

## Green From The Ground Up Sustainable Healthy And Energyefficient Home Construction Builders Guide

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### From the Ground Up

Going green is as good for your baby as it is for Mother Earth. But how can you know all you need to do to keep your children safe in a world full of toxins? This guide is chock-full of easy and savvy ways for you—and your babies—to go green. This helpful, practical book gives real-life information on: Organic foods for mom (and baby!) Green maternity wear Exploring diaper options Green cleaning Setting up a green nursery Green home remedies Fun green activities and crafts for baby Getting more “green” for your green This is a book you will return to time and time again during that critical first year of your baby’s life. This book allows you to plant the seed for a lifetime of earthy-friendly living.

### Nature of the City

Fair Trade promises to raise living standards in developing countries through: - worldwide minimum prices for commodities - support for democratically governed cooperatives - requirement of minimum wages and safety standards for workers - training to help producers improved quality and develop business skills - encouragement of eco-friendly practices - third-party certification In contrast to the free trade status quo, Fair Trade relies on informed consumers to choose more direct supply chains that minimize the role of middlemen, offering economic justice and social change as a viable and sustainable alternative to charity. But does it work? Fair Trade from the Ground Up documents achievements at both the producer and the consumer ends of commodity chains and assesses prospects for future growth. From Guatemalan coffee farmers to

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student activists on U.S. college campuses, the stories of individuals inform April Linton's analysis. Drawing on studies by social scientists and economists, as well as on new case studies, she provides balanced answers to hard questions: How can large institutions be persuaded to commit to using Fair Trade suppliers? Does ethical consumerism work? Are the "social premiums" that are built into Fair Trade prices really being used for community projects? Will Fair Trade market growth reach the scale of organics or green products? This book meets a long-felt need among economic-justice activists, consumer groups, and academics for a reliable qualitative and quantitative overview of achievements of the Fair Trade movement.

### **Java Programming: From The Ground Up**

Garden-fresh herbs impart flavor and fragrance that dried, packaged products simply can't. Now, anyone with access to a few square yards of soil (or even a sunny patio or windowsill) can enjoy the punch and pungency that only come from fresh herbs, hand-picked from the garden. Herb Gardening from the Ground Up demonstrates how to design, seed, and nurture 38 culinary herb gardens that are delightful to the eye as well the palate. Designed to supply herbs for a wide range of flavors as well as a pleasing balance of colors, there are gardens to suit every taste and cooking trend, including a French chef's repertoire, an Italian trattoria's menu, the aromatic seasonings of Asia, the closer-to-home flavors of American barbecue, and the piquant profiles for a Tex-Mex feast. There are herbs for flavoring fish and game, soups and salads, bread and other baked goods, and, for the mixologists among us, even herbs for the home cocktail bar. Herb Gardening from the Ground Up offers historical insight, provides starting-from-scratch, season-to-season basics for planting in the present, and looks forward to the bright future of urban and suburban growing trends.

### **Grammar from the Ground Up**

This book invites the reader to understand our Universe, not just marvel at it. From the clock-like motions of the planets to the catastrophic collapse of a star into a black hole, gravity controls the Universe. Gravity is central to modern physics, helping to answer the deepest questions about the nature of time, the origin of the Universe and the unification of the forces of nature. Linking key experiments and observations through careful physical reasoning, the author builds the reader's insight step-by-step from simple but profound facts about gravity on Earth to the frontiers of research. Topics covered include the nature of stars and galaxies, the mysteries of dark matter and dark energy, black holes, gravitational waves, inflation and the Big Bang. Suitable for general readers and for undergraduate courses, the treatment uses only high-school level mathematics, supplemented by optional computer programs, to explain the laws of physics governing gravity.

### **From the Ground Up**

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After decades of scholarship on the civil rights movement at the local level, the insights of bottom-up movement history remain essentially invisible in the accepted narrative of the movement and peripheral to debates on how to research, document, and teach about the movement. This collection of original works refocuses attention on this bottom-up history and compels a rethinking of what and who we think is central to the movement. The essays examine such locales as Sunflower County, Mississippi; Memphis, Tennessee; and Wilson, North Carolina; and engage such issues as nonviolence and self-defense, the implications of focusing on women in the movement, and struggles for freedom beyond voting rights and school desegregation. Events and incidents discussed range from the movement's heyday to the present and include the Poor People's Campaign mule train to Washington, D.C., the popular response to the deaths of Rosa Parks and Coretta Scott King, and political cartoons addressing Barack Obama's presidential campaign. The kinds of scholarship represented here--which draw on oral history and activist insights (along with traditional sources) and which bring the specificity of time and place into dialogue with broad themes and a national context--are crucial as we continue to foster scholarly debates, evaluate newer conceptual frameworks, and replace the superficial narrative that persists in the popular imagination.

### **Character Design from the Ground Up**

### **Toward a Zero Energy Home**

Melting Down by environmental consultant Harvey Stone is an environmental thriller based upon 1) well-researched scientific data and 2) real-world, geo-political scenarios. The novel tracks an international terrorist plot to exploit the changing climate in order to fulfill Russia's historical destiny: world domination. It includes political intrigue, suspense, and action that span the globe from Hawaii to the Arctic and from Washington to Moscow. Within the fictional plot, Melting Down embeds key aspects of the science behind the changing climate, as well as its observed and predicted impacts. It also explores a systems-oriented approach for simultaneously solving many of today's economic, social, and environmental problems. Briefly, Melting Down's plot takes place in the final weeks of a too-close-to-call US Presidential election. President Charley Breen must overcome overwhelming personal tragedy and political pressure in order to stop the terrorist plot. Admiral Boris Sukirov and his high-ranking co-conspirators view the disappearing Arctic sea ice as Russia's final opportunity to control the world. Arming mercenaries with suitcase nuclear devices, they hold the world's glaciers hostage while exploiting the real-world scenarios that readers hear about in today's media. Tex Cassidy is the President's life-long friend, a Pulitzer-nominated investigative reporter, and a master at uncovering the connections between seemingly unrelated actions. He teams up with Zavia Jansen, a world-class designer of storm-surge barriers, in a global manhunt that must uncover and derail "Operation Noah." As they crisscross the globe to achieve their goals, Melting Down's characters represent many scientific, political and moral viewpoints. These viewpoints range from energy stakeholders to scientists

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calling for immediate action to political climate-deniers. The viewpoints also address questions such as "who benefits from the changing climate?" and "is there a way to mitigate the worst aspects of the changing climate?"

### **Green Remodeling**

Designed to meet the needs of a mixed population of readers, this innovative book spans the gap between grammar study and writing. It takes an "editing" approach to basic language skills instruction — using sample paragraphs and excerpts from essays, rather than traditional sentence exercises — and requires readers to write and then edit what they write. It emphasizes the practical use of word lists, and includes many lists and charts.

### **Melting Down**

A leader in America's burgeoning organic garden movement describes her post-high school decision to experiment with commune life and organic farming and how the skills she learned has helped her design hundreds of rooftop, schoolyard and backyard organic gardens.

### **From the Ground Up**

Discover the inner-workings of electronics through innovative hands-on experiments Are you fascinated by the power of even the smallest electronic device? Electronics from the Ground Up guides you through step-by-step experiments that reveal how electronic circuits function so you can advance your skills and design custom circuits. You'll work with a range of circuits and signals related to optical emitters and receivers, audio, oscillators, and video. This practical resource explains components, construction techniques, basic test equipment, circuit analysis, and troubleshooting. Photographs, schematics, equations, and graphs are included throughout. By the end of the book, you'll be able to hack and modify existing circuits to create your own unique designs. Do-it-yourself experiments cover: Batteries, lamps, and flashlights Light emitters and receivers Diodes, rectifiers, and associated circuits Transistors, FETs, and vacuum tubes Amplifiers and feedback Audio signals and circuits Oscillators AM and FM signals and circuits Video basics, including video signals Video circuits and systems "Excellent Nothing can replace hands-on experience and Quan immerses the hobbyist/designer right into the fray up to their elbows."—EDN Magazine

### **Gravity from the Ground Up**

The authors of "Green from the Ground Up" explore the design and construction of self-sufficient houses. With unequalled

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knowledge and a passion for the subject, the authors walk readers through the process of building and living in a truly green home.

### **From the Ground Up**

An encyclopedic how-to of all you need to make your home green Whether because of changing lifestyles or simply because houses are becoming outdated, millions of North Americans are renovating their homes every year, spending more money annually on renovation than on new home construction. But renovations can be fraught with unintended consequences like indoor air pollution. How do you remodel in a healthy, environmentally friendly way? Green Remodeling is a comprehensive guide. It first points out the advantages of remodeling. Buildings are responsible for 40% of worldwide energy flow and material use; so how you remodel can make a difference. Upgrading furnaces, cabinets and toilets means less fossil fuel pollution, reduced resource depletion, and fewer health risks. Green remodeling is more energy-efficient, more resource-conserving, healthier for occupants and more affordable to create, operate and maintain. The book then discusses simple green renovation solutions for homeowners, focusing on key aspects of the building including foundations, framing, plumbing, windows, heating and finishes. Room by room, it outlines the intricate connections that make the house work as a system. For example, how new windows may affect the structure and mechanical systems of the rooms below, the health of the family, and the future of old-growth forests. Then, in an easy-to-read format complete with checklists, personal stories, expert insights and an extensive resource list, it covers easy ways to save energy, conserve natural resources, and protect the health of loved ones. Addressing all climates, this is a perfect resource for conventional homeowners, as well as architects and remodeling contractors.

### **Fertile Ground: Scaling Agroecology from the Ground Up**

A handbook of democratic solutions in troubled times, from the activist the media call a "wizard," a "mastermind," "the ultimate ideas guy," a "mad scientist," a "start-up genius." Our democracy is a trainwreck. Our elections feel hollow and our legislatures have become toxic. Fierce partisanship, centralized power, distorted election results and rigged systems all contribute to our growing cynicism. Voters are increasingly turning towards the angriest candidates, or simply tuning out completely and staying at home. But as Dave Meslin's career has shown, we can fix things. We can turn elite power structures upside down. We can give a voice to ordinary people. But it means fixing things from the bottom up, and starting locally. It's hard to change the world if you can't change a municipal by-law. Teardown shows readers how to do both. And it will show us that these two challenges are not fundamentally different. From environmental activism to public space advocacy to the ongoing campaign for electoral reform, Dave Meslin has been both out on the street in marches and in the back rooms drawing up policy. With Teardown he reminds us that the future of our species doesn't need to look like a

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trainwreck. That we're capable of so much more. It's time to raise our expectations: of the system, of each other and of ourselves. Only then can we re-imagine a new democracy, unrecognizable from today's political mess. This book is a recipe for change. A cure for cynicism. A war on apathy.

### **Electronics from the Ground Up: Learn by Hacking, Designing, and Inventing**

The renowned architect surveys the architectural underpinnings and modern design flavors of America's high tech capital--Silicon Valley--capturing not only the corporate world, but also public buildings, churches, hotels, community centers, museums, and private homes. (Fine Arts)

### **Fair Trade from the Ground Up**

Ecological Economics from the Ground Up takes a unique and much-needed bottom-up approach to teaching ecological economics and political ecology, using case studies that focus on a wide range of internationally relevant topics, to teach the principles, concepts, methods and tools of these fields, which are seen as increasingly important in the context of the current triple social, economic and environmental crisis. This book provides learning materials which are grounded in the experience of Civil Society Organisations (CSOs), with case studies chosen by CSOs and developed collaboratively with leading ecological economists. The case studies come from Europe, India, Latin America, and Africa, and are presented thematically along three lines: 1) social metabolism and accounting methods, 2) institutions and participation, and 3) valuation and environmental policy tools. Core tools, concepts and glossary terms are embedded in topics chosen as a matter of urgency by activist organizations, related to mining and fossil fuel extraction, integrated transport infrastructure development, deforestation and agro-fuel production, sustainable tourism, waste management, wetlands and water management, payments for ecosystem services, natural disasters and hazards, and corporate accountability. Ecological Economics from the Ground Up has been designed to be an accessible learning aid for students of the sustainability sciences and for those CSOs that have recognised the value that ecological economics and political ecology tools and methods hold for their research and advocacy work.

### **Thrifty Gardening**

In the wars in Libya, Iraq, Afghanistan and in recent conflicts more generally, liberal powers have blurred the line between military and political activity. 'War From The Ground Up' offers a distinctive perspective in its consideration of the concept of contemporary warfare.

## **Herb Gardening from the Ground Up**

Following the collapse of the Soviet Union in the early 1990s, Cuba found itself solely responsible for feeding a nation that had grown dependent on imports and trade subsidies. With fuel, fertilizers, and pesticides disappearing overnight, citizens began growing their own organic produce anywhere they could find space— on rooftops, balconies, vacant lots, and even school playgrounds. By 1998 there were more than 8,000 urban farms in Havana producing nearly half of the country's vegetables. What began as a grassroots initiative had, in less than a decade, grown into the largest sustainable agriculture initiative ever undertaken, making Cuba the world leader in urban farming. Featuring a wealth of rarely seen material and intimate portraits of the environment, *Farming Cuba* details the innovative design strategies and explores the social, political, and environmental factors that helped shape this pioneering urban farming program.

## **From the Ground Up**

Veteran pastor, professor, and church planter Horrell suggests that the customs, patterns, and structures of churches may actually be barriers to what God 's purposes for the church really are.

## **From the Ground Up**

Bestselling author and gardening columnist Marjorie Harris offers a timely and entertaining guide for gardeners at every stage of life. Whether you're moving into your first apartment or condo, upgrading to a house, or downsizing to smaller digs, Harris shares the best tips on how to create a beautiful garden for any space — all on a budget. The highly anticipated sequel to her popular book *Thrifty: Living the Frugal Life with Style*, *Thrifty Gardening* marries Harris's passion for gardening with her thrifty lifestyle savvy so that everyone can create a natural oasis whatever their living situation is — and without breaking the bank.

## **From the Ground Up**

## **From the Ground Up**

Presents case studies of grassroots activism for environmental justice, highlighting struggles against environmental hazards, toxic waste dumps, and polluting factories which often impact low-income and minority communities.

## Ray Tracing from the Ground Up

Vegetables keep secrets, and to prepare them well, we need to know how to coax those secrets out. "What is the best way to eat a radish?" Alana Chernila hears this sort of question all the time. Arugula, celeriac, kohlrabi, fennel, asparagus--whatever the vegetable may be, people always ask how to prepare it so that the produce really shines. Although there are countless ways to eat our vegetables, there are a few perfect ways to make each vegetable sing. With more than 100 versatile recipes, *Eating from the Ground Up* teaches you how to showcase the unique flavor and texture of each vegetable, truly bringing out the best in every root and leaf. The answers lie in smart techniques and a light touch. Here are dishes so simple and quick that they feel more intuitive than following a typical recipe; soups for year-round that are packed with nourishment; ideas for maximizing summer produce; hearty fall and winter foods that are all about comfort; impressive dishes fit for a party; and tips like knowing there's not one vegetable that doesn't perk up with a sprinkle of salt. No matter the vegetable, the central lesson is: don't mess with a good thing.

## Teardown

This thorough, informative, and up-to-date reference on environmentally conscious, energy-efficient home construction gives builders and architects the tools to respond to growing requests from homeowners for green houses.

## Earthshake

NEW YORK TIMES BESTSELLER • From the longtime CEO and chairman of Starbucks, a bold, dramatic work about the new responsibilities that leaders, businesses, and citizens share in American society today—as viewed through the intimate lens of one man's life and work. What do we owe one another? How do we channel our drive, ingenuity, even our pain, into something more meaningful than individual success? And what is our duty in the places where we live, work, and play? These questions are at the heart of the American journey. They are also ones that Howard Schultz has grappled with personally since growing up in the Brooklyn housing projects and while building Starbucks from eleven stores into one of the world's most iconic brands. In *From the Ground Up*, Schultz looks for answers in two interwoven narratives. One story shows how his conflicted boyhood—including experiences he has never before revealed—motivated Schultz to become the first in his family to graduate from college, then to build the kind of company his father, a working-class laborer, never had a chance to work for: a business that tries to balance profit and human dignity. A parallel story offers a behind-the-scenes look at Schultz's unconventional efforts to challenge old notions about the role of business in society. From health insurance and free college tuition for part-time baristas to controversial initiatives about race and refugees, Schultz and his team tackled societal issues with the same creativity and rigor they applied to changing how the world consumes coffee.

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Throughout the book, Schultz introduces a cross-section of Americans transforming common struggles into shared successes. In these pages, lost youth find first jobs, aspiring college students overcome the yoke of debt, post-9/11 warriors replace lost limbs with indomitable spirit, former coal miners and opioid addicts pave fresh paths, entrepreneurs jump-start dreams, and better angels emerge from all corners of the country. From the Ground Up is part candid memoir, part uplifting blueprint of mutual responsibility, and part proof that ordinary people can do extraordinary things. At its heart, it's an optimistic, inspiring account of what happens when we stand up, speak out, and come together for purposes bigger than ourselves. Here is a new vision of what can be when we try our best to lead lives through the lens of humanity. "Howard Schultz's story is a clear reminder that success is not achieved through individual determination alone, but through partnership and community. Howard's commitment to both have helped him build one of the world's most recognized brands. It will be exciting to see what he accomplishes next."—Bill Gates

### **Civil Rights History from the Ground Up**

"A complete, DIY guide to creating flawless eBooks for personal, self-publishing, or professional use with EPUB, the free open-source standard from the International Digital Publishing Forum (IDPF). EPUB From the Ground Up: A Hands-On Guide to EPUB 2 and EPUB 3 shows how to create eBooks using one of the most widely used formats for eBook publishing. EPUB is used by Nook, Kobo, iPad, and Nexus, and can also be ported to formats used by Kindle. The book covers the current version, EPUB 3, which allows for specialized formatting such as advanced math equations and the inclusion of media such as audio and video, and interactivity. Since many eBook readers still support only EPUB 2, both versions are covered in this practical guide. Learn how to create and modify eBooks using a variety of tools, many of them free and open source. This practical guide covers the most popular free software for EPUB creation, including Sigil, Calibre, and others, and shows how to apply HTML, XHTML, XML, CSS, and JavaScript to eBook formatting. Clear explanations and step-by-step instructions build from the ground up so that no prior experience with markup languages or programming is needed. Covers EPUB 2 and EPUB 3 Explains the basics of HTML, XHTML, XML, and CSS as they relate to EPUB development Each chapter includes hands-on exercises and summaries of key points Introduces and explains how to use the best open-source software available, pointing you to valuable free tools and online resources Explains the .OPF file, which houses the EPUB book's metadata, file manifest, and linear reading order Discusses the .NCX file (Navigation Control for XML), which contains the hierarchical table of contents for the EPUB file All examples and source code in the book are available for download Includes instructions for creating comic books, creating enhanced eBooks with audio and video, and other new functions that were not available in earlier versions of EPUB." --Publisher's description.

### **Green from the Ground Up**

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All stories have characters, and whether its a film, game, book, or comic, all characters need to be designed. Character design has become a distinct discipline in the entertainment industry, and character designers are employed by film and game companies across the globe to bring life to scripts and ideas. In this book, illustrator and character designer Kevin Crossley provides a complete overview of character design. Starting with the basics of materials, equipment, and software, Kevin will explain the processes professional character designers follow to develop characters for publishing, games, and film. From ideas and thumbnails, anatomy and reference, through effective drawing, 3D mock-ups and full turnarounds, Kev explains how a character designer works to achieve professional results.

### **From the Ground Up**

Tess & Barrett Ryan have been married for over twenty years. They're both hopelessly in love with each other. Have been since they were just seventeen years old. But lately, they feel disconnected. They don't get time together to go on dates much less bedroom time. Date night no longer consists of the woo. He can't remember the last time he had his wife to himself. She can't remember the last time she felt adored. As much as he un-derstands that she's feeling unappreciated and generally unneeded as his wife, he feels the same. They're struggling in a way they never imagined when they began their rela-tionship all those years ago. It seems that their lives won't slow down and change isn't going to happen un-less they make it. Together they realize they've put them first for far too long and in the meantime forgot what made their house a home to begin with. Will a week in a remote Michigan cabin be enough to remind each other what they built their lives upon? How do they fall back in love with each other when they never fell out of it in the first place?

### **The Everything Green Baby Book**

The twenty-eight contributors to this book show how experimental and ethnographic approaches are being used to shed new light on the process of domestication, and harvesting techniques, tools and technology in the period just before and just after the appearance of agriculture. The book takes an explicitly comparative approach, with chapters on SW Asia, Europe, Australia and Africa.

### **War from the Ground Up**

The author describes how a dream of creating her first garden was transformed by hard work, determination, and difficult lessons into a beautiful plot of land and how a year of planting seeds, battling pests, weeding, watering, and composting changes her into an enthusiastic gardener. Reprint. 20,000 first printing.

## **Green from the Ground Up**

“Everyone in a hospital leadership role should read this book as it offers a wealth of practical advice for organizations intent on improving their clinical care delivery.” —Amy C. Edmondson, professor, Harvard Business School, and author of *The Fearless Organization* All Americans deserve and should have access to high quality, affordable healthcare services delivered by professionals who have sufficient time and resources to care for them. This book offers proven and practical approaches for redesigning healthcare organizations to be less fragmented—and more patient-centered—by tapping into the experiences of staff on the front lines of patient care. Peter Lazes and Marie Rudden show how collaboration and active communication among administrators, medical staff, and patients are a core element of a successful organizational change effort. Through case studies and the direct voices and experiences of frontline workers, they explore exactly what it takes to effectively engage staff and providers in improving the patient care shortcomings within their institutions. This book not only is a manual detailing what can be achieved when frontline staff have a direct voice in controlling their practice environments but was written to show how to accomplish transformative changes in how our hospitals and outpatient clinics work. At a time when the massive gaps in our healthcare systems have been laid bare by the fragmented responses to the COVID-19 pandemic, this book offers hope and a plan for change.

## **Nature Spirituality from the Ground Up**

Agroecology is our best option for creating an agrifood system capable of nurturing people, societies, and the planet. But it is still not widespread. *Fertile Ground* offers nine case studies, authored by agroecologists from Africa, Latin America, the Caribbean, North America, and Europe, that demonstrate how the endogenous practice of agroecology can be “scaled” so that it is known by more farmers, practiced more deeply, and integrated in planning and policy.

## **Prehistory of Agriculture**

With the increase in computing speed and due to the high quality of the optical effects it achieves, ray tracing is becoming a popular choice for interactive and animated rendering. This book takes readers through the whole process of building a modern ray tracer from scratch in C++. All concepts and processes are explained in detail with the aid of

## **Farming Cuba**

A collection of haiku poems celebrates the planet Earth, including such topics as rocks, earthquakes, fossils, volcanoes, and the water cycle. Includes Earth sciences fact pages.

## **EPUB From the Ground Up**

Modern industrial agriculture is in crisis. In our obsession with 'efficiency' and short-term profit, we are losing all real connection with the natural world. As a result, the dream of global abundance promised by the introduction of chemical fertilisers, pesticides and hybrid seeds is becoming a nightmare of health risks, degraded land and ailing communities. The way we produce our food is destructive and quite simply unsustainable. From the Ground Up: Rethinking Industrial Agriculture sets the decline of agriculture within the broader context of industrialisation as a whole, and explores some of the fundamental principles which underlie the 'growth-at-any-cost' thinking of modern society. At the same time, it documents the growing public distrust of conventional agricultural practices, and highlights some of the most promising alternatives leading to more sane, environmentally healthy ways of producing food. This book is a valuable reference for those concerned with the future of agriculture - in the industrialised countries as well as in the South, where agricultural development continues to be modelled on the industrial ideal.

## **Ecological Economics from the Ground Up**

Highlighted by more than 350 full-color photographs and illustrations, a comprehensive study of sustainable, energy-efficient, and healthful home construction offers a detailed explanation of green building fundamentals that covers such topics as site planning, materials selection, efficient energy alternatives, indoor air quality, and more at every stage in the construction process, from framing to finishes. Original.

## **The Horticulturist and Journal of Rural Art and Rural Taste**

Maybe that plain old rock has gleaming jewels inside. Maybe Africa and South America used to be best friends. Maybe a clam that died 300 million years ago is in your backyard. What secrets is Earth hiding? These twenty-two poems leave no stone unturned in exploring the world's natural wonders. Crack this book open and watch geology sparkle.

## **Eating from the Ground Up**

"The experts at Entrepreneur help you identify your business goals and discover a "greener" path when it comes to building, launching and running your new business. Our experts take you step by step, from turning your business idea green to developing earth-friendly business and long-term, sustainability plans. Learn the ins and outs of incorporating green policies, products and guidelines and developing environmentally-beneficial relationships no matter what industry you enter."--Publisher description.

## **Green Home Building**

Nature Spirituality from the Ground Up invites you to go beyond simply exploring the symbols of nature and encourages you to bury your hands in the earth and work with the real thing. This is a book on green spirituality that makes a difference, empowering you to connect with totems as a part of your spiritual life. Uniquely approaching totems as beings we can give to, rather than take from, Lupa shows how orienting yourself this way deepens your spiritual connection to the earth and helps you rejoin the community of nature. And while most books on totems focus on animals, Nature Spirituality from the Ground Up helps you work with interconnected ecosystems of totems: plants, fungi, minerals, waterways, landforms, and more.

## **Start Your Own Green Business**

A comprehensive guide to building green on any budget. According to conventional wisdom, building a green home is an expensive endeavor. The standard approach treats green as an add-on, tacking "premium" products, finishes, and equipment onto a traditional home design. As a result, many green home projects end up over budget or fail to achieve their environmental and performance goals. Green Home Building explodes the myth that green homes have to cost more. Using proven methods based on applied building science, the authors show how to: Lower base construction costs to provide funding for high performance upgrades Achieve a net-zero energy home, including "zero-ing" water, waste, carbon, and associated costs within fifteen years Live affordably into the future, despite anticipated rising costs for fuel, water, materials, taxes, and health care This comprehensive guide to building green on any budget defines the strategies that maximize the return on green investments. Written for anyone who has ever been swayed by the argument that the price tag limits how green a home can be, Green Home Building is a must-read for builders, contractors, architects, designers, and homeowners. Miki Cook is a green building and sustainability consultant who has dedicated her career to educating contractors and the public on the strategies, methods, and benefits of green homes. Doug Garrett has trained thousands of homebuilders, architects, and sub-contractors to build energy-efficient homes using applied building science to improve comfort, durability, and healthfulness while meeting or exceeding the energy code.

## **Earth Verse: Haiku from the Ground Up**

This is a practical guide to delivering green infrastructure from the ground up and bringing nature in to the built environment. Exploring the process of delivery through an array of design approaches and case studies, it demystifies the concept and provides the tools for practical implementation - highlighting the challenges and opportunities on both small and large projects.



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