

## A Modern Guide to Practical Skills

Packed with delicious recipes, natural remedies, gardening tips and crafts, "Attainable Sustainable: The Lost Art of Self-Reliant Living" (National Geographic; March 24, 2020; .00 U.S.; ISBN: 978-1-4262-2054-8; hardcover; 320 pages) makes green living accessible to all. In this essential guide, eco-expert Kris Bordessa compiles new tricks and top tips based on her beloved blog, [Attainable Sustainable](#) — including the number-one secret to living naturally (Hint: It's all about attitude!). Filled with 350 color photographs, 50 recipes and 75+ DIY projects, this comprehensive home reference contains modern know-how for getting back to basics — whether you live in the city, the country or the suburbs. Guided by step-by-step photos and Bordessa's contagious good humor, you'll learn earth-friendly lifestyle tips, including how to start your own garden, make your own cleaning supplies and plant heirloom vegetables you can't find at the supermarket. With a little flour in your hair and wear and tear on your hiking boots, you'll also learn how to cook from scratch, improve your health and practice essential wilderness skills. This indispensable handbook guides readers how to best care for yourself, your family and the planet in six chapters:

- **Eat** – Cooking and baking from scratch as well as canning, pickling and fermenting foods
- **Make** – Step-by-step instructions for budget-friendly crafts that will bring out your inner pioneer
- **Clean** – Making your own soap and bath products as well as herbal medicine and nontoxic pest control
- **Grow** – Everything you need to know about gardening, no matter your space and climate
- **Farm** – How to cultivate an orchard and raise small animals and bees in the backyard
- **Trek** – Basic bushcraft, such as cooking on an open fire, foraging wild plants, tracking wildlife and tapping trees for maple syrup

Filled with small, actionable steps, **Attainable Sustainable** will help readers take control of their impact on the planet — and bridge the gap between wanting and making change. **ABOUT THE AUTHOR** For much of her adult life, Kris Bordessa has been working diligently to live a greener, more self-reliant lifestyle. In 2011 she founded [attainable-sustainable.net](#), which reaches millions via Pinterest, Facebook and an email newsletter. Bordessa lives in Hawaii with her husband, two sons, an abundant vegetable garden and a menagerie of farm animals. **NATIONAL GEOGRAPHIC PARTNERS LLC** National Geographic Partners LLC (NGP), a joint venture between National Geographic and The Walt Disney Company, is committed to bringing the world premium science, adventure and exploration content across an unrivaled portfolio of media assets. NGP combines the global National Geographic television channels (National Geographic Channel, Nat Geo WILD, Nat Geo MUNDO, Nat Geo PEOPLE) with National Geographic's media and consumer-oriented assets, including National Geographic magazines; National Geographic studios; related digital and social media platforms; books; maps; children's media; and ancillary activities that include travel, global experiences and events, archival sales, licensing and e-commerce businesses. Furthering knowledge and understanding of our world has been the core purpose of National Geographic for 132 years, and now we are committed to going deeper, pushing boundaries, going further for our consumers ... and reaching millions of people around the world in 172 countries and 43 languages every month as we do it. NGP returns 27% of our proceeds to the nonprofit National Geographic Society to fund work in the areas of science, exploration, conservation and education. For more information

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