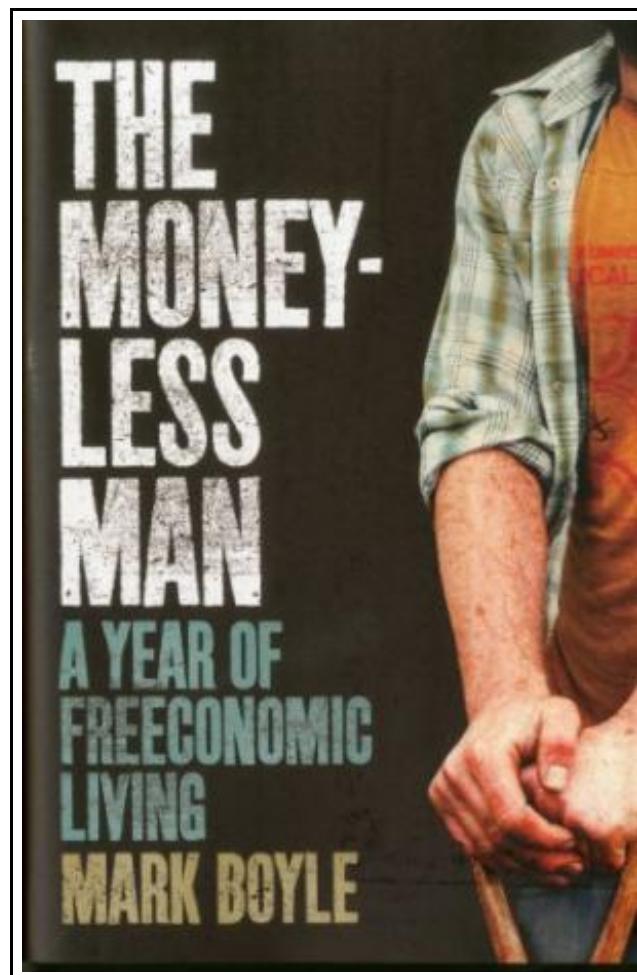


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OneWorld Publications. Hardcover. Book Condition: New. Hardcover. 224 pages. Dimensions: 9.3in. x 6.0in. x 1.0in. The astonishing reality of living without our most important resource. Imagine a year without spending any money. Former businessman Mark Boyle did just that and here is his extraordinary and compelling story. Going back to basics and following his own strict rules, Mark learned ingenious ways to eliminate his bills and flourish for free. Encountering seasonal foods, solar panels, skill-swapping schemes, cuttlefish toothpaste, compost toilets and the unthinkable a cash-free Christmas, Boyle puts the fun into frugality and offers some great tips for economical (and environmentally friendly) living. Highlighting the huge wastage inherent in modern Western living we throw away a third of our food Mark explains how to feed yourself for free with the four legs of the food-for-free table. From making paper out of mushrooms and to constructing a rocket stove from discarded catering cans, Mark advocates a return to local economics where we can see the consequences of what we consume. Heart-warming and witty, learn how Marks mission affected his relationships. What did his parents think of his crusade Can you keep a girlfriend when you are moneyless Do your friends keep in contact when you cant go out for a beer A testament to Marks astounding determination, this thought-provoking book will make you re-evaluate your relationship to your wallet. Mark Boyle has founded the worldwide freeconomic movement. An economics graduate and former business director, he is Irish and lives in Bristol in the UK. His website (justfortheloveofit.org) receives up to 30,000 hits a day and has become a hub for community sharing with over 17,000 members worldwide (many in the US). His story has been reported worldwide and he is an excellent self-publicist. He has been covered in media...

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