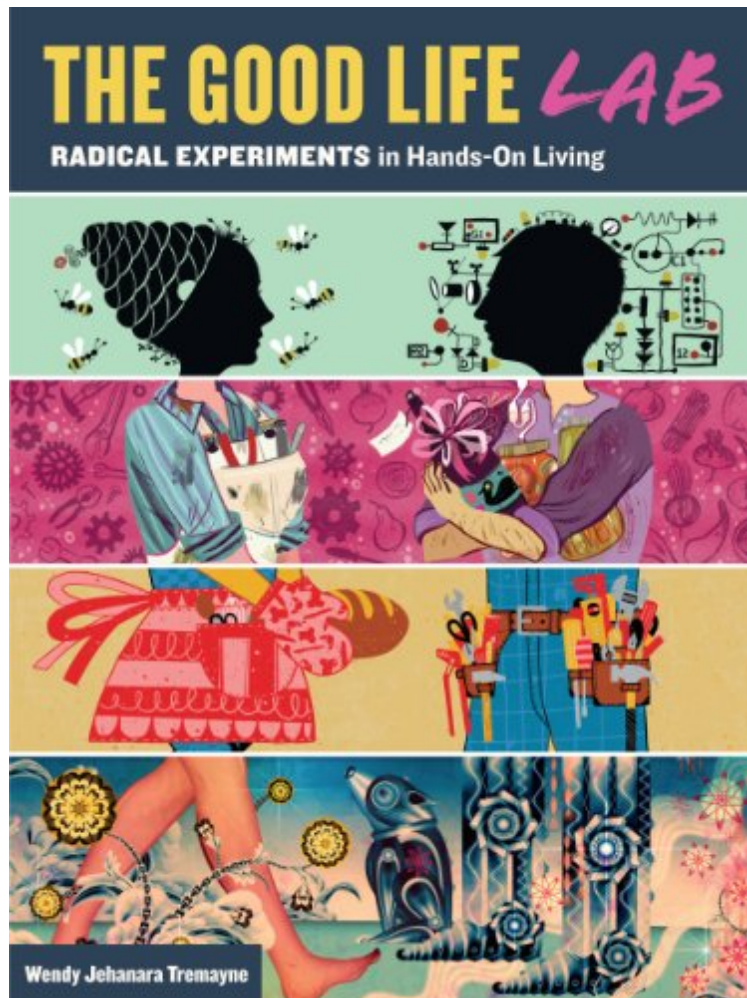


The Good Life Lab: Radical Experiments in Hands-On Living

Wendy Jehanara Tremayne

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Wendy Jehanara Tremayne : The Good Life Lab: Radical Experiments in Hands-On Living before purchasing it in order to gage whether or not it would be worth my time, and all praised The Good Life Lab: Radical Experiments in Hands-On Living:

3 of 3 people found the following review helpful. A Work of ArtBy Yari GarciaThe book itself is a work of art. From the binding to the art depicted inside, it's really an amazing book to behold. These people have taken on what most of us would consider impossible, and have succeeded! I thought it was a great read for those of us who may not be ready to take the full leap, but would still like to include a lot of hands-on, renewable living.2 of 2 people found the following review helpful. Your guide to a de-commified life ...By desert_hermitWendy starts this book by referring to "Living the Good Life" by Scott and Helen Nearing. Since I had read Living the Good Life in the 70's, I knew Wendy's Living the Good Live Lab would be a winner. I just knew it would be a life-changer even as the Nearing's

book had been for me back then. Living the Good Life Lab is not so much a how-to as it is a how-we-did-it and a philosophic guide to how-you-can-do-it-too. Written in short, easily absorbed chapters, you can read the entire book in a brief span ... but even as it unfolds for you the first time, you realize that you are going to come back and re-read parts or all of it again and again. It is inspiring and it is instructional. Wendy's words sit lightly upon your soul. But make no mistake - her words will sit on your soul. Hopefully you will internalize her words and let them guide you toward your own quest for freedom from commodity. It is your path and you must walk it, but it is great to have a guide to help you along the way. Living the Good Life Lab is that guide. By the way, if you are curious about Wendy's middle name: Jehanara, you will find the explanation in the chapter Ladybugs in New York City. She was gifted the name Jehanara not by her parents but by her Sufi teachers. Read the book to find out what it means. 6 of 6 people found the following review helpful. Good ideas, things to try By Jamie Kratz Gullickson Overall, the book was very inspiring....if big New Yorkers can take on the good life, I should be able to make some changes too. One thing that worked great was the author's recommendation on soapberry pods - they have replaced Cascade and Tide at my house. I would have liked more ideas / recipes / projects like this...perhaps author is saving them for GLL2 :)

Tired of the high-pressure life they lead in New York City, Wendy Jehanara Tremayne and her husband migrate to Truth or Consequences, New Mexico, where they build, invent, forage, and grow all they need for themselves. Full of quirky stories and imaginative illustrations, this inspiring memoir chronicles the off-the-grid adventures of the Tremaynes. Touchingly personal while also providing practical tutorials on making your own biofuel, building an efficient house, and gardening sustainably, The Good Life Lab will encourage you to chase your dreams of self-sufficiency.

This rollicking, inspiring tale of Tremaynes journey from being the creative director of N.Y.C. marketing firm Green Galactic to being a Burning Man volunteer, yoga teacher, Sufi seeker, and hardscrabble DIY urban homesteader in a former trailer park in the eccentric community of Truth or Consequences, N. Mex., is alternately funny, tender, philosophical, and practical. Illustrated with whimsically florid drawings by a variety of artists and interspersed with essential how-tos for living life in the waste stream from fermenting tempeh and brewing mead, to building a papercrete dome and removing rust from wrenches with electrolysis the memoir riffs off Scott and Helen Nearing's 1954 Living the Good Life with much more style and humor than the original, bringing the back-to-the-land genre up to date with impressive sophistication and appeal.