

TOOLS FOR A WORLD OF CHANGE  BOOKS TO BUILD A NEW SOCIETY

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**new society
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Consume less and celebrate more for inner peace and ecological integrity

Elegant Simplicity

The Art of Living Well

SATISH KUMAR

FOREWORD BY FRITJOF CAPRA

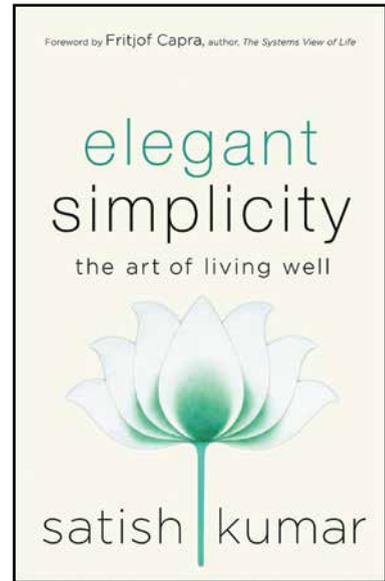
CONSUMERISM DRIVES THE PURSUIT of happiness in much of the world, yet as wealth grows unhappiness abounds, compounded by the grave problems of climate change, pollution, and ecological degradation. We've now reached both an environmental and spiritual dead-end that leaves us crying out for alternatives.

Elegant Simplicity provides a coherent philosophy of life that weaves together simplicity of material life, thought, and spirit. In it, Satish Kumar, environmental thought leader and former monk, distills five decades of reflection and wisdom into a guide for everyone, covering:

- ▶ The ecological and spiritual principles of living simply
- ▶ Shedding both “stuff” and psychological baggage
- ▶ Opening your mind and heart to the deep value of relationships
- ▶ Embedding simplicity in all aspects of life including education and work
- ▶ Merging science and spirituality for a coherent world-view.

Elegant Simplicity is a life guide for everyone wanting off the relentless treadmill of competition and consumption and seeking a life that prioritizes the ecological integrity of the Earth, social equity, and personal tranquility and happiness.

SATISH KUMAR is long-time peace and environment activist and former monk who has been quietly setting the global agenda of change for over 50 years. He settled in the United Kingdom after an 8,000-mile peace pilgrimage and became editor of *Resurgence* magazine, a position he held from 1973-2016. During this time, he founded Devon's Schumacher College, authored several books, and presented the successful documentary *Earth Pilgrim*. He lives in Devon, UK.



PROGRESSIVE LEADERSHIP

POB 5.5 x 8.5" / 176 PAGES

US/CAN \$19.99

PB ISBN 9780865719101

EBOOK ISBN 9781550927030

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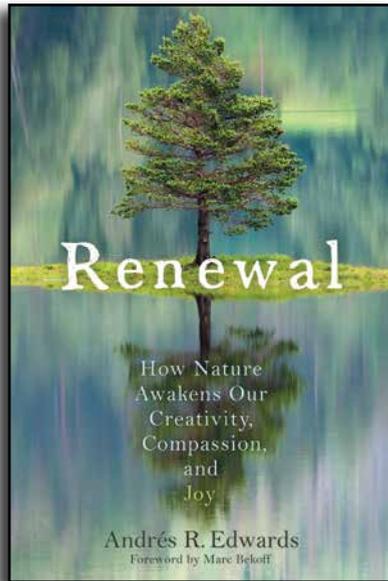
Explore our emotional bond with nature to heal ourselves and the natural world

Renewal

How Nature Awakens Our Creativity, Compassion, and Joy

ANDRES EDWARDS

FOREWORD BY MARC BEKOFF



WHY SPEND COUNTLESS HOURS indoors in front of screens when being in nature feels so good? In learning why and how to nurture our emotional connection with nature, we can also regenerate the ecosystems on which we depend for our survival.

Renewal explores the science behind why being in nature makes us feel alive and helps us thrive. Using personal experiences and cutting-edge research in cognitive science, this book weaves delightful stories that:

- ▶ Reveal nature's genius and impacts on our lives from physical, emotional, intellectual, and spiritual perspectives
- ▶ Explore how emulating nature is yielding design breakthroughs with biomimicry and biophilic design
- ▶ Highlight the importance of compassion and coexisting with wildlife in designing our conservation strategies
- ▶ Describe the significance of nurturing an ecological ethic that supports a reciprocal relationship with nature.

Whether you are drawn to conservation or are interested in the science behind human behavior, *Renewal* will help create a blueprint for integrating nature with a life of creativity, compassion, and joy.

ANDRÉS EDWARDS is an educator, award-winning author, media designer, presenter, and sustainability consultant. He is founder and president of EduTracks, a firm specializing in developing education programs and consulting services on sustainable practices for green building and business projects. Andrés lives in northern California. www.andresedwards.com

ALSO AVAILABLE:

Thriving Beyond Sustainability PB ISBN 9780865716414

The Heart of Sustainability PB ISBN 9780865717626

CONSERVATION & ECOLOGY
6 x 9" / 240 PAGES / US/CAN \$19.99

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EBOOK ISBN 9781550926736

AVAILABLE APRIL

Become a more effective and powerful communicator in today's
highly polarized and polluted public square

I'm Right and You're an Idiot – 2nd Edition

The Toxic State of Public Discourse and How to Clean it Up

JAMES HOGGAN WITH GRANIA LITWIN

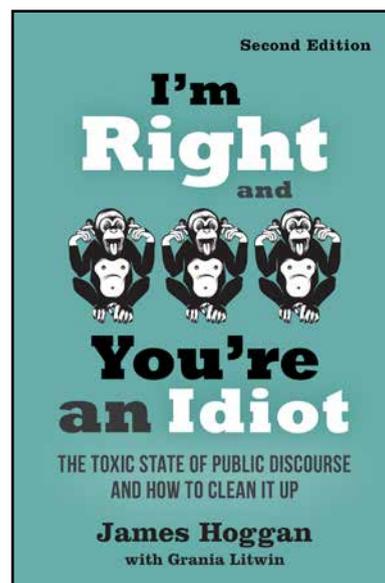
THE MOST PRESSING PROBLEM we face today is not climate change. It is pollution in the public square, where a toxic smog of adversarial rhetoric, propaganda, and polarization stifles discussion and debate, creating resistance to change and thwarting our ability to solve our collective problems.

In this second edition of *I'm Right and You're an Idiot*, James Hoggan grapples with this critical issue, through interviews with outstanding thinkers and drawing on wisdom from highly regarded public figures. Featuring a radically revised prologue and afterword, and a new chapter addressing the changes in public discourse since the 2016 US election, he explores:

- ▶ How political will is manipulated
- ▶ How tribalism shuts down open-minded thinking and helps misinformation thrive
- ▶ Why facts alone fail and how language is manipulated and dissent silenced
- ▶ The importance of dialogue, empathy, and pluralistic narrative reframing arguments to create compelling narratives and spur action.

Our species' greatest survival strategy has always been foresight and the ability to leverage intelligence to overcome adversity. Focusing on proven techniques to foster more powerful and effective communication, *I'm Right and You're an Idiot* will appeal to readers looking for deep insights and practical advice in these troubling times.

JAMES HOGGAN is president of the Vancouver PR firm Hoggan & Associates, past chair of the David Suzuki Foundation board, and founder of the influential website DeSmogBlog. He has also served as a member of Shell Global's External Review Committee and is author of *Climate Cover-up* and *Do the Right Thing*. He lives on Salt Spring Island, Canada.



CULTURAL CRITIQUE

6 x 9" / 288 PAGES / US/CAN \$19.99

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EBOOK ISBN 9781550927078

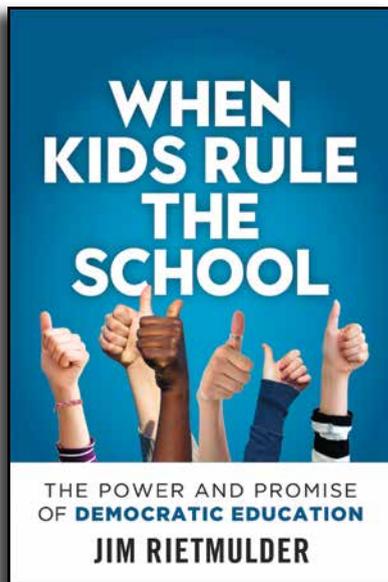
AVAILABLE MAY

How self-directed democratic schooling builds fulfilling lives and can lead the way back to a civilized society

When Kids Rule the School

The Power and Promise of Democratic Education

JAMES RIETMULDER



EDUCATION AND PARENTING

6 x 9" / 272 PAGES / US/CAN \$19.99

PB ISBN 9780865719040

EBOOK ISBN 9781550926972

AVAILABLE MAY

EDUCATION IS RIPE for democratic disruption. Students in most schools are denied fundamental social ideals such as personal freedom, public government, rule of law, and free enterprise. In our increasingly authoritarian post-truth world, self-directed democratic schooling offers a timely alternative: educating children in civilized society and showing that self-motivation outperforms coercion in its power to educate and fulfill.

When Kids Rule the School is the first comprehensive guide to democratic schooling, where kids practice life in a self-governed society—empowered as voters, bound by laws, challenged by choice, supported by community, and driven by nature. Through heartwarming stories and hard-headed details, this book covers:

- ▶ Democratic schooling philosophy, theory, and practice
- ▶ School governance by students and staff together
- ▶ Student self-direction and day-to-day life
- ▶ Deep play, cognitive development, and critical thinking
- ▶ Why democratic schooling is morally right and effective
- ▶ Model bylaws and guidance for starting a democratic school.

Created for educators, parents, and scholars, *When Kids Rule the School* will immerse you, heart and mind, in a promising new approach to education, and stretch your thinking about what school can be.

JAMES RIETMULDER is a founding staff member at The Circle School in Harrisburg, Pennsylvania, a pioneering democratic school, where he has worked for 34 years. Jim tutors students to take college entrance exams, plays mixed-age soccer at every opportunity, and anchors the daily Critical Thinking Discussion Group. Jim is married to fellow co-founder Beth L. Stone and is the father of two Circle School graduates. He lives in Lewisberry, Pennsylvania

Sow the seeds of science and wonder and inspire the next generation of Earth stewards

The School Garden Curriculum

*An Integrated K-8 Guide for Discovering Science, Ecology,
and Whole-Systems Thinking*

KACI RAE CHRISTOPHER

THE WORLD NEEDS YOUNG PEOPLE to grow into strong, scientifically literate environmental stewards. Learning gardens are great places to build this knowledge, yet until now there has been a lack of a multi-grade curriculum for school-wide teaching aimed at fostering a connection with the Earth.

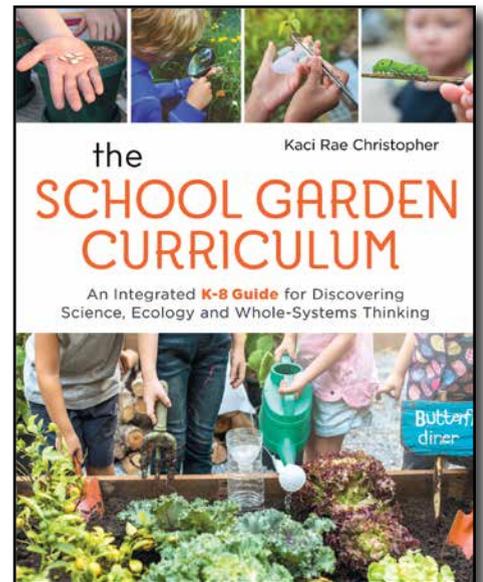
The School Garden Curriculum offers a unique and comprehensive framework, enabling students to grow their knowledge throughout the school year and build on it from kindergarten to eighth grade. From seasonal garden activities to inquiry projects and science-skill building, children will develop organic gardening solutions, a positive land ethic, systems thinking, and instincts for ecological stewardship.

The book offers:

- ▶ A complete K-8 school-wide framework
- ▶ Over 200 engaging, weekly lesson plans – ready to share
- ▶ Place-based activities, immersive learning, and hands-on activities
- ▶ Integration of science, critical thinking, permaculture, and life skills
- ▶ Links to Next Generation Science Standards
- ▶ Further resources and information sources.

A model and guide for all educators, *The School Garden Curriculum* is the complete package for any school wishing to use ecosystem perspectives, science, and permaculture to connect children to positive land ethics, personal responsibility, and wonder, while building vital lifelong skills.

KACI RAE CHRISTOPHER is the volunteer Farm and Garden Educator for Oregon's Redband Ranch. She was previously the School Garden Coordinator for the Springwater Environmental Sciences School and the Outdoor Educator for ERA. Her passion is fostering a healthy land ethic, personal empowerment, and environmental literacy in children of all ages through outdoor immersion and skill building. She lives in Bend, Oregon.



EDUCATION AND PARENTING

8 x 10" / 384 PAGES / US/CAN \$39.99

COLOR AND BLACK & WHITE

ILLUSTRATIONS THROUGHOUT

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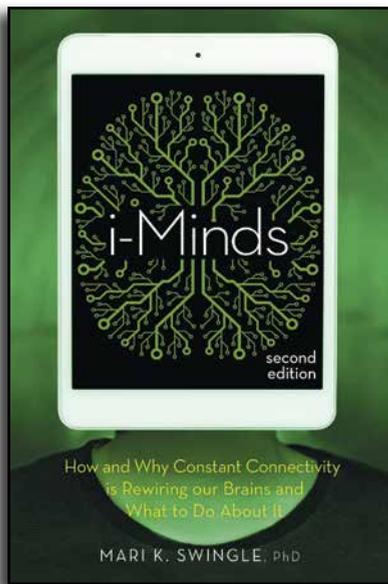
AVAILABLE APRIL

An entertaining, scientifically rigorous exploration of the social and biological effects of our wireless world

i-Minds – 2nd Edition

How and Why Constant Connectivity is Rewiring Our Brains and What to Do About it

MARI SWINGLE



THE WAY WE USE i-technology is affecting our health and happiness. While programs, devices, information, and constant connectivity can offer us ease, liberation, and efficiency, they can also rewire our brains to feel restless, disconnected, unable to sleep, anxious, and depressed, with new illnesses like FOMO (fear of missing out), and electro sensitivities appearing.

Engaging and entertaining yet scientifically rigorous, this fully revised and updated second edition of *i-Minds* comprehensively explores an era of screen-based technology's assimilation into our lives, pondering it as both godsend and plague. Addressing theory, popular media, and industry hype, *i-Minds* demonstrates:

- ▶ How constant connectivity is changing our brains
- ▶ The dangers of unchecked connectivity
- ▶ Positive steps to embrace new technologies while protecting our well-being and steering our future in a more human direction.

i-Minds is a must-read for anyone interested in fostering health and happiness, or who is struggling with the role of screened technology in our lives.

DR. MARI SWINGLE is a practicing therapist, researcher, lecturer, and author who has been working in the fields of mental health and education for over 25 years. She is a renowned expert on the effects of i-technology, and holds a PhD and MA in Clinical Psychology, an MA in Language Education, and a BA in Fine Arts. She lives in Vancouver, Canada. www.drmariswingle.com

CULTURAL CRITIQUE

6 x 9" / 272 PAGES / US/CAN \$19.99

PB ISBN 9780865719019

EBOOK ISBN 9781550926941

AVAILABLE APRIL

Take your therapeutic practice with children, youth, and families out into nature

Nature-Based Therapy

A Practitioner's Guide to Working Outdoors with Children, Youth, and Families

NEVIN HARPER, KATHRYN ROSE AND DAVID SEGAL

THE NUMBER OF CHILDREN, youth, and families seeking help for a wide range of mental health concerns is growing at an alarming rate, and many struggle to thrive despite well-intentioned interventions from skilled helpers.

Nature-Based Therapy explores the importance of moving therapy outside the limitations of the traditional office with the goal of inspiring kids and families to unplug and connect into the web of life — a powerful antidote to the highly technological and fast-paced realities of modern Western society. Coverage includes:

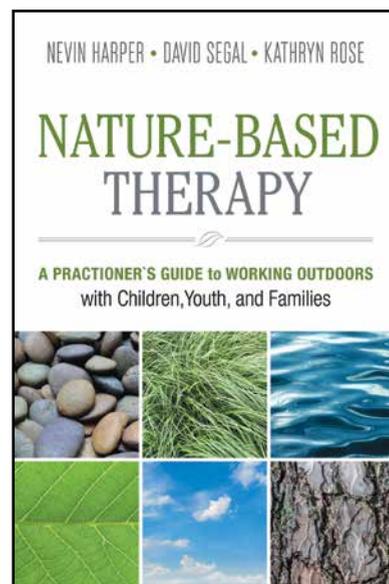
- ▶ Developing sensory awareness and attunement to both the outer and inner landscapes
- ▶ Navigating risk and challenge in outdoor play
- ▶ Applications of nature-based therapy to individual counselling, family therapy, group work, and school settings
- ▶ Case examples with a diverse range of settings, intentions, and interventions.

Nature-Based Therapy is for counselors, therapists, youth and social workers, educators, and parents working in educational and therapeutic settings who want to take their practice beyond the office walls and into the powerful terrain of the wild, partnering with nature as a co-facilitator to create lasting change.

DR. NEVIN J. HARPER is an Associate Professor at the School of Child and Youth Care at the University of Victoria. He is the founder of the Canadian Adventure Therapy Symposium. He lives on Vancouver Island, Canada.

KATHRYN ROSE holds a Master's degree in Transpersonal Counselling Psychology, with a specialization in Wilderness Therapy, and is registered with the BC Association of Clinical Counsellors. Kathryn lives and practices in Victoria, Canada. humannaturecounselling.ca

DAVID SEGAL holds a Master's degree in Child and Youth Care from the University of Victoria and is registered with the BC Association of Clinical Counsellors. He lives and practices in Victoria, Canada. humannaturecounselling.ca



HEALTH & WELLNESS

6 x 9" / 240 PAGES / US/CAN \$24.99

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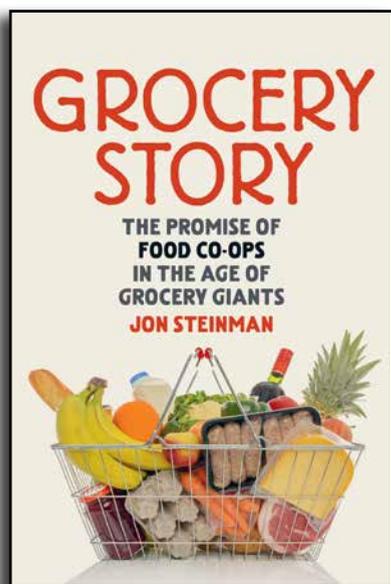
AVAILABLE JUNE

Hungry for change? Put the power of food co-ops on your plate
and grow your local food economy

Grocery Story

The Promise of Food Co-ops in the Age of Grocery Giants

JON STEINMAN



NEW ECONOMICS

6 x 9" / 224 PAGES / US/CAN \$19.99

PB ISBN 9780865719071

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AVAILABLE JUNE

FOOD HAS BECOME GROUND-ZERO in our efforts to increase awareness of how our choices impact the world. Yet while we have begun to transform our communities and dinner plates, the most authoritative strand of the food web has received surprisingly little attention: the grocery store—the epicenter of our food-gathering ritual.

Through penetrating analysis and inspiring stories and examples of American and Canadian food co-ops, *Grocery Story* makes a compelling case for the transformation of the grocery store aisles as the emerging frontier in the local and good food movements. Author Jon Steinman:

- ▶ Deconstructs the food retail sector and the shadows cast by corporate giants
- ▶ Makes the case for food co-ops as an alternative
- ▶ Shows how co-ops spur the creation of local food-based economies and enhance low-income food access.

Grocery Story is for everyone who eats. Whether you strive to eat more local and sustainable food, or are in support of community economic development, *Grocery Story* will leave you hungry to join the food co-op movement in your own community.

JON STEINMAN is the producer and host of *Deconstructing Dinner*, the internationally syndicated radio show and podcast and streaming television series. Jon coordinates and curates the annual Deconstructing Dinner Film Festival and was an elected director from 2006-2016 of the Kootenay Co-op — Canada's largest independent retail consumer food co-op — serving as Board President from 2014-2016. He lives in Nelson, BC.

Bring mushrooms into your life as you dive into the practice of home-scale mushroom cultivation

DIY Mushroom Cultivation

Growing Mushrooms at Home for Food, Medicine, and Soil

WILLOUGHBY AREVALO

WITH APPLICATIONS IN PERMACULTURE, urban farming, cooking, natural medicine, and the arts, interest in home-scale mushroom cultivation is exploding. Yet many beginners remain daunted by the perceived complexity of working with fungi.

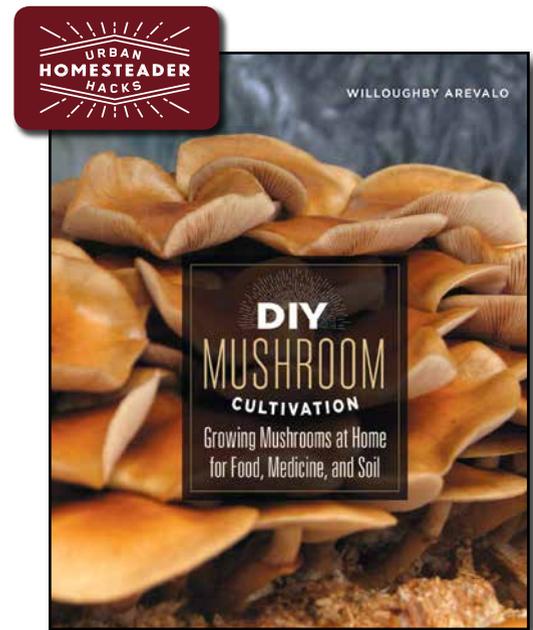
DIY Mushroom Cultivation is the remedy, presenting proven, reliable, low-cost techniques for home-scale cultivation that eliminate the need for a clean-air lab space to grow various mushrooms and their mycelium.

Beautiful full-color photos and step-by-step instructions accompany a foundation of mushroom biology and ecology to support a holistic understanding of the practice. Growing techniques are applicable year-round, for any space from house to apartment, and for any climate, budget, or goal. Techniques include:

- ▶ Setting up a home growing space
- ▶ Inexpensive, simple DIY equipment
- ▶ Culture creation from mushroom tissue or spores
- ▶ Growing and using liquid cultures and grain spawn
- ▶ Growing mushrooms on waste streams
- ▶ Indoor fruiting
- ▶ Outdoor mushroom gardens and logs
- ▶ Harvesting, processing, tinctures, and cooking.

Whether you hunt mushrooms or dream about growing and working with them but feel constrained by a small living space, *DIY Mushroom Cultivation* is the ideal guide for getting started in the fascinating and delicious world of fungiculture.

WILLOUGHBY AREVALO is a mycologist, artist, kitchen wizard, father, and educator who has been sharing his knowledge of fungi for the past decade. He has presented at and organized numerous mycology convergences, courses, and workshops, and serves on the Education Committee of the Vancouver Mycological Society. He works on an organic vegetable farm, while growing mushrooms at his home in Vancouver, Canada.



MODERN HOMESTEADING AND FARMING

URBAN HOMESTEADER HACKS SERIES

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FULL COLOR THROUGHOUT

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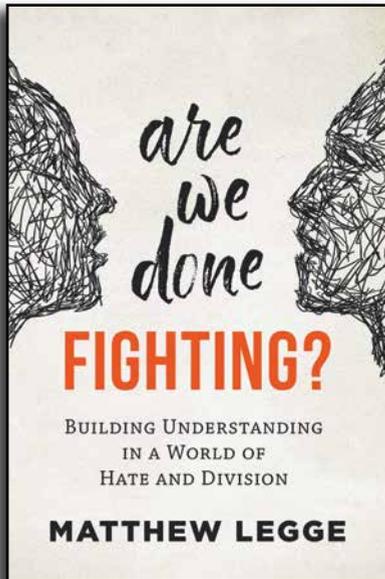
Powerful tools for spreading peace in your community

Are We Done Fighting?

Building Understanding in a World of Hate and Division

MATTHEW LEGGE

FOREWORD BY GEORGE LAKEY



PROGRESSIVE LEADERSHIP

6 x 9" / 400 PAGES / US/CAN \$24.99

PB ISBN 9780865719088

EBOOK ISBN 9781550927016

AVAILABLE MAY

UNFOUNDED BELIEFS AND HATEFUL political and social divisions that can cascade into violence are threatening to pull the world apart. Responding to fear and aggression strategically and with compassion is vital if we are to push back against the politics of hate and live in greater safety and harmony.

But how to do it?

Are We Done Fighting? is brimming with the latest research, practical activities, and inspirational stories of success for cultivating inner change and spreading peace at the community level and beyond. Coverage includes:

- ▶ An explanation of the different styles of conflict
- ▶ Cognitive biases that help explain polarized and lose-lose positions
- ▶ Practical methods and activities for changing our own and others' minds
- ▶ When punishment works and doesn't, and how to encourage discipline in children without using violence
- ▶ The skill of self-compassion and ways to reduce prejudice in ourselves and others
- ▶ Incredible programs that are rebuilding trust between people after genocide.

Packed with inspiration and cutting-edge findings from fields including neuroscience, social psychology, and behavioural economics, *Are We Done Fighting?* is an essential toolkit for activists, community and peace groups, and students and instructors working to build dialogue, understanding, and peace as the antidote to the politics of hate and division.

MATTHEW LEGGE is the Peace Program Coordinator of the Canadian Friends Service Committee (Quakers). He has supported locally led peace building initiatives in 30 countries as a volunteer, consultant, board member, and fulltime staff member. Matthew lives in Toronto, Canada.

Over 25,000 copies sold — promote optimal well-being and social justice through 170+ games and activities for all ages

Everyone Wins – Revised & Updated 3rd edition

Cooperative Games and Activities for All Ages

JOSETTE AND BA LUVMOUR

AT THIS CRITICAL POINT of human evolution, we want our children to have the ability to resolve conflict, communicate positively, build social skills, and increase self-esteem so that they may actualize their potential and live in well-being.

The highly sought-after 3rd edition of the best-selling, Parent Choice Award-winning book *Everyone Wins* features over 170 well-designed cooperative games and activities. Developmentally appropriate and indexed according to age level, group size, activity level, and location, *Everyone Wins* offers great value through evaluating interpersonal dynamics, teaching social justice, and assessing development capacities.

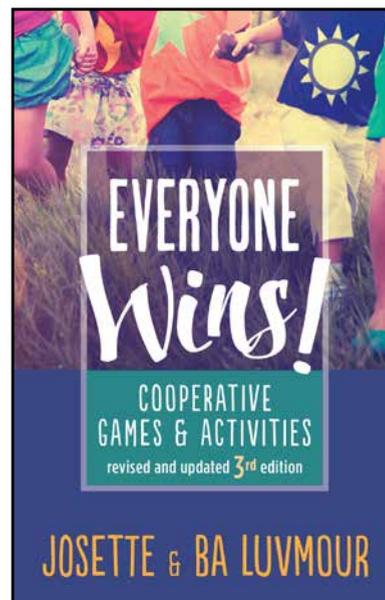
By popular request, new features include:

- ▶ Information on development and learning in children and youth
- ▶ New and updated games and activities
- ▶ An overview of Natural Learning Relationships for whole-child development

Everyone Wins is an easy to use, quick reference guide for everyone who cares for and about children, education, and the actualization of social well-being in a diverse range of environments.

GEOFFREY (BA) LUVMOUR, MA, is an educator, public speaker, author, seminar leader, and consultant, who has worked in just about every phase of life with children and families. Ba has co-founded three schools and a holistic learning center for families and children, is the author of six previous books, and is co-host of the podcast series, Meetings with Remarkable Educators. He lives, works, and plays in Portland, Oregon.

JOSETTE LUVMOUR, PhD, is a developmental consultant, educator, author, and public speaker, specializing in the fields of human development, adult transformational learning, sustainable family relationships, and how adult and child grow together. She is the author of six previous books, including the Mom's Choice Award-winning *Grow Together*, and co-host of the podcast series, Meetings with Remarkable Educators. She lives, works, and plays in Portland, Oregon.



EDUCATION & PARENTING

5.5 x 8.5" / 144 PAGES / US/CAN \$14.99

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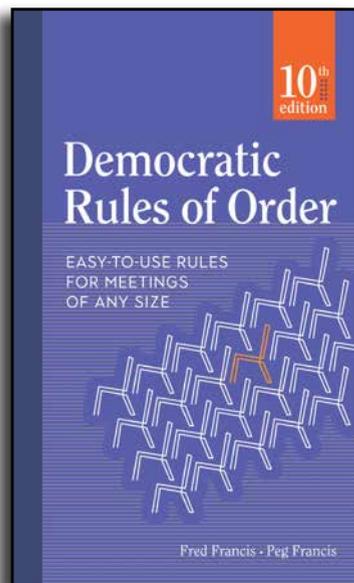
AVAILABLE APRIL

Revolutionize meetings! Over 20,000 copies sold — the easy-to-use guide
for running democratic meetings of any size

Democratic Rules of Order

Easy-to-Use Rules for Meetings of Any Size

PEG FRANCIS & FRED FRANCIS



PROGRESSIVE LEADERSHIP

4.5 x 7.5" / 80 PAGES / US/CAN \$9.99

PB ISBN 9780865719064

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AVAILABLE APRIL

THE KEY TO PROMOTING true democracy in meetings is clear, easy-to-understand rules of order that support the right of each member to participate fully and equally, and the right of the majority to make decisions while respecting minority rights.

An alternative to *Robert's Rules of Order* and other complicated and unwieldy guides, *Democratic Rules of Order* is the guide for the rest of us. It lays out clear, concise, easy-to-use rules for governing meetings from clubs and nonprofits to formal meetings. Benefits include:

- ▶ A complete set of laws for governing meetings
- ▶ Can be read in an hour
- ▶ Plain language, free of complex protocol and jargon to enable equal and efficient participation
- ▶ Tested and honed through thousands of successful meetings
- ▶ Adoptable as the official rules of order for meetings of any size
- ▶ Allows informality, including decisions by consensus, but ensures formality when needed
- ▶ A sample meeting that uses all the rules plus answers to 31 common questions.

Now in its tenth edition, and with over 20,000 copies sold, *Democratic Rules of Order* will produce fair, efficient, and harmonious decisions in meetings of any size or complexity.

PEG FRANCIS and her late husband FRED FRANCIS had decades of experience with meetings in school, college, business, church, and community organizations as members and as officers. Seeing the urgent need for stronger democracies, they brought their skills as former educators to bear to create a set of easy-to-use and widely applicable rules for governing democratic meetings. Peg lives in Victoria, Canada.

The devil is in the details — the science and art of designing and building durable, efficient, straw bale buildings

Straw Bale Building Details

An Illustrated Guide for Design and Construction

CASBA

STRAW BALE BUILDINGS promise superior insulation and flexibility across a range of design aesthetics, while using a typically local and abundant low embodied-energy material that sequesters carbon—an important part of mitigating climate change.

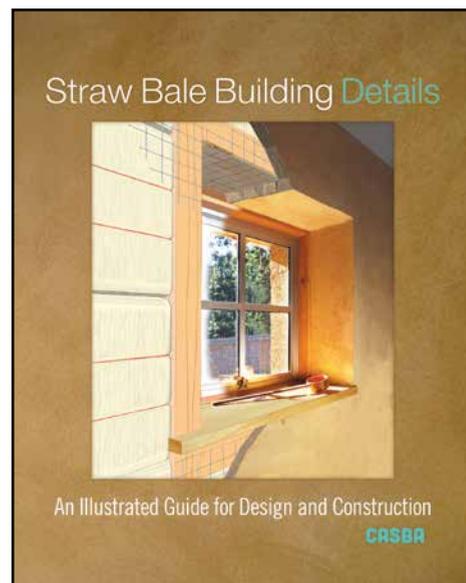
However, some early straw bale designs and construction methods resulted in buildings that failed to meet design goals for energy efficiency and durability. This led to improved building practices and a deeper understanding of the building science underlying this building system.

Distilling two decades of site-built straw bale design and construction experience, *Straw Bale Building Details* is an illustrated guide that covers:

- ▶ Principles and process of straw bale design and building, options, and alternatives
- ▶ Building science of straw bale wall systems
- ▶ How design impacts cost, building efficiency, and durability
- ▶ Avoiding costly mistakes and increasing construction efficiency
- ▶ Dozens of time-tested detailed drawings for straw bale wall assemblies, including foundations, windows and doors, and roofs.

Whether you're an architect, engineer, contractor, or owner-builder interested in making informed choices, *Straw Bale Building Details* is the indispensable guide to current practice in straw bale design and construction.

CALIFORNIA STRAW BUILDING ASSOCIATION (CASBA) is a nonprofit organization of architects, engineers, contractors, and owner-builders dedicated to furthering the practice of straw building through research, testing, and documenting innovations in practical experience. Members have worked on hundreds of straw bale structures across a variety of architectural styles, climates, and seismic zones. CASBA is headquartered in Berkeley, CA.



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