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The Thrift Book By India Knight | Used - Very Good ...

The Duke and Duchess of Sussex are parents to one-year-old son Archie, but have said they are keen to have more children. Bookmaker Coral currently have odds on, at 4-5, that Meghan and Harry will ...

The Thrift Book is a guide to how to live well while spending less by bestselling writer India Knight. Feeling poor because of the credit crunch? Feeling guilty because of global warming? Feeling like you'd like to tighten your belt, but aren't ready to embrace DIY macram é handbags? No need to panic. Put down the economy mince and buy this book instead - it's a blueprint for living beautifully, while saving money and easing your conscience. India Knight will show you: - How to make wonderful dinners with every little money - How to dress on a budget and still look fabulous - How to make friends and start sharing with your neighbours - How to holiday imaginatively - with barely a carbon footprint Try it - you have nothing to lose but your overdraft. 'A blueprint for living well, however broke you are, with thrifty tips on looking fab, cooking, pampering and partying' Cosmopolitan 'The Thrift Book might be the only sure-fire investment out there' Harper's Bazaar 'A triumphant treat and a useful and sensible manual' Independent India Knight is the author of four novels: My Life on a Plate, Don't You Want Me, Comfort and Joy and Mutton. Her non-fiction books include The Shops, the bestselling diet book Neris and India's Idiot-Proof Diet, the accompanying bestselling cookbook Neris and India's Idiot-Proof Diet Cookbook and The Thrift Book. India is a columnist for the Sunday Times and lives in London with her three children.Follow India on Twitter @indiaknight or on her blog at http://indiaknight.tumblr.com.

Encourages thrift behaviors including planting a garden, cooking at home, cutting one's own hair, exercising with a gym membership, and avoiding or repaying credit card debt.

In 1978, at the age of eighteen and with a seventh-grade education, Dolly Freed wrote Possum Living, chronicling the five years she and her father lived off the land on a half-acre lot outside of Philadelphia.

The greatest asset you can have in life is self-belief. People who handle life well, achieve great things and prosper have stronger self-belief than the average person. In INDESTRUCTIBLE SELF-BELIEF, Fiona Harrold, author of the bestselling BE YOUR OWN LIFE COACH, will help you to develop magnificent levels of self-belief. In seven easy steps, this compact bible will equip you to make the most of yourself, so that you stretch and grow into your full potential. Life is easier when you believe in yourself and this inspiring book will make you feel more optimistic and enthusiastic about everything.

The authors of the bestselling IS IT JUST ME OR IS EVERYTHING SHIT? survey the post-crash landscape. Are we better people now, or just the same people with less money? From bank bailouts to enviro-copouts; from Tory politicians listening to The Jam to celebrity credit crunch 'victims' Grant Bovey and Anthea Turner; from BNP coppers to Christian theme parks to middle-class shoppers banging on about budget supermarkets; plus everyone banging on about The Wire . . . Funny, sharp and timely, IS IT JUST ME OR HAS THE SHIT HIT THE FAN? asks the crucial questions of the new age, like; why are the people who screwed the world still running the world and screwing the world until we're all screwed more than we've ever been screwed before?

A not-so-quiet revolution seems to be occurring in wealthy capitalist societies - supermarkets selling 'guilt free' Fairtrade products; lifestyle TV gurus exhorting us to eat less, buy local and go green; neighbourhood action groups bent on 'swopping not shopping'. And this is happening not at the margins of society but at its heart, in the shopping centres and homes of ordinary people. Today we are seeing a mainstreaming of ethical concerns around consumption that reflects an increasing anxiety with - and accompanying sense of responsibility for - the risks and excesses of contemporary lifestyles in the 'global north'. This collection of essays provides a range of critical tools for understanding the turn towards responsible or conscience consumption and, in the process, interrogates the notion that we can shop our way to a more ethical, sustainable future. Written by leading international scholars from a variety of disciplinary backgrounds - and drawing upon examples from across the globe - Ethical Consumption makes a major contribution to the still fledgling field of ethical consumption studies. This collection is a must-read for anyone interested in the relationship between consumer culture and contemporary social life.

Poorcraft is the essential comic book guide to practical urban and suburban frugality! Whether you're new to independent living, a recent college graduate or just downshifting to a simpler lifestyle, Poorcraft can help you with everything from finding a home to finding a hobby, dinner to debt relief, education to entertainment. It's time to cut your expenses! Or just make sure they never pile up.

For centuries, adventurers and scientists have believed that not only could we delay death but that "practical immortality" was within our reach. Today, many well-respected researchers would be inclined to agree. In a book that is not about anti-aging, but about functional aging--extending your healthy, active life--Dr. Sanjay Gupta blends together compelling stories of the most up-to-date scientific breakthroughs from around the world, with cutting-edge research and advice on achieving practical immortality in this lifetime. Gupta's advice is often counterintuitive: longevity is not about eating well, but about eating less; nutritional supplements are a waste of your money; eating chocolate and drinking coffee can make you healthier. CHASING LIFE tells the stories behind the breakthroughs while also revealing the practical steps readers can take to help extend youth and life far longer than ever thought possible.

In October 2003, Patti Digh's stepfather was diagnosed with lung cancer. He died 37 days later. The timeframe made an impression on her. What emerged was a commitment to ask herself every morning: What would I be doing today if I had only 37 days left to live? The answers changed her life and led to this new kind of book. Part meditation, part how-to guide, part memoir, Life is a Verb is all heart. Within these pages—enhanced by original artwork and wide, inviting margins ready to be written in—Digh identifies six core practices to jump-start a meaningful life: Say Yes, Trust Yourself, Slow Down, Be Generous, Speak Up, and Love More. Within this framework she supplies 37 edgy, funny, and literary life stories, each followed by a "do it now" 10-minute exercise as well as a practice to try for 37 days—and perhaps the rest of your life.

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