

# [PDF] The Good Life Lab: Radical Experiments In Hands-On Living

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#### Books Details:

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Author:

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#### Description:

#### Review

“This rollicking, inspiring tale of Tremayne’s 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.”

*(Publisher's Weekly)*

“Stop whatever you’re doing and get this book. I’ve just finished reading it and I have to say that Wendy and Mikey could easily be the poster children for modern day hacking. ...There wasn’t a single piece of their lives that wasn’t somehow improved by their efforts to play an active role in their own living. ... Their life is their workbench. ... should be handed out in high schools as part of the curriculum.”

*(HackaDay.com)*

“Captivating right from the start ... Whether for inspiration or as a road map to creating your own off-the-grid homestead, Tremayne’s book is a must read for any maker who fantasizes about stepping off the consumer-centered treadmill and into a life that is connected to nature, unhurried and meaningful.”

*(Boing Boing)*

“Visionary naturalist and conceptual artist Wendy Jehanara Tremayne presents a unique synthesis of memoir, travelogue, guru-level spiritual wisdom and pragmatic instruction on how to get out of the ‘waste stream’ in which urbanites wallow and re-enter the vital stream of the natural world.”

*(Book Page)*

“Tremayne is part of a grand American tradition of abandoning urban commercialism to grow food and build houses far from the crush of city life. ... There are many roads to satisfaction, from homesteading to buying a ticket into space, and the advice underlying [***The Good Life Lab***] ultimately has less to do with composting and more to do with deciding what you are willing to sacrifice to live as you choose.”

*(Los Angeles Review of Books)*

“Part essay, part how-to book, ***The Good Life Lab*** is for anyone who wants to live closer to the source of their food, housing, clothing and energy use. If you want inspiring examples of do-it-yourself creativity then read this book. From building with recycled materials headed for the land fill, to making biodiesel and more, this one is sure to spark ideas for your own hands-on living. A refreshing read from a couple who is leading by example.”

*(Book & Game Company, Walla Walla, WA)*

Named a Best Staycation Summer Read: "If you want to reset your psychological clock and improve your lifestyle while staying in the same place, then *The Good Life Lab* is the book for you."

*(The Guardian)*

"Have you ever felt so fed up with the materialism of the modern world that you wanted to opt out and go back to a simpler way of living? That's exactly what Tremayne and her boyfriend ended up doing, in an effort to get in touch with what's important in life."

*(Rachael Ray Blog)*

"Shares a wealth of information to inspire people who may want to embark on their own path of discovery. "

*(DIY Network blog)*

## **Review**

"Wendy and Mikey set out to find a state of happiness that could not be bought with dollar bills. By trial and error, with faith and vision, they built a new life, a life of work and play and celebration under the vast desert sky. This fascinating book tells their story."

*(Pir Zia Inayat-Khan, PhD, president of the Sufi Order International, author of Saracen Chivalry: Counsels on Valor, Generosity, and the Mystical Quest)*

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