



Healing Appalachia: Sustainable Living through Appropriate Technology

Al Fritsch, Paul Gallimore

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"Healing Appalachia" is the first book to apply "appropriate technology," or the simplest level of technology that can effectively achieve the desired result, specifically to the Appalachian region. The authors examine thirty low-cost, people-friendly, and environmentally benign appropriate technologies that are concerned with such issues as food preservation, land use, shelter, and transportation. They pay close attention to the practicality of each technique according to affordability, ease of use, and ecological soundness. Details on construction and maintenance and resources for locating further information are included, making this an essential volume for everyone who cares about the future of Appalachia.

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