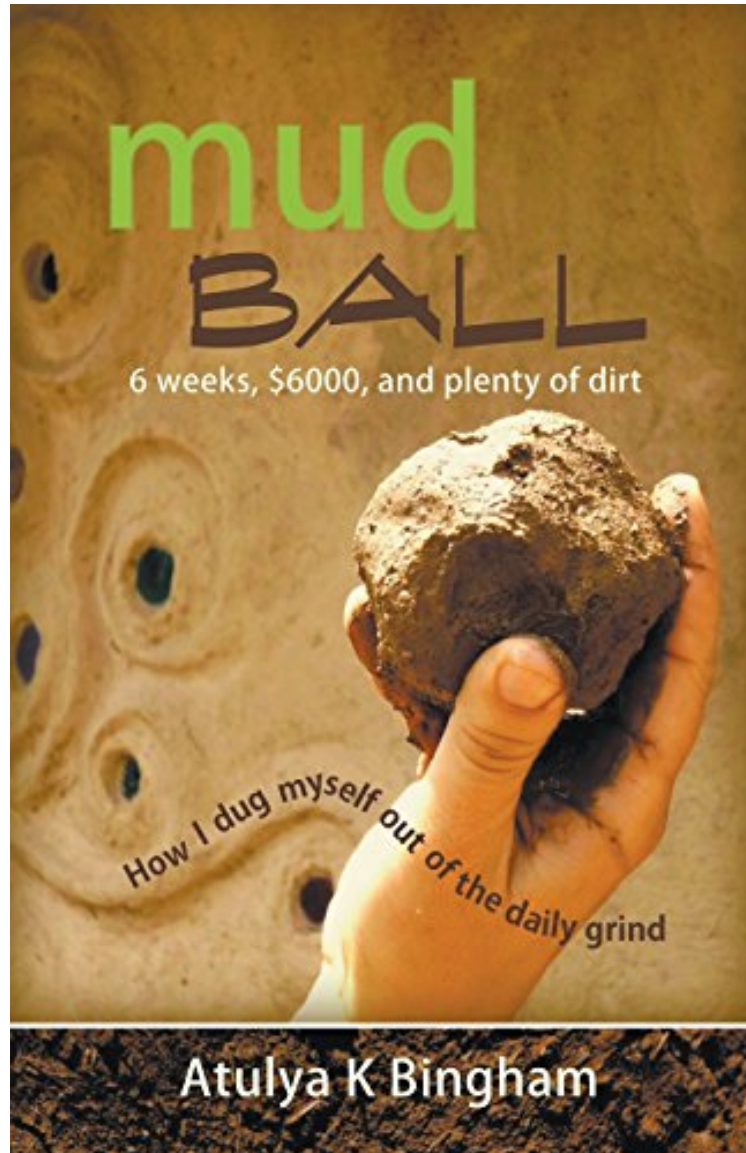


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## Mud Ball - How I Dug Myself Out of the Daily Grind

*Atulya K Bingham*

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**Atulya K Bingham : Mud Ball - How I Dug Myself Out of the Daily Grind** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mud Ball - How I Dug Myself Out of the Daily Grind:

3 of 3 people found the following review helpful. Atulya K Bingham is an excellent writer and her story is fascinating. By Customer Atulya K Bingham is an excellent writer and her story is fascinating. In fact, the more I read, the more I wanted to build my own "mud ball" house. Her trials and tribulations, proceeding at all costs, getting the job done and having a great little home to be very proud of. I follow her blogs and enjoy every one. You are cheating

yourself if you do not read this book -- it is informative, explains some of the reasons, through her story and goals, as to why the small house movement is taking off here. If we really want to attain our goals and are willing to do whatever it takes, this book will give you the incentive to do so. If Ms Bingham could achieve hers under the conditions she had to work with, at her state of life, then anyone can. I am glad I purchased this book and when I have property where this type of shelter is allowed I would certainly build one -- the end design is sort of like a yurt, but much sturdier and longer lasting and insulated way better -- plus you can make it any size you are willing to tackle -- if not for a personal house, then for a shed etc. And the knowledge gained from "mistakes" will keep you from making the same ones -- you will be able to make your own new mistakes and then you can tell us about your experience! Great read highly recommended! May you forever prosper Ms. Bingham.

4 of 4 people found the following review helpful. Mud Ball is fantastic! Funny full of wisdom-great read for girls!By viridianne rickardsFor all you cob, tiny, off-grid, self-sustaining, earth-renewing dreamers out there, this is a must read! You will not be disappointed. Atulya is a vivacious, intelligent and funny author. Her strength of conviction, discovered through the pages of Mud Ball is a wonderful and positive example of a great modern female and human role model. I would love to see this book on a reading list for teenage girls. Mud Ball is an empowering book with essential wisdom regarding how we currently treat the ground we depend on yet, unfortunately still mostly abuse and then can't understand why it is beginning to change in ways that can't sustain us. This is frightening stuff to contemplate and in Mud Ball, Atulya discusses fear at length, and brilliantly, but this isn't a book about fear. It's about freedom, love-of both our land and of ourselves, minus today's typical narcissistic narrative, the importance of friends and family, about perseverance, trust, faith, and above all peace and joy. I especially love that the story doesn't end when you finish the book. You will find info to keep up with Atulya now and see how her gorgeous mud home is doing and changes she has in mind for the future. Great holiday gift for anyone you know who sees the value in respecting and nurturing our planet and is interested in ways to do more than just 'talk the talk' as well as those who are dreaming of the day they can step out of the rat race and still thrive.

0 of 0 people found the following review helpful. I loved itBy MIKOEven though it lacks a lot of how-to.I found the book warm, funny and enjoyed her description of her people, who were there to help her build.Does it make me want to start building?No, actually.It made me look into more how to books.I'm giving it a four star, just because I enjoyed the journey.I can relate quite a bit to her story.Even though I'm not in turkey.She was very blessed to have these people help, even if they were skeptical.Being a woman and wanting to break past the "you can't do this mind" my own, and others lolI was almost in tears toward the end, and was disappointed that it ended the way it did.But still left me happy I read it.Liked her writing style, may even look into her other book.I believe it's fiction, and another journey.But not until I can find a devoted crew, and better information on building.It was a bit of a weird ending.

I couldn't teach another lesson. Nor could I tolerate another day with a boss, a punch card, and the indigestion I suffered from bolting my muesli. This was why I'd spent the past five months camping in a remote Turkish field. Then the first winter storm crashed through the valley, turning my tent into a canvas pole dancer. It dawned on me I might need a house. There were only two problems: I had just \$6000 left in my account, and 6 weeks before winter. "Despite having very little money, almost no building experience, and endless naysayers who told her she would fail, Atulya K. Bingham completed her lovely earthbag home. Her personal, inspirational story shows how anyone can build their own sustainable home with earthbags." Dr. Owen Geiger, Director of the Geiger Research Institute of Sustainable Building, author of the Natural Building Blog and Earthbag Building website. "A joy from beginning to end - a brave, funny, moving account of building a new life and a new home out of mud in Turkey's mountain wilderness." Sara Crowe, author of Bone Jack (Nominated for the Carnegie Medal in 2015).