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First Steps Towards Self-Sufficiency

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A practical guide to self-sufficiency. You, too, can drastically reduce your consumption!

We all need energy: for heating, lighting, getting around... It also serves a social function, allowing us to converse with others through computers, phones, etc. However, contrary to popular opinion, energy can be free... or almost! That's what Björn Duval sets out to prove. Today, he is able to produce enough energy to meet the five primary needs of his daily life: heating, cooking, lighting, electrical appliances, and transport.

With this guide rich in advice and illustrations, you too will find a wealth of solutions for drastically reducing your energy consumption: alternative techniques, affordable equipment, tutorials for making your own devices, and more!