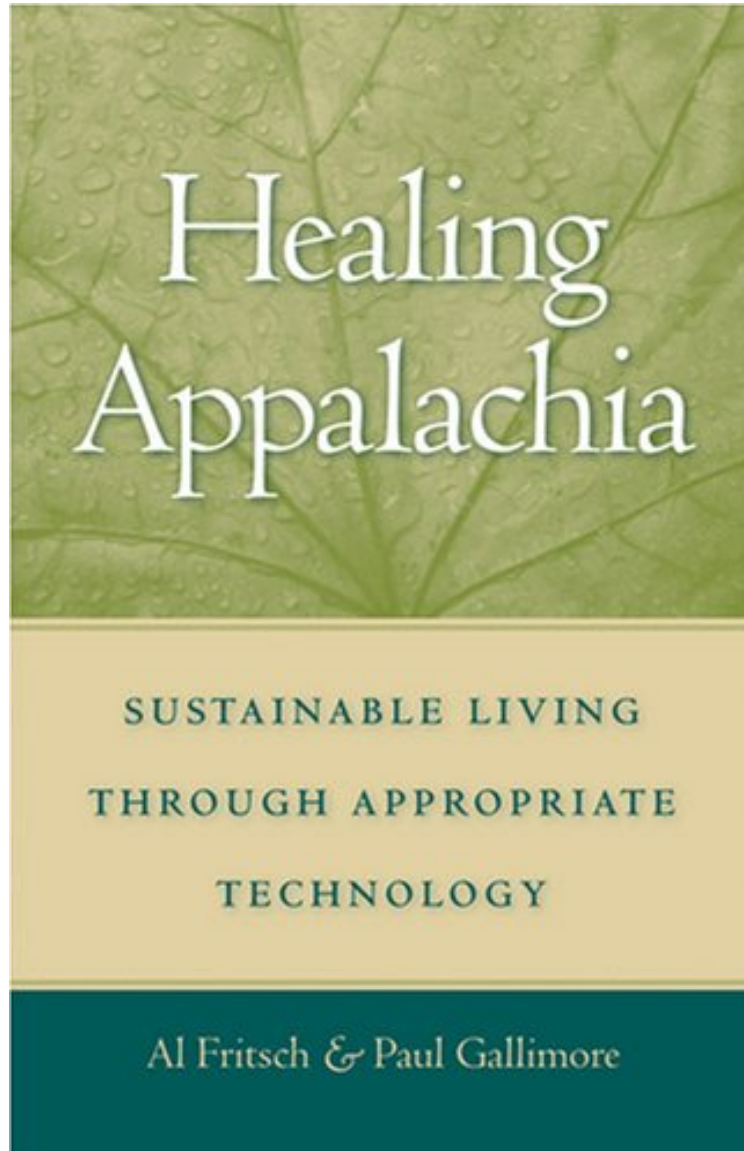


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Healing Appalachia: Sustainable Living through Appropriate Technology

Al Fritsch, Paul Gallimore

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Al Fritsch, Paul Gallimore : Healing Appalachia: Sustainable Living through Appropriate Technology before purchasing it in order to gage whether or not it would be worth my time, and all praised Healing Appalachia: Sustainable Living through Appropriate Technology:

Healing Appalachia is a practical guide for environmentally conscious residents of Appalachia and beyond. It is also the first book to apply "appropriate technology," or the most basic technology that can effectively achieve the desired result, to this specific region. Authors Al Fritsch and Paul Gallimore have performed over 200 environmental resource assessments in thirty-three states. They bring this knowledge to bear as they examine thirty low-cost, people-friendly, and environmentally benign appropriate technologies that can be put to work today in Appalachia. They discuss such issues as renewable energy and energy conservation, food preservation and gardening, forest management, land use, transportation, water conservation, proper waste disposal, and wildlife protection. They pay close attention to the practicality of each technique according to affordability, ease of use, and ecological soundness. Their subjects range from solar home heating to greenhouses, from aquaculture to compost toilets, from organic gardening to wildlife restoration and enhancement, and from solar cars to microhydropower facilities. Their discussions of each topic benefit from the knowledge gained from thirty years of practical experience at environmental demonstration centers and public interest and educational organizations. Each section of the book includes details on construction and maintenance, as well as resources for locating further information, making this an essential volume for everyone who cares about the future of Appalachia.

"Contains a wealth of valuable wisdom on appropriate technology in Appalachia, culled from decades of experience. Fritsch and Gallimore inspire readers with a detailed and realistic vision of what is practically possible, and they explain what works and what doesn't in this unique region." John Nolt, author of *Down to Earth: Toward a Philosophy of Nonviolent Living*" "This is a timely and welcome book. It makes an important contribution to the advancement of earth-friendly, user-friendly and community-friendly ways of living in the Appalachian highlands." Michael Frome, Ph.D., author of *Strangers in High Places: The Story of the Great Smoky Mountains*" "This work will be extremely valuable for individuals in environmental studies, ecology, agriculture, and Appalachian studies." J.R. Burch, Jr., *CHOICE*" About the Author Al Fritsch is founder of AppalachiaScience in the Public Interest and coauthor of *Ecotourism in Appalachia: Marketing the Mountains*. Paul Gallimore is founder and executive director of the Long Branch Environmental Education Center in Leicester, North Carolina.