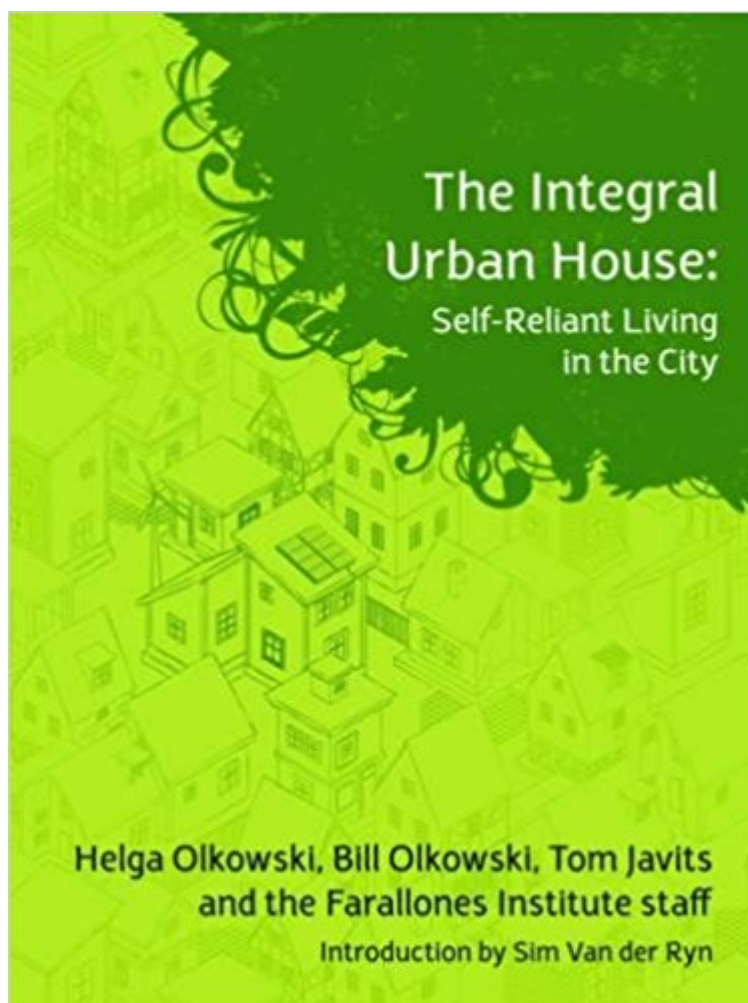


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# The Integral Urban House: Self Reliant Living In The City



## Synopsis

A comprehensive guide to achieving a completely sustainable urban lifestyle by creating a mini-ecosystem where residents grow their own fruits and vegetables, raise chickens, rabbits, and fish, recycle 90% of their waste, solar heat their hot water, and use a variety of other alternative technologies—all on a 1/8-acre city lot.

## Book Information

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## Customer Reviews

The Integral Urban House: Self Reliant Living in the City is a comprehensive guide to achieving a completely sustainable urban lifestyle by creating a mini-ecosystem where residents grow their own fruits and vegetables, raise chickens, rabbits, and fish, recycle 90% of their waste, solar heat their hot water, and use a variety of other alternative technologies—all on a 1/8-acre city lot. Long considered the bible of urban homesteading, this book is the result of four years of living with and refining the systems of the Integral Urban House in Berkeley, California—a collaborative project which combined the collective skills of the members of the Farallones Institute to develop a center for creating and testing experimental, ecologically stable and resource-conserving living systems. With its vision of an intimate connection between the urban habitat and ecological principles The Integral Urban House will inspire and empower people to act within their own communities to create places where they can live more sustainably. The Integral Urban House: Self-Reliant Living in the City is a magnificent, inspiring record of eco-technically effective intelligent human cooperation | This is magnificent news for humanity. We are on our way.- R. Buckminster Fuller

Civilized cities,

nourishing food, renewable energy, closed nutrient cycles , - these form the vision of this pioneering guidebook. With it we can start to build a new urban culture that is practical, sustainable, inviting and exciting.- Amory Lovins (2008-11-12)

Sim Van der Ryn is a visionary, author, educator, architect and public leader, and has been described by the New York Times as an "intrepid pioneer on the eco-frontier". For more than 40 years, Sim has been at the forefront of integrating ecological principles into the built environment. He served as California's first energy-conscious State Architect, authored seven influential books, and won numerous honors and awards for his leadership and innovation in architecture & planning. Sim's collaborative approach and meta-disciplinary accomplishments help show the way to an evolving planetary era that values both the integrity of ecological systems and the quality of life. He is Professor Emeritus in Architecture at the University of California where he taught from 1961 to 1995, and president of the Eco-Design Collaborative ([www.ecodesign.org](http://www.ecodesign.org)) based in Inverness, California. Helga Olkowski was a founding member of the Farallones Institute, a nonprofit organization active in the development of appropriate community technologies, with an emphasis on renewable sources of energy and food systems. Bill Olkowski was a founding member of the Farallones Institute, a nonprofit organization active in the development of appropriate community technologies, with an emphasis on renewable sources of energy and food systems. Tom Javits was a founding member of the Farallones Institute, a nonprofit organization active in the development of appropriate community technologies, with an emphasis on renewable sources of energy and food systems. The Farallones Institute was an independent association of scientists, designers, horticulturists and technicians which served for several decades as a pioneering center for teaching and research in appropriate technology and sustainable design. Integrating architecture, agriculture, waste recycling, water conservation, and renewable energy, the Institute has been widely recognized as a model for ecological design. The Farallones' resource conserving systems, solar dwellings, and organic gardens have been used extensively as a teaching tool.

Even though this book is older (1970s) it is still pretty valuable. Like other tomes during this time period, it is pretty heavy in its description in order to make it easier for others to copy. That said, this book really is a starting point. Some of the ideas are not very applicable to now, due to advances in technology and understanding, such as geothermal energy and improvements in solar energy. I did like how the authors were honest about some of the downfalls of what they built. They don't go much in how to correct them, but it is something that can be researched. For example, they had a

problem with flies in the rabbit area, and they brought in chickens to dig around and eat the fly larva in the droppings. I think that problem might be fixed with better screening instead. Overall, it is a good book and I like how it focuses on making one more self sufficient in an urban setting, which is where most people live. It's not realistic for everyone to give up their jobs and move to the country.

Absolutely crazy about this book - everything and much more than expected; a fount of information and wisdom. One of those books that has a permanent place on the "Most Important" self-reliant-living shelf in our home library. This book comes with excellent illustrations. This is a large book - over 400 pages jam-packed with really comprehensive and very well written information.

meet my expectations and glad i bought it already. the shipping is also free. thanks tho.

Great book even 30+ years later

Had a copy in the 70s but gave it away six years ago. Thinking about building a house and decided to find another copy. It's great, better than I remembered. Shipper was fast, book arrived in as good condition as listed.

This book has a lot of ideas for more self-reliant living. The book discusses the different ideas purpose and how they function. It was enjoyable to read, only because I enjoy reading this type of book. This is not for everyone.

This book is a bible for anyone seeking to live in a community without contributing to the growing crisis in infrastructure provision. It shows in practical terms, illustrated with easily understood sketches and diagrams, and supported by easily read and understood tables, ways to live more independently of, and offer less of a burden to our city. First published in 1974, it was a quarter century ahead of its time. Its time has come.

My Cleveland daughter wanted this for her reference library. She plans to consult it often as she tests her self reliance in a big city.

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The Integral Urban House: Self Reliant Living in the City A Beginner's Urban Survival Prepping

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