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The Resilient Garden How To Cope With The Changin

“[The authors] argue that with more integration and cooperation between businesses, governments and communities, a more sustainable economy is possible.” —The Environmental Magazine We find ourselves between a rock and a hot place—compelled by the intertwined forces of peak oil and climate change to reinvent our economic life at a much more local and regional scale. The Resilience

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***Imperative argues for a major SEE (social, ecological, economic) change as a prerequisite for replacing the paradigm of limitless economic growth with a more decentralized, cooperative, steady-state economy. The authors present a comprehensive series of strategic questions within the broad areas of: Energy sufficiency
Local food systems Interest-free financing
Affordable housing and land reform Sustainable community development Each section is complemented by case studies of pioneering community initiatives rounded out by a***

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discussion of transition factors and resilience reflections. With a focus on securing and sustaining change, this provocative book challenges deeply embedded cultural assumptions. Profoundly hopeful and inspiring, The Resilience Imperative affirms the possibilities of positive change as it is shaped by individuals, communities, and institutions learning to live within our ecological limits. “Resilience is the watchword for our dawning era of economic and environmental instability . . . The Resilience Imperative is exactly what’s

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needed to get us moving in the right direction.”

—Richard Heinberg, author of Power: Limits and Prospects for Human Survival “Exceptionally valuable—in vision, in strategic understanding, in concrete ways to build forward. A handbook for a morally meaningful and sustainable future!”

—Gar Alperovitz, author of America Beyond Capitalism

Building resilience -- the ability to bounce back more quickly and effectively -- is an urgent social and economic issue. Our interconnected world is susceptible to sudden and dramatic shocks and

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stresses: a cyber-attack, a new strain of virus, a structural failure, a violent storm, a civil disturbance, an economic blow. Through an astonishing range of stories, Judith Rodin shows how people, organizations, businesses, communities, and cities have developed resilience in the face of otherwise catastrophic challenges: Medellin, Colombia, was once the drug and murder capital of South America. Now it's host to international conferences and an emerging vacation destination. Tulsa, Oklahoma, cracked the code of rapid urban development in

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a floodplain. Airbnb, Toyota, Ikea, Coca-Cola, and other companies have realized the value of reducing vulnerabilities and potential threats to customers, employees, and their bottom line. In the Mau Forest of Kenya, bottom-up solutions are critical for dealing with climate change, environmental degradation, and displacement of locals. Following Superstorm Sandy, the Rockaway Surf Club in New York played a vital role in distributing emergency supplies. As we grow more adept at managing disruption and more skilled at resilience-building, Rodin reveals

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how we are able to create and take advantage of new economic and social opportunities that offer us the capacity to recover after catastrophes and grow strong in times of relative calm.

“As practical as it is poetic. . . . an optimistic call to action.” —Chicago Tribune Over time, with industrialization and urban sprawl, we have driven nature out of our neighborhoods and cities. But we can invite it back by designing landscapes that look and function more like they do in the wild: robust, diverse, and visually harmonious. Planting in a Post-Wild World by

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Thomas Rainer and Claudia West is an inspiring call to action dedicated to the idea of a new nature—a hybrid of both the wild and the cultivated—that can flourish in our cities and suburbs. This is both a post-wild manifesto and practical guide that describes how to incorporate and layer plants into plant communities to create an environment that is reactive of natural systems and thrives within our built world. Scientist/gardener Carol Deppe combines her passion for organic gardening with newly emerging scientific information from many fields

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— resilience science, climatology, climate change, ecology, anthropology, paleontology, sustainable agriculture, nutrition, health, and medicine. In the last half of The Resilient Gardener, Deppe extends and illustrates these principles with detailed information about growing and using five key crops: potatoes, corn, beans, squash, and eggs. In this book you'll learn how to:

- Garden in an era of unpredictable weather and climate change**
- Grow, store, and use more of your own staple crops**
- Garden efficiently and comfortably (even**

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if you have a bad back) •Grow, store, and cook different varieties of potatoes and save your own potato seed •Grow the right varieties of corn to make your own gourmet-quality fast-cooking polenta, cornbread, parched corn, corn cakes, pancakes and even savory corn gravy •Make whole-grain, corn-based breads and cakes using the author's original gluten-free recipes involving no other grains, artificial binders, or dairy products •Grow and use popbeans and other grain legumes •Grow, store, and use summer, winter, and drying squash •Keep a

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home laying flock of ducks or chickens; integrate them with your gardening, and grow most of their feed. The Resilient Gardener is both a conceptual and a hands-on organic gardening book, and is suitable for vegetable gardeners at all levels of experience. Resilience here is broadly conceived and encompasses a full range of problems, from personal hard times such as injuries, family crises, financial problems, health problems, and special dietary needs (gluten intolerance, food allergies, carbohydrate sensitivity, and a need for weight control) to

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serious regional and global disasters and climate change. It is a supremely optimistic as well as realistic book about how resilient gardeners and their vegetable gardens can flourish even in challenging times and help their communities to survive and thrive through everything that comes their way — from tomorrow through the next thousand years. Organic gardening, vegetable gardening, self-sufficiency, subsistence gardening, gluten-free living. The Whole Okra Resilience For Dummies

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The Lifelong Gardener

Designing and Planting a Resilient, Ecologically Vibrant Home Garden

***The Routledge Handbook of Urban Resilience
Garden with Ease and Joy at Any Age***

Resilience, Entrepreneurship and ICT

How can you build unshakable confidence and resilience in a world still filled with ignorance, inequality, and discrimination? The Queer and Transgender Resilience Workbook will teach you how to challenge internalized negative messages, handle stress, build a community of support, and

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embrace your true self. Resilience is a key ingredient for psychological health and wellness. It ' s what gives people the psychological strength to cope with everyday stress, as well as major setbacks. For many people, stressful events may include job loss, financial problems, illness, natural disasters, medical emergencies, divorce, or the death of a loved one. But if you are queer or gender non-conforming, life stresses may also include discrimination in housing and health care, employment barriers, homelessness, family rejection, physical attacks or threats, and general unfair treatment and

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oppression—all of which lead to overwhelming feelings of hopelessness and powerlessness. So, how can you gain resilience in a society that is so often toxic and unwelcoming? In this important workbook, you ' ll discover how to cultivate the key components of resilience: holding a positive view of yourself and your abilities; knowing your worth and cultivating a strong sense of self-esteem; effectively utilizing resources; being assertive and creating a support community; fostering hope and growth within yourself, and finding the strength to help others. Once you know how to tap into your personal

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resilience, you ' ll have an unlimited well you can draw from to navigate everyday challenges. By learning to challenge internalized negative messages and remove obstacles from your life, you can build the resilience you need to embrace your truest self in an imperfect world.

Tough-but-beautiful plant picks There ' s a growing demand for dependably hardy plants that require less maintenance and less water, but look no less beautiful in the garden. Plant Select—the leading purveyor of plants designed to thrive in difficult climates—meets this need by promoting plants that

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allow gardeners everywhere to have stunning, environmentally-friendly gardens that use fewer resources. *Pretty Tough Plants* highlights 135 of *Plant Select*'s top plant picks. Each profile features a color photograph and specific details about the plant's size, best features, and bloom season, along with cultural needs, landscape features, and design ideas. The plant list includes perennials and annuals, groundcovers, grasses, shrubs, and trees. A chart at the end of the book makes it easy to choose the right plants for specific conditions and needs. From "bulb lawns" to "the never summer garden,"

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from "perennials with fortitude" to "annuals that span the seasons," Lauren Springer delivers us the stalwart garden. With infectious enthusiasm, she offers down-to-earth advice and recommendations for sturdy, effortless, and beautiful plants and how to compose them with style.

Dry summer, wet winter climate? This is your must have plant guide. Selecting plants suited to your climate is the first step toward a thriving, largely self-sustaining garden that connects with and supports the natural world. With gentle and compelling text and stunning photographs of plants in garden

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settings, *Gardening in Summer-Dry Climates* by Nora Harlow and Saxon Holt is a guide to native and climate-adapted plants for summer-dry, winter-wet climates of North America's Pacific coast. Knowing what these climates share and how and why they differ, you can choose to make gardens that maintain and expand local and regional biodiversity, take little from the earth that is not returned, and welcome and accommodate the presence of wildlife. With global warming, it is now even more critical that we garden in tune with climate.

135 Resilient, Water-Smart Choices for a Beautiful

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Garden

Being Strong in a World Where Things Go Wrong

Disasters and Social Resilience

Designing Plant Communities for Resilient

Landscapes

Cooperative Transitions to a Steady-State Economy

New Naturalism

Public Libraries and Resilient Cities

This extensively revised and expanded edition broadens the reach and depth of the permaculture approach for urban and suburban gardeners. The text's message is that working with nature, not against

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it, results in more beautiful, abundant, and forgiving gardens.

Inhaltsangabe:Introduction: We are an urbanized species now. Since 2007, more than 50% of Earth s population lives in cities (UN-Habitat 2011). In countries of the global north, this share is even higher with 86% (UN-Habitat 2011). These are the indices for a contemporary exodus of humans into the cities which results in a dramatic shift of human spatial and material relationships with the rest of nature (Rees and Wackernagel 1996). Urbanization leads to a centralization of needs for natural resources and energy in densely populated areas. The provision for

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the needs of these densely populated areas is based on rural hinterlands. In times of cheap oil, these growing cities have a global impact as their provision networks have expanded to a global scale: their demand for food, fibre, energy and water is being met by a growing network of producers and importers in all parts of the world supported by high-tech communication and transport systems. The German Association of Organic Growers noted, for instance, an increasing need for long-distance transports of food from all over the world (BÖLW 2008). Germany now is a net-importer of vegetables and fruits (Ng & Aksoy 2008). These globalized food supply chains are highly

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dependent on cheap resources, especially energy for production, processing and transport. The environmental and social impacts of these activities are largely unknown at the place of product consumption. Cities not only in industrialized countries rely heavily on a global hinterland (Sassen 2005). Rees and Wackernagel (1996) understand cities even as black holes for resources. When calculating the ecological footprint of cities it shows that they are highly dependent on more area than they actually possess (Rees and Wackernagel 1996). The ecological footprint of Berlin s citizens, for instance, expands to 168-times the territory of the city (Schnauss 2001). An

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important share of this footprint relates to the provision of food, in the case of Berlin over 37% (Schnauss 2001). Inhaltsverzeichnis:Table of Contents:

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This volume provides a comprehensive discussion and

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overview of urban resilience, including socio-ecological and economic hazard and disaster resilience. It provides a summary of state of the art thinking on resilience, the different approaches, tools and methodologies for understanding the subject in urban contexts, and brings together related reflections and initiatives. Throughout the different chapters, the handbook critically examines and reviews the resilience concept from various disciplinary and professional perspectives. It also discusses major urban crises, past and recent, and the generic lessons they provide for resilience. In this context, the authors provide case studies from different places and times,

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including historical material and contemporary examples, and studies that offer concrete guidance on how to approach urban resilience. Other chapters focus on how current understanding of urban systems – such as shrinking cities, green infrastructure, disaster volunteerism, and urban energy systems – are affecting the capacity of urban citizens, settlements and nation-states to respond to different forms and levels of stressors and shocks. The handbook concludes with a synthesis of the state of the art knowledge on resilience and points the way forward in refining the conceptualization and application of urban resilience. The book is intended for scholars and

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graduate students in urban studies, environmental and sustainability studies, geography, planning, architecture, urban design, political science and sociology, for whom it will provide an invaluable and up-to-date guide to current approaches across these disciplines that converge in the study of urban resilience. The book also provides important direction to practitioners and civic leaders who are engaged in supporting cities and regions to position themselves for resilience in the face of climate change, unpredictable socioenvironmental shocks and incremental risk accumulation.

What doesn't kill you makes you stronger! Activate

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your natural ability to thrive with Resilience For Dummies Stress, anxiety, and exhaustion are all-too-common features of our crazy-paced, curveball-throwing contemporary existence, and it's sometimes hard to see how we can make it from one week to the next intact. But there's a solution to the struggle: resilience! In Resilience For Dummies, Dr. Eva Selhub—former Harvard Medical School instructor and director of the Benson Henry Institute for Mind Body Medicine at the Massachusetts General Hospital for six years—outlines the proven steps we can all take toward optimal resilience to build healthier, more purposeful, and increasingly joyful lives. The six pillars

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of resilience are: physical vitality, emotional equilibrium, mental toughness and clarity, spiritual purpose, healthy personal relationships, and being an inspiring leader and part of a wider community or team. Dr. Selhub explains why each of these foundations is crucial to flourishing, how fortifying them gives us a base for attacking stress, hardship, and failure head-on, and how this confrontation then develops the strength we need for transformative change within our personal and professional lives. Know how genetics, education, and culture contribute to resilience Avoid learned helplessness and the victim mindset Harmonize stress and make it work for you

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Clear negative emotions and find your bliss Build up your physical, mental, and spiritual muscles Dr. Selhub's six pillars of resilience show you how to channel your inner strength, face down whatever trouble comes your way, and come out thriving on the other side.

*Smartcities, Resilient Landscapes and Eco-Warriors
New Naturalism: Designing & Planting a Resilient Ecologically Vibrant Home Garden
The Resilience and Wellbeing Toolbox
creativity, culture and community
An Innovative Permaculture and Whole Systems Design Approach*

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Resilient Asia

Plants for a Lush, Water-Conscious Landscape

The purpose of this study was to explore the relationship between green environments and resilience in older adults. It had two aims : 1) to explore the effect of a reflective garden walking program on resilience and three of its related concepts - perceived stress, personal growth initiative, and quality of life - in older adults , and 2) to explore the resilience patterns of older adults engaging in the reflective garden walking intervention. A parallel mixed method design

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using a quasi-experimental quantitative and a descriptive exploratory qualitative approach was used. Participants engaged in a six week reflective garden walking program. By the end of the program, resilience levels exhibited a slight increase and perceived stress levels a decrease. The qualitative data supported some beneficial effects of the reflective garden walking program, but also indicated that much of the participants' experience of resilience may have been related to the rich social and nature-filled environment in which they already lived.

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Patterns of resilience that appeared in the data were maintaining a positive attitude, belief in one's self in the face of one's vulnerabilities, woven into the social fabric, purpose and meaning, personal strength and communities for growing older.

LGBTQ people have strategies of resilience at their disposal to help them deal with the challenge that heteronormativity as a power structure poses to their affective lives. This book makes the concept of resilience available to queer literary and cultural studies, analysing

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these strategies in terms of narration, performance, bodies, and space. Resilience turns out to be a highly interactive mode of being in the world, which can set free creative energy as well as draw inspiration and energy from artistic work. Authors and artists discussed include Katherine Mansfield, Christopher Isherwood, Sylvia Townsend Warner, Jeanette Winterson, Michael Cunningham, and Ian McKellen.

This book is based on the work of the YEEES Research Centre, an international network of

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scientists from partner universities in Germany, Mozambique, Namibia and South Africa. It presents inter- and transdisciplinary research that explores different ways of understanding resilience, an essential characteristic for systems, organizations and people – providing them with strength in the face of attacks and challenges, and both enabling and fostering constant adaptation and improvement. Building resilience to face today's ever-changing societal and environmental realities requires unbiased research activities that transcend the borders of

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countries and academic disciplines alike. The research addressed in this book, thus, is multidisciplinary and includes contributions to areas such as sustainable agriculture, entrepreneurial ecosystems, and smart communities, as well as groundbreaking work on skills development and ICT education. Highlighting the variety of research activities and their outcomes, this book offers a valuable resource for researchers and practitioners in the fields of sustainable resilience development. Synopsis coming soon.....

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Planting for Weather-Resilient Beauty

The Influence of Gardens on Resilience in Older Adults Living in a Continuing Care Community

The Role of Learning and Education

A bioecological approach

Latest Research from Germany, South Africa, Mozambique and Namibia

The Resilient Gardener

Planting in a Post-Wild World

The Resilience and Wellbeing Toolbox is an inspiring book and a beacon for social emotional change in schools. Within these pages teachers

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and other professionals will find fantastic resources that they can easily implement in the classroom. By following this programme, teachers will see their students developing skills in persistence, problem solving and emotional regulation as well as independence, empathy, kindness, contribution and good will, whilst planting the essential seeds of resilience and wellbeing. Helpful suggestions offered in each chapter on how to bring wellbeing and resilience into the home can be shared with parents and families. The lively and engaging resources in this book include: Practical, photocopiable guide

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sheets and worksheets, also available as eResources Adaptable role plays and activities Solid research-based strategies A flexible framework that can be creatively implemented in the classroom This is a must-have handbook for anyone seeking to provide young people in their care with a strong foundation for better social, emotional and learning outcomes. Resources can be downloaded at <https://www.routledge.com/The-Resilience-and-Wellbeing-Toolbox-A-guide-for-educators-and-health/Nawana-Parker/p/book/9781138921177>

When bad weather happens to good gardens,

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most gardening books aren't much help. Stepping into the breach is The Weather-Resilient Garden, a comprehensive one-of-a-kind, region-by-region reference on how to plan and grow a garden that will flourish in normal conditions and be hardy enough to survive and thrive despite drought, salt, flooding, ice, snow, lightning, hail, high winds, extreme hot or cold spells, and even fire. As part of his "defensive gardening" approach, horticulturist Charles W. G. Smith provides an encyclopedic list of resilient plants, with specific advice for each region of the United States. And for gardeners who regard

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"hardy" as a synonym for "unattractive," be assured that the plants Smith recommends are as beautiful as they are resilient. Of course, sometimes weather is so violent that even the hardiest gardens are damaged. For those situations, Smith offers detailed problem-solving advice for every possibility---from something as simple as a tree that has lost a limb to a flooded lawn, uprooted plants, or damaged soil. He even explains what preventive measures you can take to minimize the damage when you know bad weather is on its way.

Prolonged civil wars can have long-lasting

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adverse effects on food systems, leading to poverty and food insecurity. Overcoming food insecurity and land inequality is particularly difficult because of the highly politicized nature of conflict. This paper builds on the existing literature on food sovereignty to ensure sustainable livelihoods and community ownership of a resilient food system. We identify components of community food security to be strengthened in a post war reconstruction context. We study the impacts of the civil war on food and land administration systems, farmer struggles and current transitional justice process

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in relation to community food security in the Northern and Eastern Provinces in Sri Lanka and identify the technological, institutional, organizational, and infrastructural setbacks caused by conflict. It explores how such setbacks could be rectified and a resilient food system could be built in the postwar scenario.

Focusing on the vulnerability and resilience to economic shocks at the household level, this book draws on extensive research activities carried out in two Melanesia countries: the Solomon Islands and Vanuatu. In particular, it identifies the household impacts of the recent

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food, fuel and economic crises. The contributors also examine resilience by identifying how households responded to these recent economic events in order to cope with their impacts. Findings indicate that households are vulnerable to a range of shocks and often struggle to cope with their impacts. Shocks are making it harder for households to meet their basic needs. Households in Melanesia are facing increasing demands for money, in particular for school fees, basic foodstuffs and customary obligations. Concurrently, there are limited domestic opportunities for formal employment. Traditional

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social support networks are strong and are an important form of resilience. However, there is evidence that they are disintegrating. Of particular focus are the gendered impacts. Women are found to bear a disproportionate share of the burden in adjusting to household shocks. The authors highlight key areas in which public policy and development programmes can reduce household vulnerability and increase their resilience to future economic shocks.

Resilience in Social-Ecological Systems

A guide for educators and health professionals

Innovative Skills to Support Well-Being and

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Resiliency in Youth

Using Locally Sourced Materials to Make Mineral and Biological Extracts and Ferments Building resilience for food systems in postwar communities

The Undaunted Garden

The Resilience Dividend

In New Naturalism, horticulturist and modern plantsman Kelly D. Norris shares his inspiring, ecologically sound vision for home gardens created with stylish yet naturalistic plantings that mimic the wild spaces we covet, such as meadows, prairies, woodlands,

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and streamsides—far from the contrived, formal, high-maintenance plantings of the past. Through a basic introduction to plant biology and ecology, you'll learn how to design and grow a lush, thriving home garden by harnessing the power of plant layers and palettes defined by nature, not humans. The next generation of home landscapes don't consist of plants in a row, pruned to perfection and reliant on pesticides, fertilizers, and herbicides to survive. Instead, today's stunning landscapes convey nature's inherent beauty. These gardens are imbued with romance and emotion, yet they

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have so much more to offer than their gorgeous aesthetics. Naturalistic garden designs, such as those featured in this groundbreaking new book, contribute to positive environmental change by increasing biodiversity, providing a refuge for wildlife, and reconnecting humans to nature. In the pages of *New Naturalism* you'll find: Planting recipes for building meadows, prairies, and other grassland-inspired open plantings even in compact, urban settings Nature-inspired ways to upgrade existing foundation plantings, shrub beds, and flower borders to a wilder aesthetic while still

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managing the space Inspiration for taking sidewalk and driveway plantings and turning them into visually soft, welcoming spaces for humans and wildlife alike Ideas for turning shady landscapes into canopied retreats that celebrate nature Creative ways to make an ecologically vibrant garden in even the smallest of spaces New Naturalism approaches the planting beds around our homes as ecological systems. If properly designed and planted, these areas can support positive environmental change, increase plant and animal diversity, and create a more resilient space that's less reliant on artificial

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inputs. And they do it all while looking beautiful and improving property values. Following on from the success of the first edition, *Smartcities + Eco-Warriors* (2010), this book is the latest innovative response on urban resilience from one of the world's leading urban design and architectural thinkers. An ecological symbiosis between nature, society and the built form, the Smartcity cultivates new spatial practices and creates diverse forms of resilient landscapes including and beyond urban agriculture. The notion of the Smartcity is developed through a series of international

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case studies, some commissioned by government organisations, others speculative and polemic. This second edition has nine new case studies, and additional ecological sustainability studies covering sensitivity, design criteria, and assessments for ecological construction plans. The book concludes with two new essays on the romance of trees and the empowering nature of resilient landscapes. Smartcities, Resilient Landscapes + Eco-warriors represents a crucial voice in the discourse of climate change and the potential opportunities to improve the ecological function of existing

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habitats or create new landscapes which are considered beneficial to local ecology and resilience. It is indispensable reading for practitioners and students in the fields of landscape, urban design, architecture and environmental engineering. An inspiration to government agencies and NGOs dealing with sustainability, this work also resonates with anyone concerned about cities, landscapes, food and water security, and energy conservation.

Innovative Skills to Support Well-Being and Resiliency in Youth emphasizes the step-by-step procedures readers will need to

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implement evidence-based, innovative techniques and skills that emphasize well-being and resilience in youth. The strategies are specifically chosen to capture and hold the interest of youth who are often reticent to counseling. Furthermore, the skills-based approach of the book aims to demystify what one actually does in session with youth by moving away from the vagueness of talk therapy when youth have nothing to say, and toward sessions that engage youth in action, stimulating communication and change. Innovative Skills to Support Well-Being and Resiliency in Youth also advocates for

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practice interventions that empower youth to be in charge of their personal well-being and the healing process. By doing so, youth can take an active role in their own healthy functioning, as opposed to passively receiving treatment.

Revitalize your garden—and go beyond compost—by making your own biologically diverse inoculants and mineral-rich amendments using leaf mold, weeds, eggshells, bones, and other materials available for little or no cost! In *The Regenerative Grower's Guide to Garden Amendments*, experimental gardener and author Nigel Palmer

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provides practical, detailed instructions that are accessible to every grower who wants to achieve a truly sustainable garden ecosystem—all while enjoying better results at a fraction of the cost of commercial fertilizer products. These recipes go beyond fertilizer replacement, resulting in greater soil biological activity and mineral availability. They also increase pest and disease resistance, yields, and nutrient density. Recipes include: Extracting nutrients from plant residues using simple rainwater techniques Extracting minerals from bones and shells using vinegar Fermenting

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plant juices and fish Culturing indigenous microorganisms (IMO) Inspired by the work of many innovative traditional agricultural pioneers, especially Cho Ju-Young (founder of the Korean Natural Farming method), The Regenerative Grower's Guide to Garden Amendments also includes a primer on plant-soil interaction, instructions for conducting a soil test, and guidance on compost, cover cropping, mulching, measuring the quality of fruits and vegetables using a refractometer, and other aspects of sustainable gardening—making it a must-have resource for any serious grower.

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Food Production and Self-reliance in Uncertain Times

Resilience and ageing

Actors, Narratives, and Temporalities

Urban Resilience in a Global Context

Bouncing Back: Queer Resilience in Twentieth and Twenty-First Century English Literature and Culture

The Queer and Transgender Resilience Workbook

Food Production and Self-Reliance in Uncertain Times

Understanding how creative interventions can help develop social connectivity and resilience for older

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people is vital in developing a holistic cross-sector approach towards ageing well. Academics with a wide range of expertise critically reflect on how the built environment, community living, cultural participation, lifelong learning, and artist-led interventions encourage older people to thrive and overcome both challenging life events and the everyday changes associated with ageing. The book uses a range of approaches, including participatory research methods, to bring the voices of older people themselves to the foreground. It looks at how taking part in creative interventions develops different types of social relationships and fosters resilience.

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Permaculture is more than just the latest buzzword; it offers positive solutions for many of the environmental and social challenges confronting us. And nowhere are those remedies more needed and desired than in our cities. The Permaculture City provides a new way of thinking about urban living, with practical examples for creating abundant food, energy security, close-knit communities, local and meaningful livelihoods, and sustainable policies in our cities and towns. The same nature-based approach that works so beautifully for growing food—connecting the pieces of the landscape together in harmonious ways—applies perfectly to many of our other needs. Toby Hemenway, one of the leading

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practitioners and teachers of permaculture design, illuminates a new way forward through examples of edge-pushing innovations, along with a deeply holistic conceptual framework for our cities, towns, and suburbs. The Permaculture City begins in the garden but takes what we have learned there and applies it to a much broader range of human experience; we're not just gardening plants but people, neighborhoods, and even cultures. Hemenway lays out how permaculture design can help town dwellers solve the challenges of meeting our needs for food, water, shelter, energy, community, and livelihood in sustainable, resilient ways. Readers will find new information on designing the urban home

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garden and strategies for gardening in community, rethinking our water and energy systems, learning the difference between a "job" and a "livelihood," and the importance of placemaking and an empowered community. This important book documents the rise of a new sophistication, depth, and diversity in the approaches and thinking of permaculture designers and practitioners. Understanding nature can do more than improve how we grow, make, or consume things; it can also teach us how to cooperate, make decisions, and arrive at good solutions.

First published in French as *Alternatives au gazon* in 2011.

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The interconnectedness of communities, organisations, governing bodies, policy and individuals in the field of disaster studies has never been accurately examined or comprehensively modelled. This kind of study is vital for planning policy and emergency responses and assessing individual and community vulnerability, resilience and sustainability as well as mitigation and adaptation to climate change impacts; it therefore deserves attention. Disasters and Social Resilience fills this gap by introducing to the field of disaster studies a fresh methodology and a model for examining and measuring impacts and responses to disasters. Urie Bronfenbrenner's bioecological systems theory, which is

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used to look at communities holistically, is outlined and illustrated through a series of chapters, guiding the reader from the theory's underpinnings through research illustrations and applications focused on each level of Bronfenbrenner's ecosystems, culminating in an integration chapter. The final chapter provides policy recommendations for local and national government bodies and emergency providers to help individuals and communities prepare and withstand the effects of a range of disasters. This book will be of great interest to scholars and students of disaster and emergency management, disaster readiness and risk reduction (DRR), and to scholars and students of more general

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climate change and sustainability studies.

Planning and Planting for Unpredictable Weather

Fusion of Traditional and Modern Systems for a

Sustainable Future

Urban food production: A contribution to urban resilience in Berlin?

Case study and lessons from northern Sri Lanka

The Weather-resilient Garden

Beautiful, Resilient Groundcovers for Terraces, Paved

Areas, Gravel and Other Alternatives to the Lawn

Regenerative Design for Urban, Suburban, and Town

Resilience

The Resilient Farm and Homestead is a

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manual for developing durable, beautiful, and highly functional human habitat systems fit to handle an age of rapid transition. Ben Falk is a land designer and site developer whose permaculture-research farm has drawn national attention. The site is a terraced paradise on a hillside in Vermont that would otherwise be overlooked by conventional farmers as unworthy farmland. Falk's wide array of fruit trees, rice paddies (relatively unheard of in the Northeast), ducks, nuts, and earth-inspired buildings

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is a hopeful image for the future of regenerative agriculture and modern homesteading. The book covers nearly every strategy Falk and his team have been testing at the Whole Systems Research Farm over the past decade, as well as experiments from other sites Falk has designed through his off-farm consulting business. The book includes detailed information on earthworks; gravity-fed water systems; species composition; the site-design process; site management; fuelwood hedge production and processing;

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human health and nutrient-dense production strategies; rapid topsoil formation and remineralization; agroforestry/silvopasture/grazing; ecosystem services, especially regarding flood mitigation; fertility management; human labor and social-systems aspects; tools/equipment/appropriate technology; and much more, complete with gorgeous photography and detailed design drawings. The Resilient Farm and Homestead is more than just a book of tricks and techniques for regenerative site development, but

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offers actual working results in living within complex farm-ecosystems based on research from the “great thinkers” in permaculture, and presents a viable home-scale model for an intentional food-producing ecosystem in cold climates, and beyond. Inspiring to would-be homesteaders everywhere, but especially for those who find themselves with “unlikely” farming land, Falk is an inspiration in what can be done by imitating natural systems, and making the most of what we have by re-imagining what’s possible. A gorgeous case

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study for the homestead of the future. Urban Resilience is seen by many as a tool to mitigate harm in times of extreme social, political, financial, and environmental stress. Despite its widespread usage, however, resilience is used in different ways by policy makers, activists, academics, and practitioners. Some see it as a key to unlocking a more stable and secure urban future in times of extreme global insecurity; for others, it is a neoliberal technology that marginalizes the voices of already

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marginal peoples. This volume moves beyond praise and critique by focusing on the actors, narratives and temporalities that define urban resilience in a global context. By exploring the past, present, and future of urban resilience, this volume unlocks the potential of this concept to build more sustainable, inclusive, and secure cities in the 21st century.

In New Naturalism, horticulturist Kelly D. Norris shows readers how to design and plant eco-friendly, naturalistic home

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gardens that are resilient and sustainable, distilling complex design principals down for the average homeowner. With recipes for gumbos and stews, plus okra pickles, tofu, marshmallow, paper, and more Chris Smith's first encounter with okra was of the worst kind: slimy fried okra at a greasy-spoon diner. Despite that dismal introduction, Smith developed a fascination with okra, and as he researched the plant and began to experiment with it in his own kitchen, he discovered an amazing range of delicious

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ways to cook and eat it, along with ingenious and surprising ways to process the plant from tip-to-tail: pods, leaves, flowers, seeds, and stalks. Smith talked okra with chefs, food historians, university researchers, farmers, homesteaders, and gardeners. The summation of his experimentation and research comes together in The Whole Okra, a lighthearted but information-rich collection of okra history, lore, recipes, craft projects, growing advice, and more. The Whole Okra includes classic recipes such as fried

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okra pods as well as unexpected delights including okra seed pancakes and okra flower vodka. Some of the South's best-known chefs shared okra recipes with Smith: Okra Soup by culinary historian Michael Twitty, Limpin' Susan by chef BJ Dennis, Bhindi Masala by chef Meherwan Irani, and Okra Fries by chef Vivian Howard. Okra has practical uses beyond the edible, and Smith also researched the history of okra as a fiber crop for making paper and the uses of okra mucilage (slime) as a preservative, a hydrating

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face mask, and a primary ingredient in herbalist Katrina Blair's recipe for Okra Marshmallow Delight. The Whole Okra is foremost a foodie's book, but Smith also provides practical tips and techniques for home and market gardeners. He gives directions for saving seed for replanting, for a breeding project, or for a stockpile of seed for making okra oil, okra flour, okra tempeh, and more. Smith has grown over 75 varieties of okra, and he describes the nuanced differences in flavor, texture, and color; the best-

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tasting varieties; and his personal favorites. Smith's wry humor and seed-to-stem enthusiasm for his subject infuse every chapter with just the right mix of fabulous recipes and culinary tips, unique projects, and fun facts about this vagabond vegetable with enormous potential.

A Defensive Approach to Planning and Landscaping

A Guide to Home-scale Permaculture

Findings from Melanesia

Skills for Navigating Sexual Orientation

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and Gender Expression

A Seed to Stem Celebration

Resilient Garden

The Resilience Imperative

A manual for developing durable, beautiful, and highly functional human habitat systems fit to handle an age of rapid transition, written by a land designer and site developer whose permaculture-research farm has drawn national attention.

This book summarizes three years of extensive research conducted in Sri Lanka, Indonesia and Vietnam as part of the CECAR – Asia project, which

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was intended to enhance resilience to climate and ecosystem changes by developing mosaic systems to strengthen resilience of bio-production systems through the integration of large-scale modern agriculture systems with traditional, decentralized small-scale systems. The book starts with climate downscaling and impact assessment in rural Asia, and then explores various adaptation options and measures by utilizing modern science and traditional knowledge including home garden systems and ancient irrigation systems. The book subsequently examines the influence of climatic and ecological

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changes and the vulnerability of social economies from quantitative and qualitative standpoints, applying econometric and statistical models in agriculture communities of Asia to do so. The main goal of all chapters and case studies presented here is to identify the merits of applying organic methods to both commercial large-scale production and traditional production to strengthen social resilience and promote sustainable development. Especially at a time when modern agriculture systems are highly optimized but run the risk of failure due to changes in the climate and ecosystem, this book offers viable

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approaches to developing an integrated framework of modern and traditional systems to enhance productivity and total system resilience, as illustrated in various case studies.

Presents advice for growing vegetables that can help families survive financial, health, dietary, and weather challenges, including author's experiences, gardening and storage techniques, and recipes for five crops with storage and nutritional values.

"The secret to making the most of later life is to keep doing what you love. With practical advice and gentle inspiration, Gattone shows us how gardening

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can work for people of any age.” —Carl Honoré, author of In Praise of Slowness You can keep gardening for life, you just need to make adjustment as you age. In The Lifelong Gardener, adaptive gardening expert Toni Gattone shares her proven methods for making your favorite hobby easier on your aging body—techniques that that will help you garden smarter, not harder. This helpful guide includes dozens tried-and-true methods that help eliminate the physical strain of gardening, like buying ergonomic tools, using raised beds, and moving tools around in bins on wheels. The Lifelong

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Gardener celebrates the joy of gardening, and Gattone's message of empowerment will stir you to find joy in your garden for years to come.

The Regenerative Grower's Guide to Garden Amendments

Gaia's Garden

Household Vulnerability and Resilience to Economic Shocks

Gardening in Summer-Dry Climates

The Resilient Farm and Homestead

Planting Design for Dry Gardens

The Climate Change Garden

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Resilience thinking challenges us to reconsider the meaning of sustainability in a world that must constantly adapt in the face of gradual and at times catastrophic change. This volume further asks environmental education and resource management scholars to consider the relationship of environmental learning and behaviours to attributes of resilient social-ecological systems - attributes such as ecosystem services, innovative governance structures, biological and cultural diversity, and social capital. Similar to current approaches to environmental education and education for

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sustainable development, resilience scholarship integrates social and ecological perspectives. The authors of Resilience in social-ecological systems: the role of learning and education present a wealth of perspectives, integrating theory with reviews of empirical studies in natural resource management, and in youth, adult, and higher education. The authors explore the role of education and learning in helping social-ecological systems as they respond to change, through adaptation and transformation. This book also serves to integrate a growing literature on resilience and social learning

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in natural resources management, with research in environmental education and education for sustainable development. This book was originally published as a special issue of Environmental Education Research. Public libraries are keystone public institutions for any thriving community, and as such can be leaders in making cities better places to work, play, and live. Here, Dudley shows how public libraries can contribute to 'placemaking', or the creation and nurturing of vital and unique communities for their residents.

Pretty Tough Plants

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The Permaculture City