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Seeking to stimulate the young people in your life?

## Shanleya's Quest

A Botany Adventure for Kids Ages 9 to 99

By Thomas J. Elpel Illustrated by Gloria Brown

In a world where time is a liquid that falls as rain upon the land, young Shanleya paddles her canoe out to the Tree Islands to learn the plant traditions of her people. Each island is home to a separate family of plants and an unforgettable Guardian with lessons to teach about the identification and uses of those plants. *Shanleya's Quest* is a truly unique educational book that presents botanical concepts and plant identification skills in an easy and fun metaphorical format for children, as well as for adults who are young at heart. 32 pages. 2005.

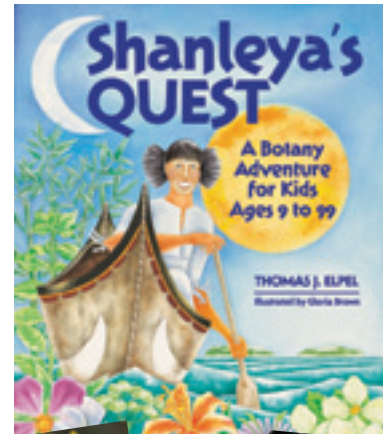
**Read the book. Play the game!**

Book: ISBN: 1-892784-16-5. \$12.50

Game: ISBN: 1-892784-23-8. \$12.50

"I own both *Shanleya's Quest* and *Botany in a Day* and I can't say enough great things about them. I teach mostly 3rd to 8th graders, and my goal is primarily to help my students establish a relationship with plants. Your materials are incredibly supportive of that, not to mention engaging, effective and fun."

—Katharine K.  
Minneapolis, Minnesota



## I'm a Medicine Woman, Too!

A Tale of Herbal Wisdom and Personal Empowerment  
for Budding Healers and Daydream Believers

Written and illustrated by Jesse Wolf Hardin

*I'm a Medicine Woman, Too!* is a soulful book of self discovery and personal empowerment for budding healers, as well as every kid heeding a calling or pursuing a dream. Rhiannon is the inspiration and model for this tale of realization and growth, as she first resists believing she could ever be a Medicine Woman like the herbalists and healers she's met... but then realizes the ways in which she is already the woman of power she hopes to be.

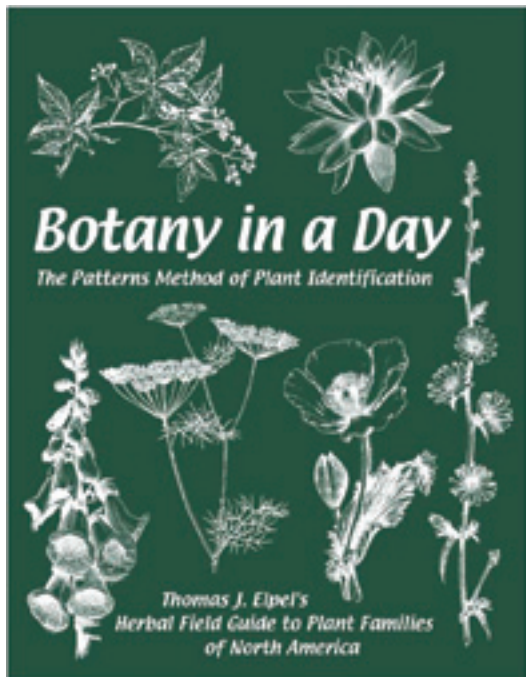
*I'm a Medicine Woman, Too!* is a wonderful book to connect children with herbal traditions. The story role-models an ethic of healing and caring for other people and honoring our elders. The delightful illustrations touch the reader at an emotional level, compelling us to become healers too. 40 pages. March 2009. ISBN: 978-1-892784-31-5. Hard Cover. \$15.

"I believe I'm holding a new children's classic, a book that will be treasured by children—and their parents—for years to come. This is a beautifully written story of a child's quest for her own magical gifts and her place in the circle of 'medicine women'. Jesse Wolf Hardin has written a book that will inspire children to fully believe in themselves and to reach for their own unique dreams"

—Rosemary Gladstar, Herbalist and author of *The Family Herbal*

Order on-line at [www.HOPSPress.com](http://www.HOPSPress.com)!

Looking for an easier way to learn to identify plants?



## Botany in a Day

### The Patterns Method of Plant Identification

Thomas J. Elpel's Herbal Field Guide to Plant Families of North America

*Botany in a Day* is changing the way people learn about plants! Elpel's book has gained a nationwide audience almost exclusively by word-of-mouth. It is now used as a text and recommended by herbal schools and universities across North America. Instead of presenting individual plants, *Botany in a Day* unveils the patterns of identification and uses among related plants, giving readers simple tools to rapidly unlock the mysteries of new species they encounter throughout North America.

*Botany in a Day* takes you beyond the piecemeal approach to botany and herbalism towards a "whole" approach. Learn how related plants have similar features for identification. Discover how they often have similar properties and similar uses.

Instead of learning plants one-at-a-time, you will discover that you can learn them by the dozens—just by looking for patterns. Most plant books cover only one or two hundred species. *Botany in a Day* includes more than 100 plant families and over 700 genera—applicable to many thousands of species. Four indexes. 221 pages. 5th Edition, 2004. ISBN: 1-892784-15-7. 100% recycled paper. \$30.

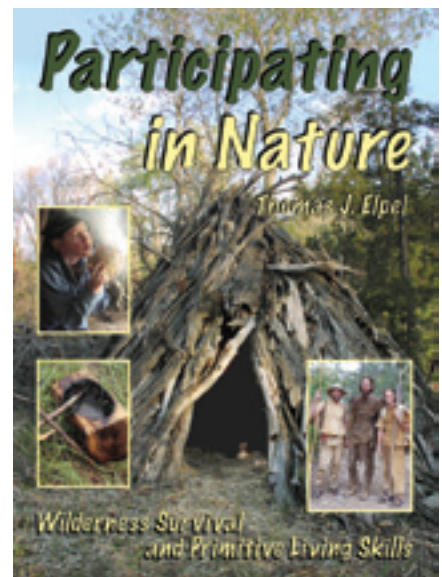
*Tip:* Use the *Shanley's Quest Card Game* to practice plant identification skills from *Botany in a Day*!

## Participating in Nature

### Wilderness Survival and Primitive Living Skills

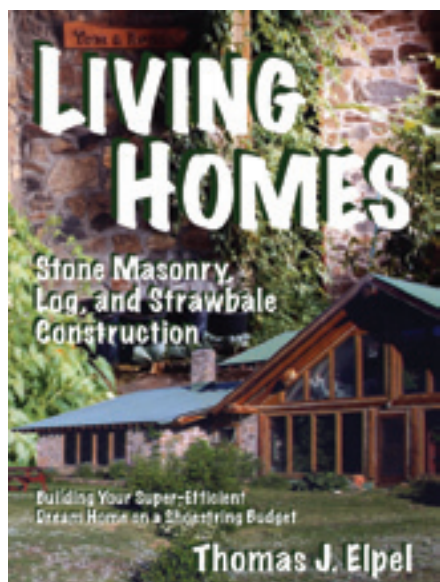
Get in touch with your wild side! Primitive living is a way of learning about nature by participating in it. Instead of merely camping in the wilderness or passing through it, you become part of the process. Learn about nature by using it to meet your needs for shelter, fire, water, and food. Set aside the trappings of modern culture and step directly into nature with little or nothing, to experience nature on its own terms.

This book is the source for in-depth coverage of primitive shelters, butchering road kill deer, making braintan buckskin, tire sandals, bedroll packs and pack frames, felting with wool, quick bows and bone arrowheads, sinews, hide glue, wild edible plants, cooking methods, fishing by hand, water purification, primitive pottery, wooden containers, hollow log drums, basketry, cordage, twig deer, stalking skills, simple knives, flint & steel, bowdrill and handdrill fire-starting, and much more. Tom publishes unique new information that is not found in any other source. 202 pages. 6th Edition, 2009. ISBN: 978-1-892784-30-8. 100% recycled paper. \$30.



Many more wilderness survival, nature, and house-building books on-line.

Ever dream of building your own low-cost, energy efficient home?



## Living Homes

**Stone Masonry, Log, and Strawbale Construction**  
Building Your Super-Efficient Dream Home  
on a Shoe-String Budget  
by Thomas J. Elpel

The house of your Dreams does not have to be expensive. The key is all in the planning. How much a house costs, how it looks, how comfortable it is, how energy-efficient it is—all these things occur on paper before you pick up even one tool. A little extra time in the planning process can save you tens of thousands of dollars in construction and maintenance. That is time well spent!

*Living Homes* takes you through the planning process to design an energy and resource efficient home that won't break the bank. Thomas J. Elpel guides you through the nuts and bolts of construction from the footings on up to the roof. You will learn how to do slipform stone masonry, log home construction, building with strawbales, making your own "terra tile" floors, concrete countertops, windows and doors, solar water heaters, masonry fireplaces, framing, plumbing, greywater, septic systems, swamp filters, painting and more!

The revised and expanded sixth edition includes new material gleaned from Tom's latest building projects, primarily emphasizing updates to passive solar theory, use of insulation, roof designs, and solar water heaters. 240 pages, with 300+ drawings and photos. 6th Edition, May 2010. ISBN: 978-1-892784-32-2. Printed on 100% recycled paper. \$30.

## Slipform Stone Masonry DVD

With Builder and Author Thomas J. Elpel



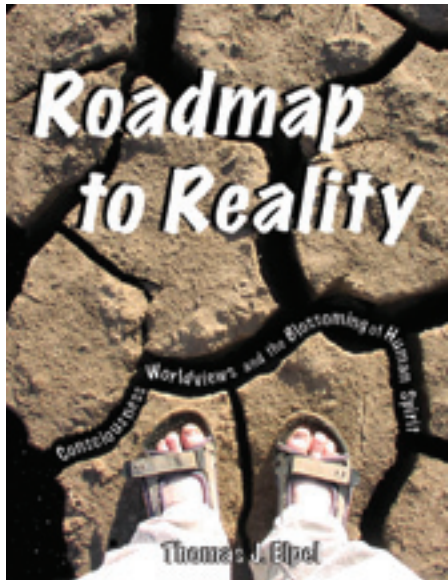
Want to build a stone house? *Slipform Stone Masonry* brings to life the nuts-and-bolts of the slipforming process featured in Thomas J. Elpel's book *Living Homes*.

Slipforming is the process of using forms as guides for the stonework. The forms are filled with stone and concrete, then "slipped" up the walls to form the subsequent levels. Slipforming makes stone work easy even for a novice.

In this unique video, Thomas J. Elpel and Robert Taylor build an insulated workshop of stone, demonstrating the building process from site excavation right through to putting the roof on and finishing the inside. This video is intended as a companion to *Living Homes*. The principles of design and construction are outlined in the book, enabling the reader to create dwellings customized to their own unique situations. In this video you will see just one application of those principles, but in vivid detail from start to finish. With both the book and the video you too will be able to design and build in a way that is completely unique to your Vision. DVD. ISBN: 1-892784-17-3. 2001. 1 hr. 50 min. \$25.

Order on-line at [www.HOPSPress.com](http://www.HOPSPress.com)!

Looking for a satisfying and prosperous life experience?



## **Roadmap to Reality** Consciousness, Worldviews and the Blossoming of Human Spirit by Thomas J. Elpel Illustrated by Bonnie Andrich

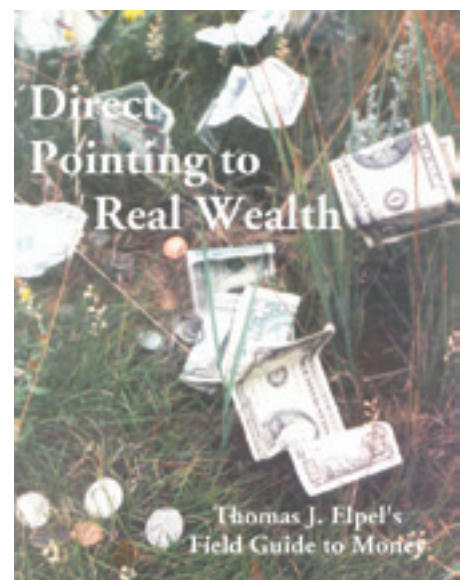
What if our entire experience of reality were based on an assumption that could be proven false? In *Roadmap to Reality*, Thomas J. Elpel tests the assumption that we are a sentient (self-aware) species, and finds evidence suggesting otherwise. Like automatons, we copy beliefs and behaviors from generation to generation without consciously evaluating why we do what we do. We absorb a definition of reality and act on it, without ever questioning the source of that definition. In short, we *don't act; we react*.

*Roadmap to Reality* is the quest to unravel the illusions to find out what reality really is. The journey follows links between technology and thought, showing that hunter-gatherer, agricultural, industrial, and informational societies define reality in predictable ways. In essence, production technology dictates perceptions of cause and effect, how we solve problems, and our approach to parenting and governing. *Roadmap to Reality* sequentially follows simple logic and common information to reveal that consciousness and worldviews evolve in layers over time.

With a casual writing style, the quest takes the reader to the ends of the universe and back, peeling away layers of consciousness to discover the reality beyond. This book will change your perspective of history and world events, and it will change you. *Roadmap to Reality* enables you to let go of preconceived notions about the nature of reality to discover a more holistic, more satisfying life experience. 260 pages. Lavishly illustrated. May 2008. ISBN: 978-1-892784-29-2. Printed on 100% recycled paper. \$30.

## **Direct Pointing to Real Wealth** Thomas J. Elpel's Field Guide to Money

*Direct Pointing* is an enlightened look at the nature of money. Discover how the economy is like an ecosystem and money is a token of energy we use to represent calories of energy. Elpel outlines steps you can take to increase your prosperity while closing the loop on waste and speeding the transition to a greener world. Whether you are raising a family or have a business, *Direct Pointing to Real Wealth* gives you a fresh look at economics, ecology, and how to achieve your Dreams. 186 pages. 5th Edition, 2000. ISBN: 1-892784-08-4. Printed on 30% recycled paper. \$20.



Many more wilderness survival, nature, and house-building books on-line.

Looking to improve your competence and confidence in the outdoors?

## The Art of Nothing

### Wilderness Survival Video Series on DVD

with Thomas J. Elpel and special guests



There is a big difference between learning wilderness skills in a classroom setting, versus applying them in the real world. In the *Art of Nothing Wilderness Survival Video Series*, Thomas J. Elpel and special guests journey into the woods and demonstrate all the skills they need to survive, including: making knives and tools; shelter construction to stay warm without blankets or sleeping bags; primitive fire starting; water purification; plus harvesting and cooking wild plant and animal foods.

Also included in the videos are wild mushrooms, wilderness cooking techniques, unique tools, great scenery and wildlife footage.

Each video documents completely different skills to meet the same basic needs for shelter, fire, water, and food, as well as wilderness philosophy and conservation. DVDs are \$25 each or buy all four for \$75 (save \$25).

- 1 - Three Days at the River: 1-892784-20-3
- 2 - Mountain Meadows: 1-892784-21-1
- 3 - Mountain Lakes: 1-892784-22-X
- 4 - Canoe Camping: 978-1-892784-24-7



## Stone Age Living Skills

### Video Classics Series on DVD

The *Stone Age Living Skills Video Classic Series* brings back to life on DVD some of the best primitive skills videos ever produced on VHS video. Our first three discs in this series feature seven great movies from four top instructors: Jim Riggs, Brian James, Robert Earthworm, and Melvin Beat-tie. Topics covered include: friction fire with the handdrill and bowdrill, plant fiber cordage, the primitive lifestyle, hide tanning with both wet-scrape and dry-scrape techniques, plus knap-ping arrowheads and making primitive arrows. 2007.

Disc One—Fire, Food, Cordage: 978-1-892784-25-4

Disc Two—Hide Tanning: 978-1-892784-26-1

Disc Three—Arrows of the Stone Age: 978-1-892784-27-8

DVDs are \$25 each or buy all three for \$50 (save \$25).

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*Environmentally Friendly... Our books are mostly printed on 100% recycled paper. DVDs are packaged for simplicity.*

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	Classroom in the Woods: Primitive Skills for Public Schools DVD: 50 min. + 30 min. extras	\$25.00	
	Roadmap To Reality: Consciousness, Worldviews, and the Blossoming of Human Spirit	\$30.00	
	Botany in a Day: The Patterns Method of Plant Identification, 5 <sup>th</sup> Ed.	\$30.00	
	Participating in Nature: Thomas J. Elpel's Field Guide to Primitive Living Skills 5 <sup>th</sup> Ed.	\$30.00	
	Direct Pointing to Real Wealth: Thomas J. Elpel's Field Guide to Money, 5 <sup>th</sup> Ed.	\$19.95	
	Living Homes: Stone Masonry, Log, and Strawbale Construction, 6 <sup>th</sup> Ed.	\$30.00	
	The Art of Slipform Stone Masonry DVD (110 min.)	\$25.00	
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	Shanleya's Quest: A Botany Adventure for Kids ISBN: 1-892784-16-5	\$12.50	
	Shanleya's Quest: Patterns in Plants Card Game ISBN: 1-892784-23-8	\$12.50	
	I'm a Medicine Woman, Too! ISBN: 978-1-892784-31-5	\$15.00	
Order all three of the above and subtract \$10.00. Order all three plus Botany in a Day and subtract \$15.00:			
<b>Art of Nothing Wilderness Survival Video Series on DVD</b>			
	Vol. 1: 3 Days at the River—with nothing but our bare hands (90 min.)	\$25.00	
	Vol. 2: Mountain Meadows—camping with almost nothing but the dog (90 min.)	\$25.00	
	Vol. 3: Mountain Lakes—a survival fishing trip (95 min.)	\$25.00	
	Vol. 4: Canoe Camping—on a song and a paddle (95 min.)	\$25.00	
Order all 4 Art of Nothing DVDs and subtract \$25.00:			
<b>Stone Age Living Skills Video Classics Series on DVD</b>			
	Disc One—3 movies: Friction Fire & Cordage & Primitive Life Skills	\$25.00	
	Disc Two—2 movies: Tanning Spirit & Ancient Art of Tanning Buckskin	\$25.00	
	Disc Three— 2 movies: Pressure Flake Arrowheads & Arrows from the Stone Age	\$25.00	
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Many more wilderness survival, nature, and house-building books on-line.

Want to reconnect kids with nature?

## Classroom in the Woods DVD

**Primitive Skills for Public Schools**

With Thomas J. Elpel and the Harrison School



Amid growing awareness of the need to reconnect kids with nature, *Classroom in the Woods* vividly demonstrates the power and promise of hands-on, immersive experiences to put kids in touch with the real world. In this enlightening video, Thomas J. Elpel brings a class of junior high students out into the woods for three days and two nights of hands-on wilderness survival and primitive skills experience.

Leaving textbooks behind, the kids revel at the opportunity for hands-on learning, as they build a shelter, forage for wild edible plants, make a bow and drill fire set, stalk and observe wildlife, and bake bread in a stone oven. The students create fire from wood, and then use that fire to shape bowls and spoons and cook their food. In the process, they learn about themselves building self-confidence, problem-solving skills, teamwork, and attunement to their surroundings.

More than just survival skills, these experiences help give kids a better grasp of the world around them. Pursuing similar goals as author Richard Louv in *Last Child in the Woods*, Elpel provides a model demonstration of the kind of whole-person education that every kid should be entitled to. Run time: 50 minutes, plus 30 minutes of bonus features expanding on specific skills. ISBN: 978-1-892784-33-9. 2010.



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**Wilderness Survival  
& Sustainable Living  
Books and Videos**

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