



People & Permaculture: Caring and Designing for Ourselves, Each Other and the Planet

Looby Macnamara

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This is the first book to explore how to use permaculture design and principles for people - to restore personal, social and planetary well-being.

People & Permaculture widens the definition of permaculture from being mainly about land-based systems to include our own lives, relationships and society. This book provides a framework to help each of us improve our ability to care for ourselves, our friends, families and for the Earth. It is also a clear guide for those who may be new to permaculture, who may not even have a garden, but who wish to be involved in making changes to their lives and living more creative, low carbon lives. *People & Permaculture* transforms the context of permaculture making it relevant to everyone.

Including over 50 practical activities, *People & Permaculture* empowers readers with tried and tested tools to initiate positive change in their lives. It is a hands-on yet powerful guide to creating a sustainable world.

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