



A Wilder Life: A Season-by-Season Guide to Getting in Touch with Nature

Celestine Maddy, Abbye Churchill

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In our technology-driven, workaday world, connecting with nature has never before been more essential. *A Wilder Life*, a beautiful oversized lifestyle book by the team behind the popular *Wilder Quarterly*, gives readers indispensable ideas for interacting with the great outdoors. Learn to plant a night-blooming garden, navigate by reading the stars, build an outdoor shelter, make dry shampoo, identify insects, cultivate butterflies in a backyard, or tint your clothes with natural dyes. Like a modern-day *Whole Earth Catalog*, *A Wilder Life* gives us DIY projects and old-world skills that are being reclaimed by a new generation. Divided into sections pertaining to each season and covering self-reliance, growing and gardening, cooking, health and beauty, and wilderness, and with photos and illustrations evocative of the great outdoors, *A Wilder Life* shows that getting in touch with nature is possible no matter who you are and—more important—where you are.

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