

Homespun Mom Comes Unraveled

... and other adventures
from the radical
homemaking
frontier



By SHANNON HAYES Ph.D.

Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier

Lisa Kivirist



Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier:

Homespun Mom Comes Unraveled Shannon Hayes, 2014 In spite of being hidden away on her family's mountain farm in the Northern Catskills Shannon Hayes words rang out around the world when she first published *Radical Homemakers* a clarion call to men and women everywhere to make hearth and community the center of an ecologically sustainable future In the face of fierce criticism she has become the voice of a new generation of parents farmers and urban and rural homesteaders committed to a life of self reliance economic independence and community interdependence free from corporate domination grueling work schedules and endless hours in the car driving to soccer games and ballet lessons But the life path she advocates is not an easy one It is rife with sticky counters messy projects dirty laundry vomiting children and dusty shelves Here in a collection of 29 essays taken from her popular weekly Tuesday Posts at TheRadicalHomemaker.net Hayes unveils the gritty details of her own radical homemaking life We see her vulnerabilities her mistakes and her greatest lessons as she navigates through myriad topics from family finance and homegrown food to homeschooling all the way from sex ed to higher ed to housekeeping health care and the power of community This collection of heartwarming and humorous tales is sure to energize radical homemakers and inform and inspire countless readers new to this movement to pick up a garden hoe hang out their laundry or simply linger a bit longer with friends and loved ones around a home cooked meal

Soil Sisters Lisa Kivirist, 2016-01-01 The first practical hands on guide for female farmers Women in agriculture are sprouting up in record numbers but they face a host of distinct challenges and opportunities Blending What Color is Your Parachute style career advice with sustainable agriculture practices viewed through a gender lens Soil Sisters provides a wealth of invaluable information for fledgling female farming entrepreneurs The first manual of its kind this authoritative and comprehensive blueprint presents practical considerations from a woman's perspective covering everything from business planning to tool use and ergonomics to integrating children and family in farm operations Key topics include Finding your niche mid life encore careers young beginning boomerangs and more From concept to crop diversified farm start up basics Resources grants loans for women farmers Soil Sisters also contains case studies inspirational ideas and savvy advice nuggets from over 100 successful women farmers and advocates Targeted specifically to members of the fastest growing demographic in local agriculture this highly readable guide is practical and pragmatic Chick Lit for today's food scene

Redefining Rich Shannon Hayes, 2021-08-10 2022 NATIONAL INDIE EXCELLENCE AWARD FINALIST BUSINESS ENTREPRENEURSHIP SMALL BUSINESS 2022 AXIOM BOOK AWARD BRONZE MEDALIST ENTREPRENEURSHIP SMALL BUSINESS NAUTILUS BOOK AWARD SILVER WINNER BUSINESS LEADERSHIP *Redefining Rich* is inspiring thought provoking and highly recommended both as a fascinating story in its own right and as a call to reconsider what one truly aspires to in life Midwest Book Review In our dysfunctional economy success often comes at great personal cost we're tired we're stressed out and we have no time for family and friends It's time to redefine rich From a third generation farmer and

successful entrepreneur Redefining Rich is an entrepreneur's guide to balancing work and family with the pleasures of the good life with simple exercises and important lessons to serve everyone from the new sole proprietor to a seasoned CEO Shannon Hayes was in the final months of her PhD program recently engaged and beginning to plan her future Having grown up on a northern Appalachian sheep farm she had two advantages a hard won education and hillbilly pragmatism But when it came time to enter the job market Hayes made a tough discovery the economy just doesn't work It doesn't work for women for free thinkers for the working class or for white collar professionals It doesn't work in rural America much less in the cities and the suburbs It forces us to choose between career and family profit and creativity So Hayes and her husband walked away from their career paths and chose to forge a life on her family's frost plagued mountain farm starting up a small cafe in town Together they found their sweet spot a place where the Appalachian farm culture and sensibilities she and her community have lived by helped them thrive even in a tough economic environment Against the odds the Hayes family built a business that lets them live abundantly spend time with family and enjoy the gifts of nature And the business even helped reinvigorate their chronically economically depressed town But the journey to this point was rife with challenges tumbles and mistakes With humor lively stories and assurance Hayes reveals the best lessons she's learned for taking an alternate path whether it lies in rural America in the burbs or the heart of the city She outlines the fundamentals of sustainable wealth how to develop income streams get organized bring family into the business ask for fair prices and market efficiently and the most important lesson of all set personal boundaries and say no even while sustaining relationships Hayes shows entrepreneurship is the means to build sustainable communities keep families together and foster great creative fulfillment Redefining Rich will comfort instruct amuse and inspire those of us who are trying to make our lives work in untraditional ways **Lean Out**

Tara Henley, 2020-03-24 INSTANT NATIONAL BESTSELLER Travel to the land of Couldn't Be More Timely Margaret Atwood on Lean Out in the West End Phoenix What begins as one woman's critique of our culture of overwork and productivity ultimately becomes an investigation into our most urgent problems vast inequality loneliness economic precarity and isolation from the natural world Henley punctures the myths of the meritocracy in a way few writers have This is an essential book for our time Mandy Len Catron author of How to Fall in Love with Anyone A deeply personal and informed reflection on the modern world and why so many feel disillusioned by it In 2016 journalist Tara Henley was at the top of her game working in Canadian media She had traveled the world from Soweto to Bangkok and Borneo to Brooklyn interviewing authors and community leaders politicians and Hollywood celebrities But when she started getting chest pains at her desk in the newsroom none of that seemed to matter The health crisis not cardiac it turned out but anxiety forced her to step off the media treadmill and examine her life and the stressful twenty first century world around her Henley was not alone North America was facing an epidemic of lifestyle related health problems And yet the culture was continually celebrating the elite few who thrived in the always on work world those who perpetually leaned in Henley realized that if we wanted innovative

solutions to the wave of burnout and stress related illness it was time to talk to those who had leaned out Part memoir part travelogue and part investigation Lean Out tracks Henley s journey from the heart of the connected city to the fringe communities that surround it From early retirement enthusiasts in urban British Columbia to moneyless men in rural Ireland Henley uncovers a parallel track in which everyday citizens are quietly dropping out of the mainstream and reclaiming their lives from overwork Underlying these disparate movements is a rejection of consumerism a growing appetite for social contribution and a quest for meaningful connection in this era of extreme isolation and loneliness As she connects the dots between anxiety and overwork Henley confronts the biggest issues of our time

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Table of Contents Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier

1. Understanding the eBook Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
 - The Rise of Digital Reading Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
 - Advantages of eBooks Over Traditional Books
2. Identifying Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
 - User-Friendly Interface
4. Exploring eBook Recommendations from Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
 - Personalized Recommendations

Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier

- Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier User Reviews and Ratings
 - Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier and Bestseller Lists
5. Accessing Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier Free and Paid eBooks
- Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier Public Domain eBooks
 - Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier eBook Subscription Services
 - Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier Budget-Friendly Options
6. Navigating Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier eBook Formats
- ePub, PDF, MOBI, and More
 - Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier Compatibility with Devices
 - Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
 - Highlighting and Note-Taking Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
 - Interactive Elements Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
8. Staying Engaged with Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs

- Following Authors and Publishers Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
- 9. Balancing eBooks and Physical Books Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
 - Setting Reading Goals Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
 - Fact-Checking eBook Content of Homespun Mom Comes Unraveled And Other Adventures From The Radical Homemaking Frontier
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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