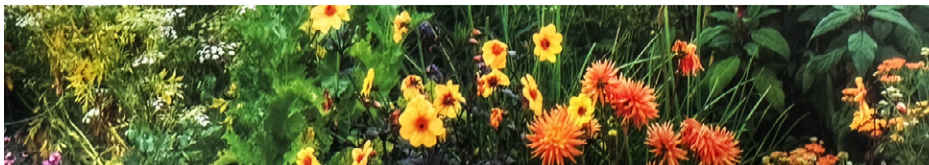
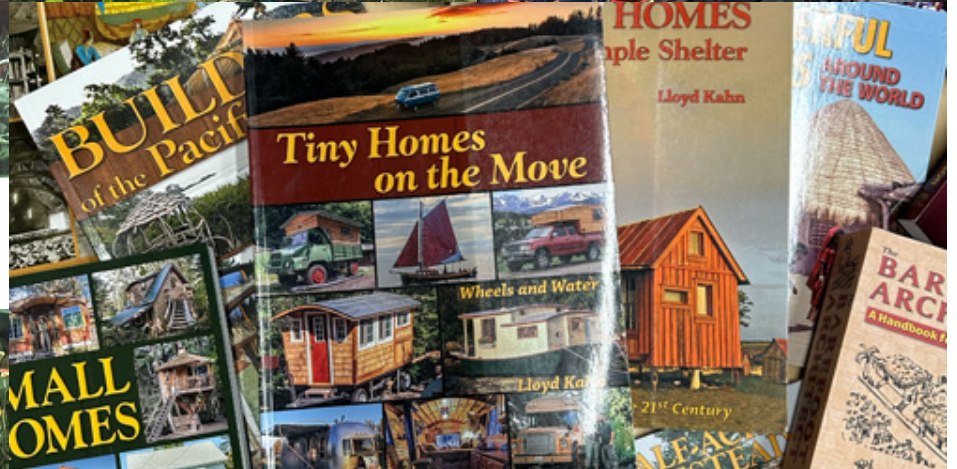
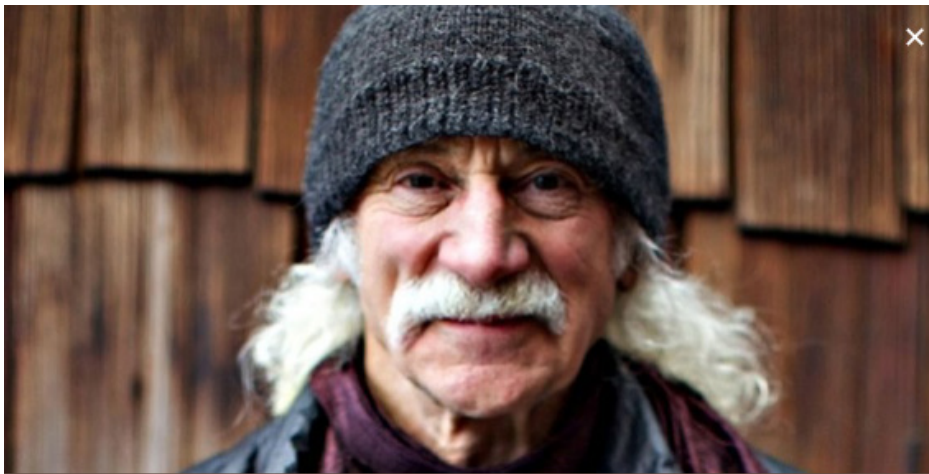




S H E L T E R P U B L I C A T I O N S

CREATING HIGH QUALITY BOOKS
ON BUILDING AND FITNESS
FOR OVER 50 YEARS





AdventureKEEN is excited to share the news that Shelter Publications has become the publishing group's seventh imprint, effective January 1, 2024. Shelter Publications was founded by Lloyd Kahn and based in Bolinas, California.

"We are honored and appreciative to be able to shepherd the Shelter list going forward. Lloyd's books have always been distinctive and smart. We're pleased that we can continue his legacy of creating first-rate books that inspire and benefit readers around the world," says Richard Hunt, president of AdventureKEEN.

Shelter Publications is a 50-year-old independent publisher known for its high-quality books about home building and personal fitness. With Lloyd's start in the Whole Earth Catalog, Shelter's building books (many written by Kahn), detail topics including small houses, campers, road rigs, houseboats, and much more. The long-selling fitness titles include Bob Anderson's *Stretching* and (Jeff) Galloway's *Book on Running*.

Publisher Molly Merkle adds, "Lloyd (aka "The King of D.I.Y. Dwellings") has a voice and perspective that continues to resonate with readers. We are thrilled to carry forward his work and influence for future generations."

"I'm more than excited to be working with AdventureKEEN in this next phase of my career. Our goals and aspirations are in sync, and I'm looking forward to this new relationship that will give me time to communicate via Instagram, Substack, and YouTube (and with an occasional book). We also look forward to having AdventureKEEN's expertise and skills in marketing our Shelter Library of Building Books," says Lloyd Kahn, Shelter founder.

Shelter's administrative functions will transfer to AdventureKEEN's Birmingham, Alabama headquarters. Lloyd will continue to author and promote the Shelter list.

"PGW has had a wonderful history with both publishers, and their shared sensibilities will allow Lloyd to continue to explore his many publishing ideas with an ideal and supportive partner," says Kevin Votel, vice president of business development at Publishers Group West.

Publishers Group West (PGW) will remain the trade distributor of Shelter Publications. Established in 1976, PGW, an Ingram distribution company, is one of the top book vendors in the country, representing about 100 independent publishers, who together are publishing some of the most topical, innovative, literary, and award-winning books available today. PGW has been AdventureKEEN's sales and distribution partner since 2007.

The Barefoot Architect

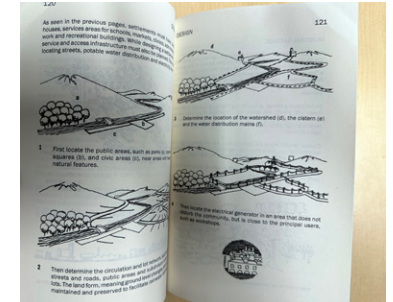
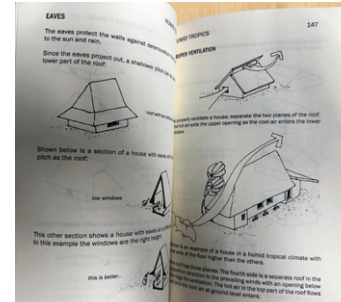
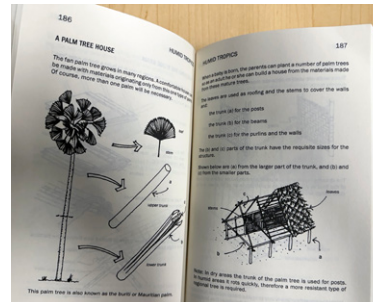
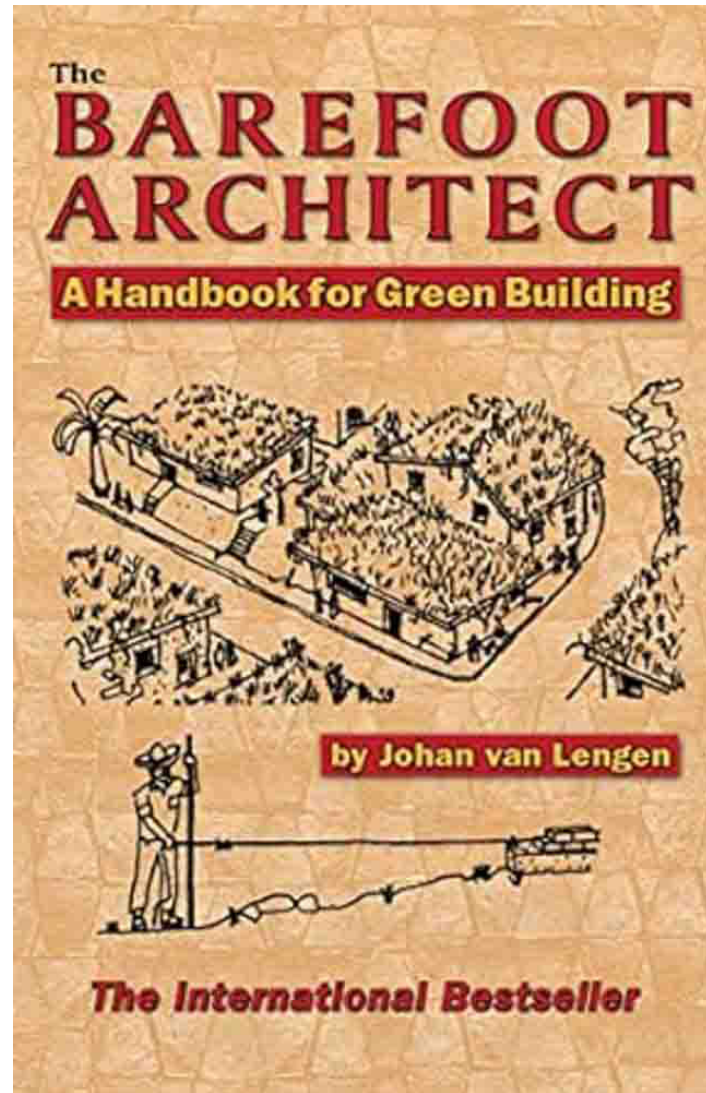
By Johan van Lengen

Softcover / 720 pages / 5.8" x 8.5" / 2007

\$28.95

ISBN 978-0-936070-42-1

A former UN worker and prominent architect, Johan van Lengen has seen firsthand the desperate need for a “greener” approach to housing in impoverished tropical climates. This comprehensive book clearly explains every aspect of this endeavor, including design (siting, orientation, climate consideration), materials (sisal, cactus, bamboo, earth), and implementation. The author emphasizes throughout the book what is inexpensive and sustainable. Included are sections discussing urban planning, small-scale energy production, cleaning and storing drinking water, and dealing with septic waste, and all information is applied to three distinct tropical regions: humid areas, temperate areas, and desert climates. Hundreds of explanatory drawings by van Lengen allow even novice builders to get started.



Builders of the Pacific Coast

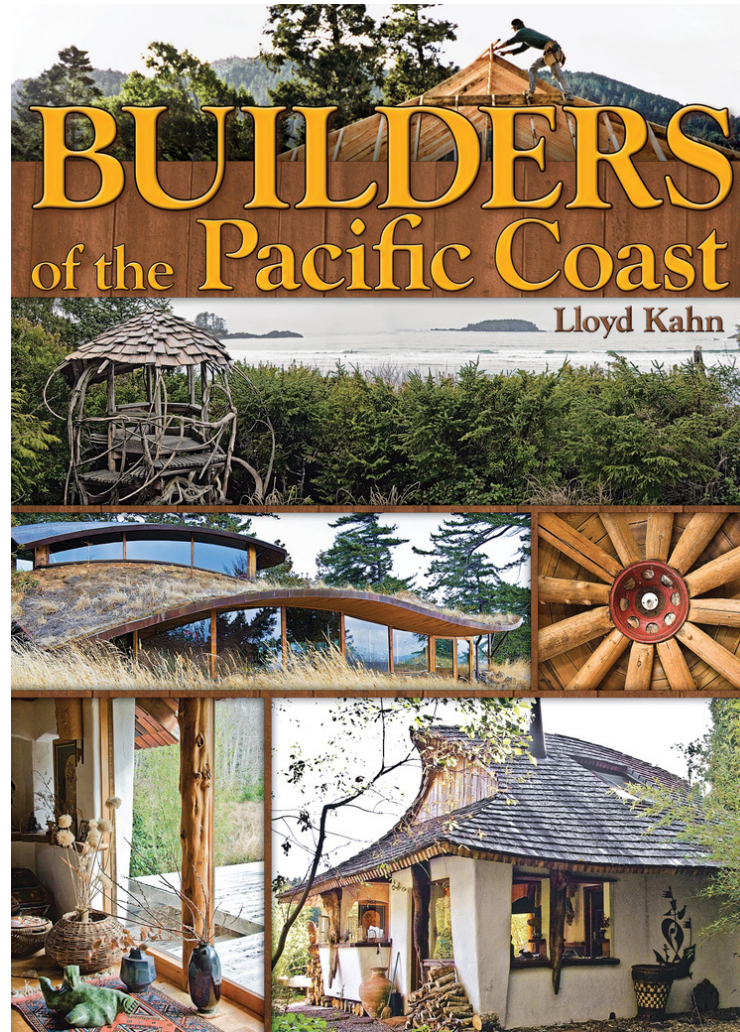
By Lloyd Kahn

Softcover / 256 pages / 9" x 12" / 2008

\$32.95

ISBN 978-0-936070-43-8

A continuation of Lloyd Kahn's journeys into the creative processes of owner-built homes — their innovative techniques, use of sustainable materials, and essential dedication to the natural elements surrounding their designs — *Builders of the Pacific Coast* explores the aesthetics and skills of three master builders in California, Washington state, and the rugged terrain of British Columbia. The three featured craftsmen — Lloyd House, Bruce Atkey, and Sun Ray Kelley — combine imaginative architecture with innovative contexts: everything from unusual house-boats to sculptural dwellings made of driftwood are included. With stunning color and black-and-white photographs, as well as detailed black-and-white drawings of the homes, this collection of unique and progressive designs creates a template for a future filled with forward-thinking architecture.



Driftwood Shacks: Anonymous Architecture Along the California Coast

By Lloyd Kahn

Softcover / 160 pages / 9" x 9" / 2019

\$19.95

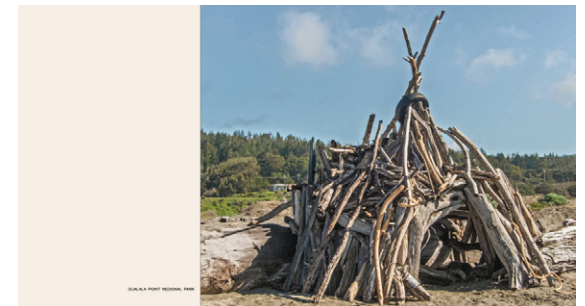
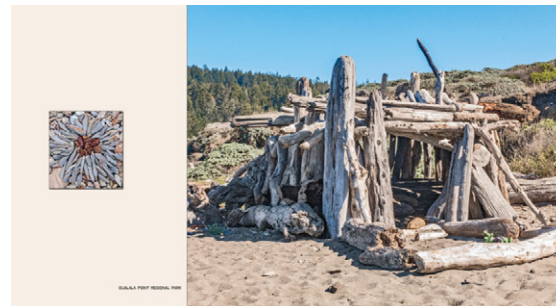
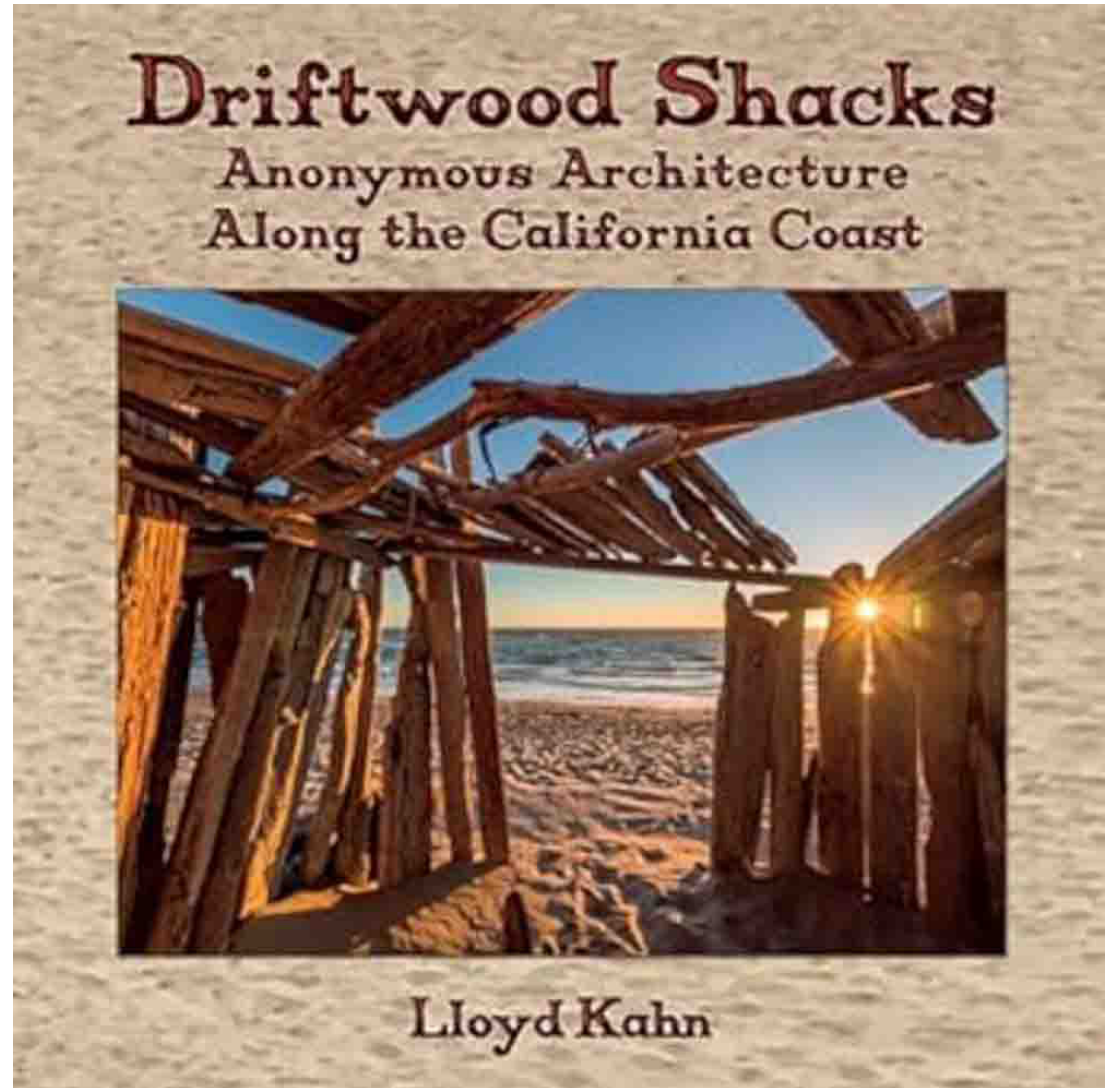
978-0-936070-80-3

Lloyd Kahn has been hiking and camping on Northern California beaches for the last dozen or so years and, given his background in publishing books on building, it's only natural that he would notice the unique and whimsical beach shacks constructed by anonymous builders.

Here are some 60 structures, shaped by materials lying on the beach, and ephemeral in the sense that they are built without nails, and don't last long — victims of wind, waves, and high tides. (All of the ones depicted are now gone.)

There are also photos of beach sculptures, seaweed, seashells, birds, sea lions, whalebones, waves, surfers, fishermen, and sunsets, as well as photos from a 3-day backpacking trip along the remote "Lost Coast."

A book for beachcombers and beach lovers everywhere, all of whom share a deep love for the ocean and its surroundings.



Galloway's Book on Running

By Jeff Galloway

Softcover / 280 pages / 7.25 × 9 / 2021

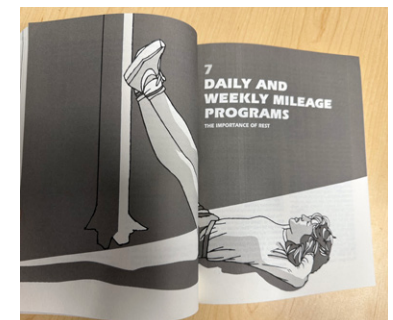
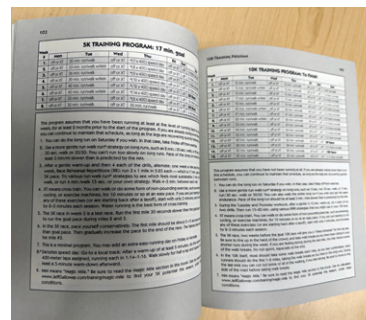
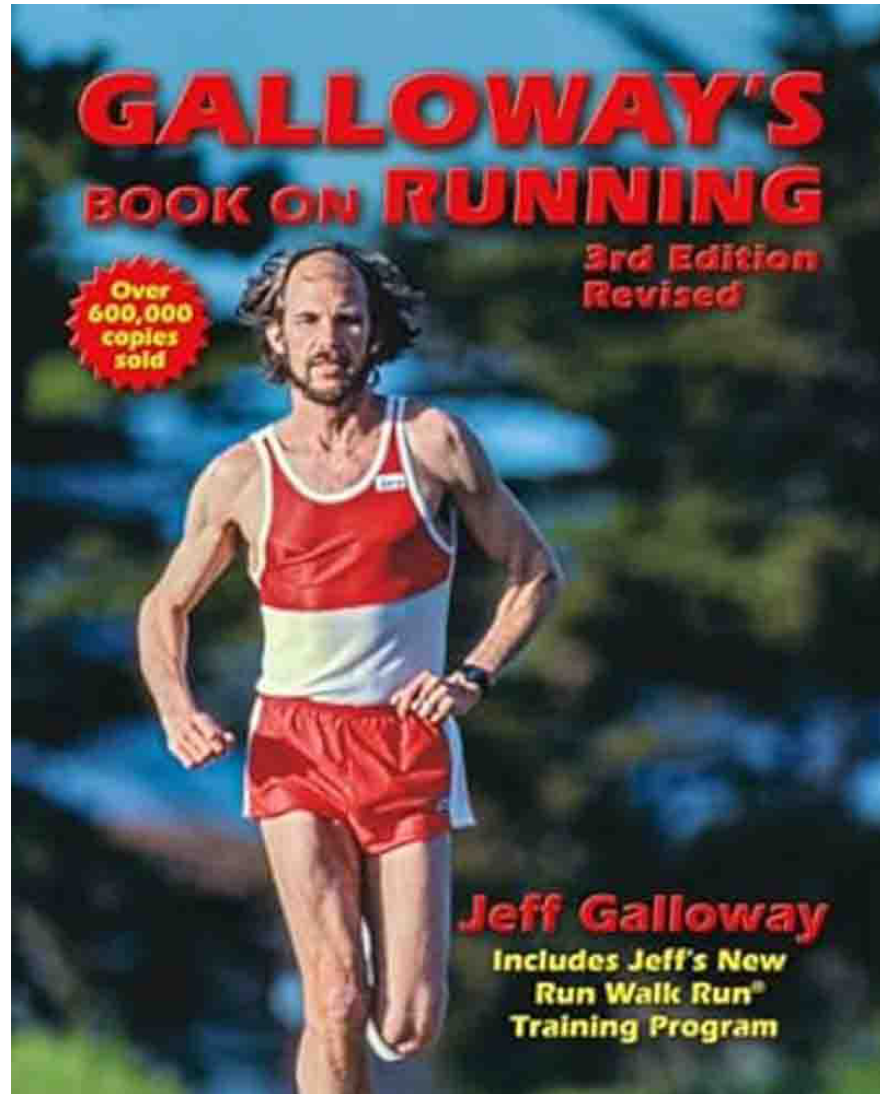
\$21.95

ISBN 978-0-936070-85-8

One of the world's most popular running books, this new edition has been updated to include Jeff Galloway's run walk run® method of training, which allows runners of all levels to train injury-free for a variety of races. A classic updated for the 21st century.

Olympic athlete Jeff Galloway shows how amateur runners can use the same training principles followed by world-class runners. He tells beginners how to get started, explains his ideas on stress and rest, and reveals secrets for running better. In this completely revised and updated new edition of the classic text on running, Galloway includes training schedules for 5k, 10k, and the increasingly popular half-marathon races, as well as recent insights into motivation, nutrition, and fat burning.

Runners at all levels will benefit from this seasoned athlete's wisdom.



The Half-Acre Homestead: 46 Years of Building and Gardening

By Lesley Creed and Lloyd Kahn

Softcover / 168 pages / 8.5" x 8.5" / 2020

\$19.95

ISBN 978-0-936070-81-0

Lloyd Kahn and his wife Lesley's story of building their own home, establishing a garden, and practicing crafts on a small piece of land on the Northern California Coast over a 46-year period, with over 500 photos.

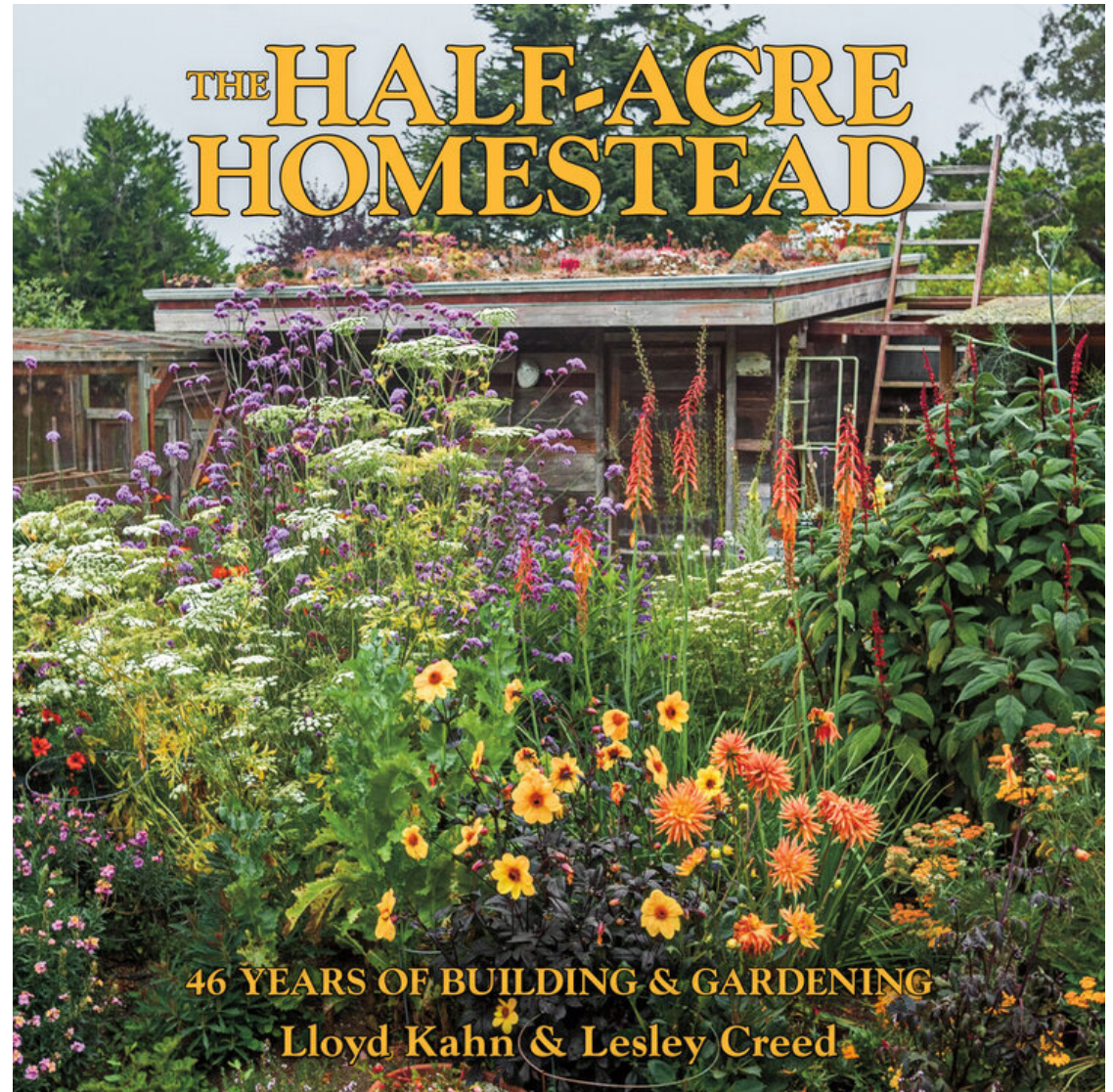
Lloyd, the former shelter editor of the *Whole Earth Catalog*, has published seven books on owner building, showcasing hundreds of builders, and this is his first book on his own work.

Starting with a vacant half-acre piece of land, they built their own home, created a garden with vegetables and fruit, and describe raising chickens, bees, and goats. The book also covers cooking, foraging, fishing, crafts, birds, butterflies, and tools.

Their main theme is that this was all done by hand.

They have never paid rent nor have they ever had a mortgage.

There are over 500 photos illustrating all the above facets of their lives and clear explanations of building skylights, maintaining a septic system, building greenhouses and raised vegetable beds. There is a section on unique kitchen tools, as well as advice on useful tools used in construction.



Home Work: Handbuilt Shelter

By Lloyd Kahn

Softcover / 272 pages / 8.5" x 10" / 2022

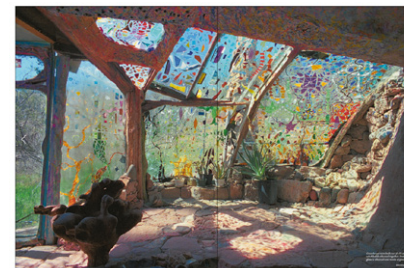
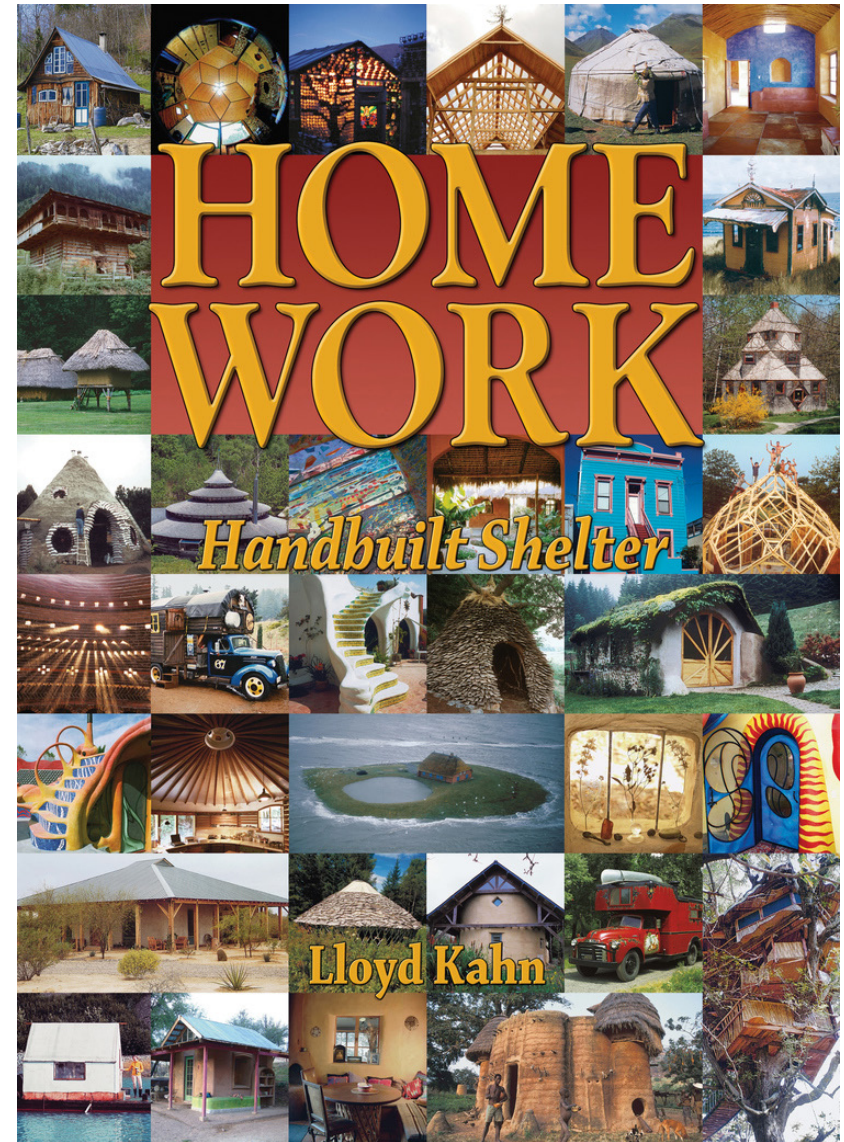
\$32.95

ISBN 978-0-936070-33-9

Home Work is our sequel to *Shelter* and illustrates new and even more imaginative ways to put a roof over your head, some of which were inspired by *Shelter* itself. What *Shelter* was to '60s counterculture, *Home Work* is to the "green building revolution," and more. From yurts to caves to tree houses to tents, thatched houses, glass houses, nomadic homes, and riverboats, each handbuilt dwelling finds itself at one with its environment, using natural materials.

Book includes:

- Master builder Louie Frazier's Japanese-style pole house in Northern California, reachable on a 500-foot cable across a river
- Ian MacLeod's handbuilt stone house in South Africa, where baboons jump on the roof at night
- Ma Page's bottle house in the Nevada desert
- Artist Michael Kahn's semi-subterranean sculptural village in Arizona
- Bill and Athena Steen's strawbale houses
- Ianto Evans' cob houses in Oregon
- The Archlibre group of countercultural builders in the French Pyrenees
- Bill Coperthwaite's spectacular 3-story yurt in the Maine woods
- Bill Castle's finely-crafted log home and sauna in the NY Appalachians
- A commune in the Tennessee mountains
- The "Flying Concrete" brothers in Mexico and their far-out sculptural structures
- Barns in California, Washington, and Connecticut
- Photo-essays of Lloyd Kahn's trips to Nevada, the Mississippi Delta, Costa Rica, Nova Scotia, and Baja California



Marathon: You Can Do It!

By Jeff Galloway

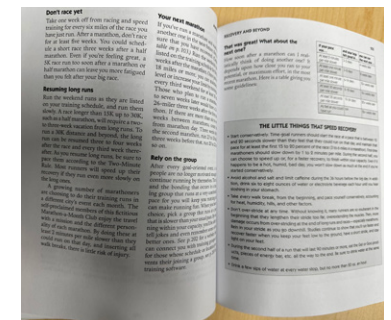
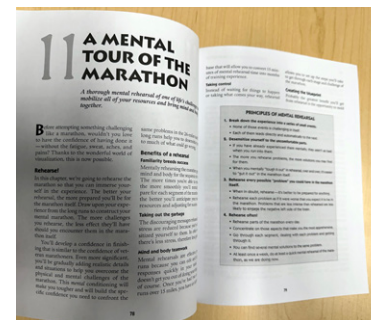
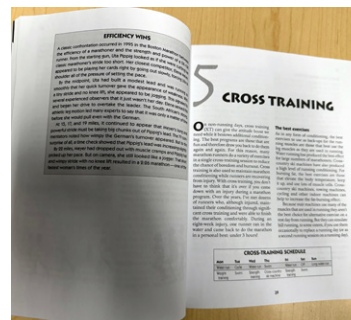
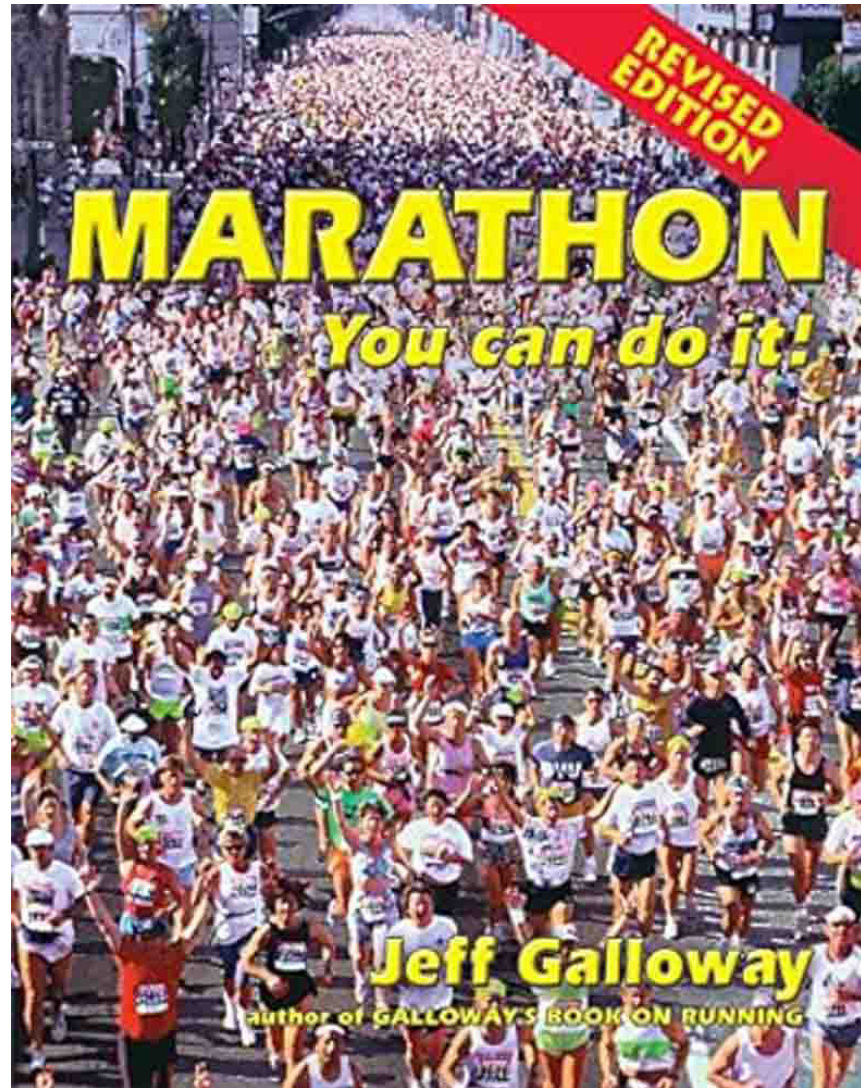
Softcover / 160 pages / 7.1 × 8.9 / 2021

\$19.95

ISBN 978-0-936070-48-3

Jeff Galloway developed unique training programs ten years ago showing runners how to train for, and finish a marathon. Galloway's success using walk breaks throughout race training has led tens of thousands of average people to experience the unique lifetime accomplishment of running a marathon. In this updated and revised edition, you'll discover how to set up a personal training program, how to stay motivated, train with a group, avoid injuries, and burn fat.

Jeff Galloway is an Olympic athlete and a running teacher. His first book, *Galloway's Book on Running*, is an international best-seller, with over 600,000 copies sold in North America. This is the state-of-the-art marathon book by the person who lives and breathes running.



Rolling Homes: Shelter on Wheels

By Lloyd Kahn

Softcover / 272 pages / 8.5" x 10" / 2022

\$32.95

ISBN 978-0-936070-89-6

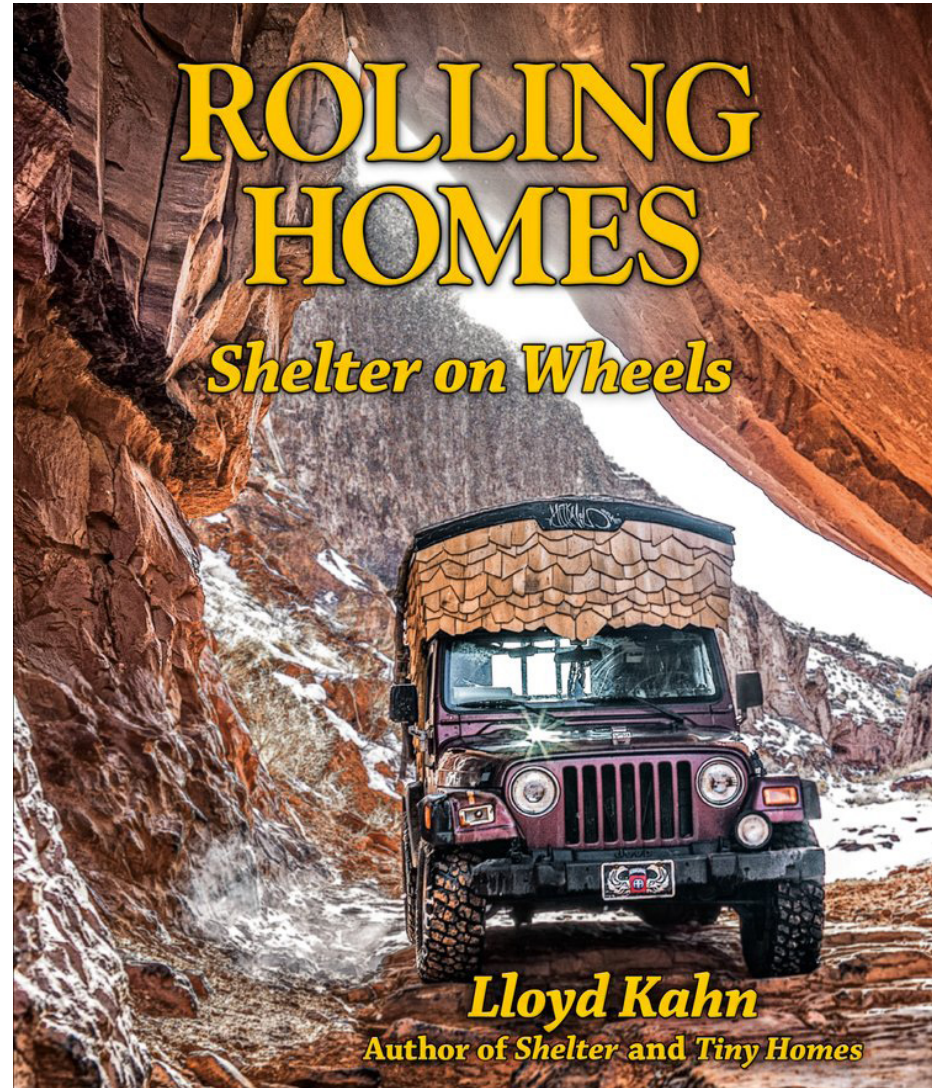
If there's not a nomadic revolution going on today, there's certainly a nomadic movement. In the last few years, either for reasons of practicality (high costs of rent or mortgages), change in lifestyle, or the search for adventure, people are customizing all sorts of vehicles for travel.

This book covers some 80 DIY vehicles, with most of them fitted out for the road by their owners. There are vans, sedans, trucks, buses, and trailers with a wide array of designs and styles. A number of the units are 4-wheel drive for off-road travel.

The book is not only fun to browse through, but is full of practical information (such as stoves, heaters, battery charging, solar power, refrigerators, and kitchens designed for the road) — for anyone wanting to create their own movable home.

There is a European minivan outfitted by a young German woman who just graduated from architectural school and took a sabbatical to go surfing. There are a number of camper truck shells, all completely different. There's a converted school bus that is used in cold weather for skiing and in warm climates for surfing. A \$200,000 Land Rover and a \$300 pickup truck camper shell. There's a converted horse trailer furnished with Victorian antiques that is used at Burning Man.

This is the the latest addition to The Shelter Library of Building Books, which started with Shelter in 1973 and includes *Home Work*, *Builders of the Pacific Coast*, *Tiny Homes*, and more.



The Septic System Owner's Manual

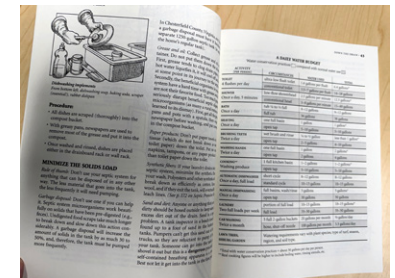
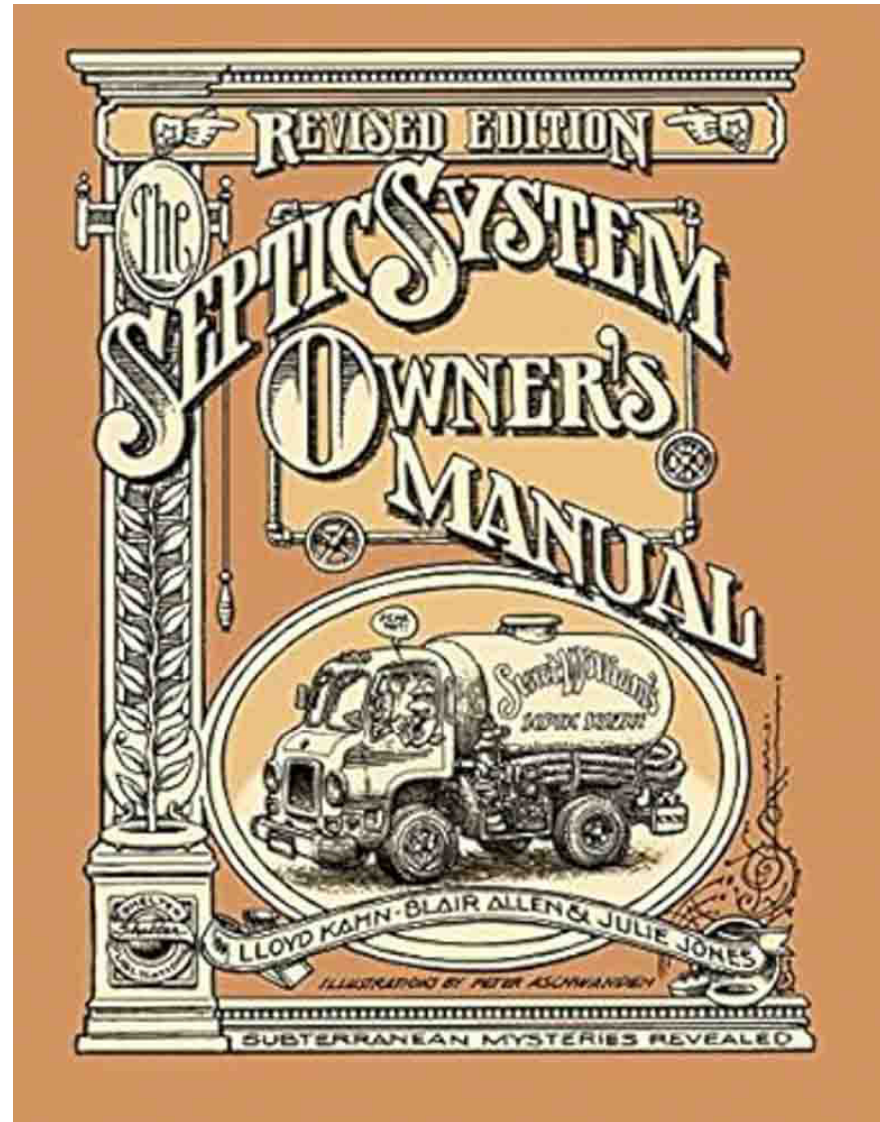
By Lloyd Kahn

Softcover / 176 pages / 7.96" x 9.94" / 2007

\$22.95

ISBN 978-0-936070-40-7

This is a revised edition of our handbook and guide to the basics of septic systems. The book covers, in addition to septic tanks and drainfields, septic system maintenance, what to do if things go wrong, and advanced systems such as shallow drainfields, effluent filters, and trickling bio-filters—with chapters on graywater systems, composting toilets, and a unique history of water-borne waste disposal. This is the only comprehensive, non-technical book on septic systems available for homeowners. Peter Aschwanden, illustrator of the classic *How to Keep Your Volkswagen Alive*, did the informative and witty drawings.



Shelter

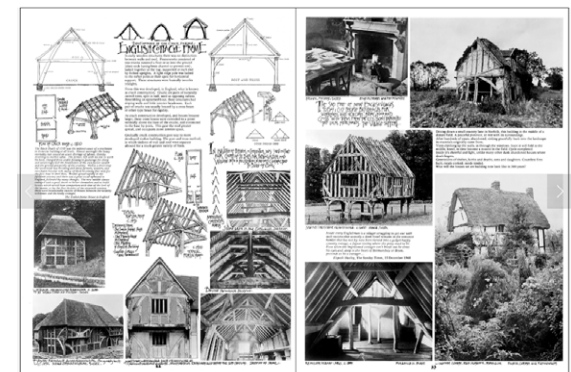
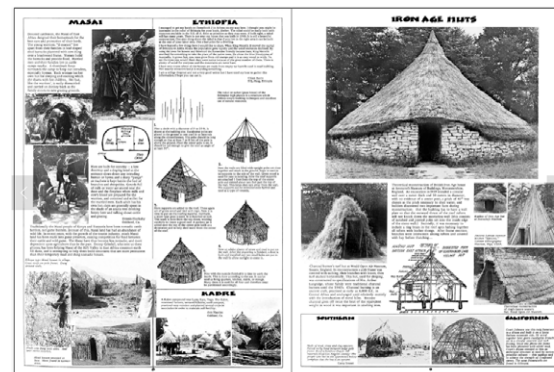
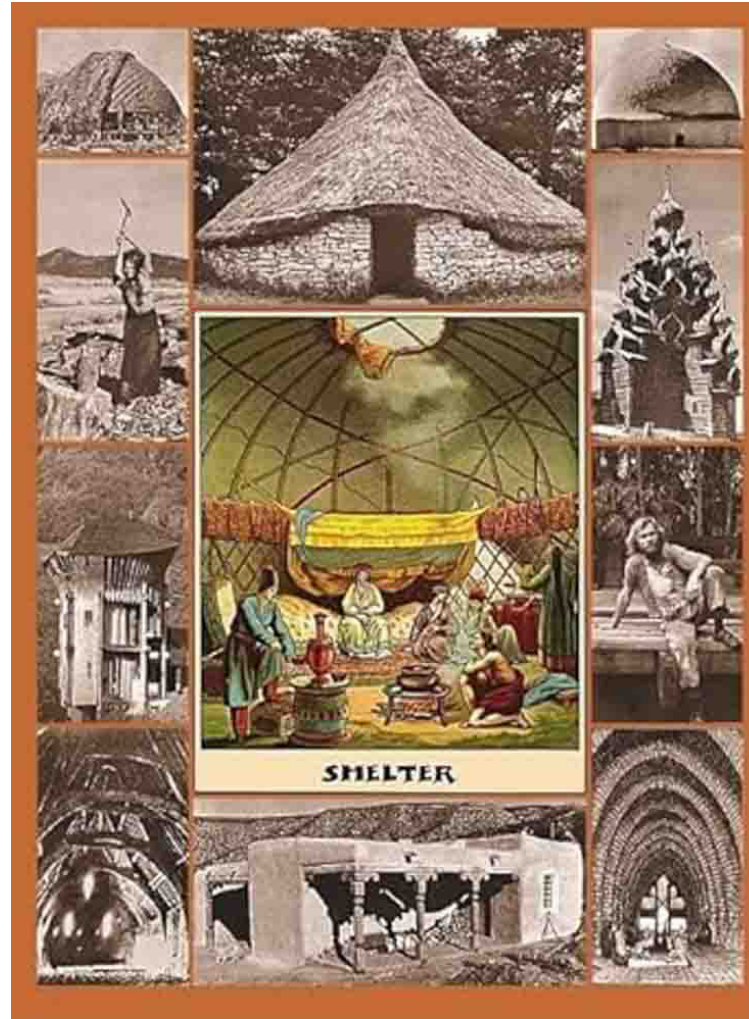
By Lloyd Kahn and Bob Easton

Softcover / 176 pages / 11" x 14.4" / 2000

\$29.95

ISBN 978-0-936070-11-7

With over 1,000 photographs, *Shelter* is a classic celebrating the imagination, resourcefulness, and exuberance of human habitat. It includes a history of shelter and the evolution of building types: tents, yurts, timber buildings, barns, small homes, domes, etc. There is a section on building materials, including heavy timber construction and stud framing, as well as stone, straw bale, adobe, plaster, and bamboo. The spirit of the '60s counterculture is evident, and the emphasis is on creating your own shelter (or space) with your own hands. A joyful, inspiring book.



Shelter II

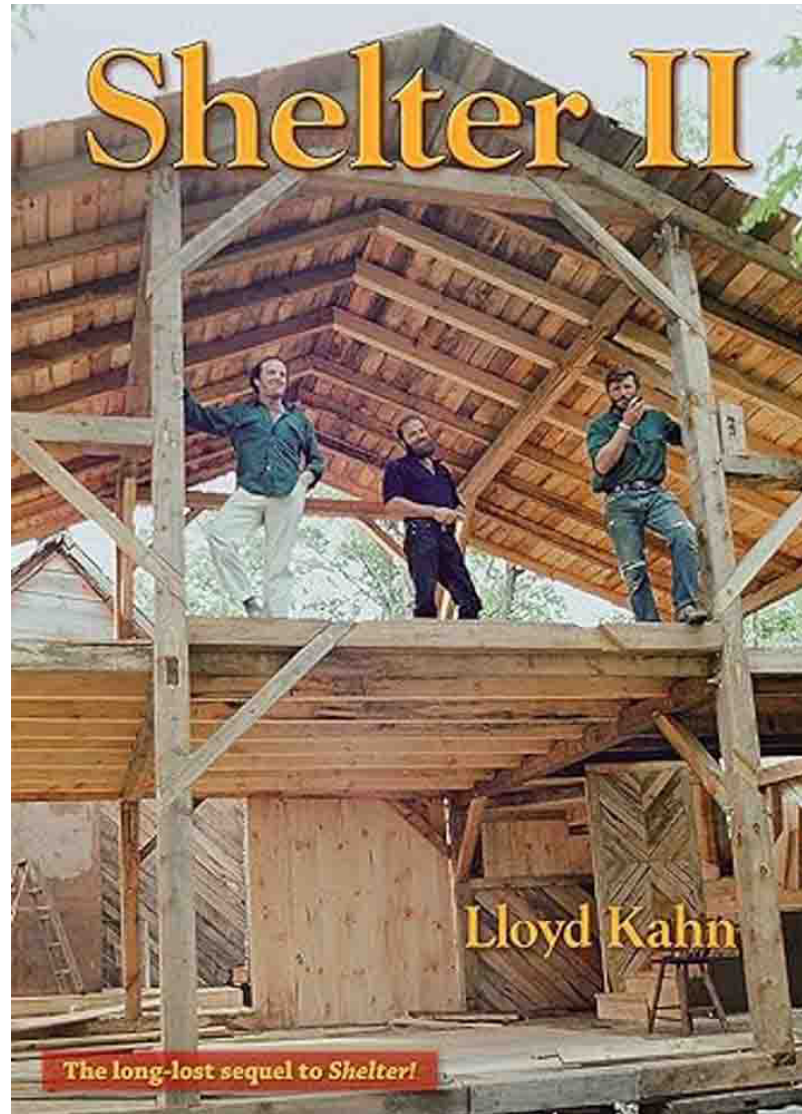
By Lloyd Kahn

Softcover / 224 pages / 8" x 10.5" / 2010

\$24.95

ISBN 978-0-936070-49-0

Shelter II is the second in a series of books about people building their own homes in different parts of the world. The principles outlined in *Shelter*, published almost 40 years ago, seem even more important today: relearning the still-usable skills of the past and doing more hand work in providing life's necessities. *Shelter II* provides a basic manual of design and construction for the first time house-builder. The book begins with simple shelters still being built and lived in by people with minimal resources. They can be viewed for historical or anthropological interest, or as sensible, instructive examples of efficient construction by those who lack the choices available in industrialized societies. There are also personal accounts and seasoned advice from builders in different climates, with a variety of design approaches, construction techniques, and building materials. A home is still a place for working, resting, sharing, healing, dreaming . . . some things haven't changed that much.



Small Homes: The Right Size

By Lloyd Kahn

Softcover / 232 pages / 9.25" x 12" / 2017

\$29.95

ISBN 978-0-936070-68-1

From the publishers of a popular series of building books comes *Small Homes*, which is highly relevant for these times — getting smaller, rather than larger. Some 75 builders share their knowledge of building and design, with artistic, practical, and/or economical homes in the United States, Canada, England, Scotland, France, Germany, Spain, New Zealand, and Lithuania.

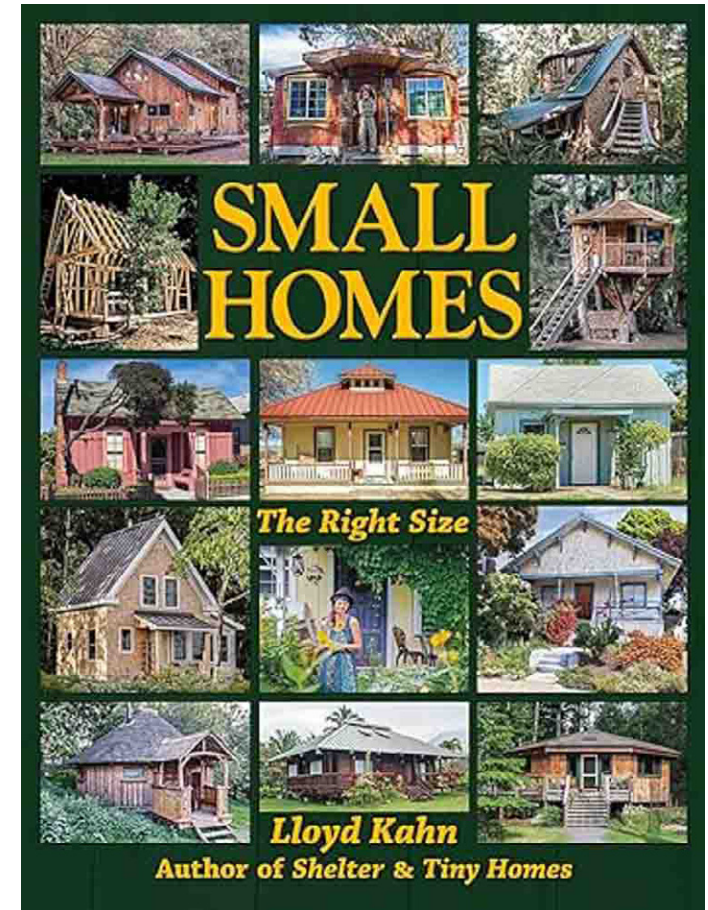
- The average American home is 2,500 sq. ft.
- The tiny home averages 200-300 sq. ft.
- The small homes here are 400-1200 sq. ft. — the middle ground — not too big, not too small (à la Goldilocks).

Compared to the average American home, small homes are less expensive, use less resources, are more efficient to heat and cool, and cheaper to maintain and repair. Compared to tiny homes, they offer a lot more space and breathing room. They are desirable for people who want to avoid a bank mortgage or high rents, yet need more room than a tiny house affords.

Here are 65 small homes. They vary from unique and artistic to simple and low-cost. Some are plain, ordinary buildings that provide owners shelter at a reasonable cost — and some are inspiring examples of design, carpentry, craftsmanship, imagination, creativity, and homemaking.

Some are built with “natural materials,” such as cob or straw, some with recycled wood or lumber milled on-site, some are old homes that have been remodeled, and many are designed and built from scratch by the owners. Many are in the country, some in small towns, and some in large cities.

It’s all in the hands. The underlying theme with Shelter’s books, which cover an over-40-year span, is that you can create your own home with your own hands, using mostly natural materials. And note: A computer can’t build your home for you. You still need a hammer (or nail gun), a saw — and human hands.



Stretching: 40th Anniversary Edition

By **Bob Anderson**

Softcover / 240 pages / 8½” x 10¾” / 2020

\$22.95

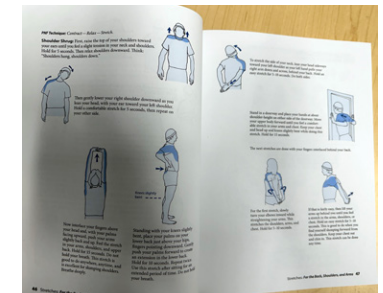
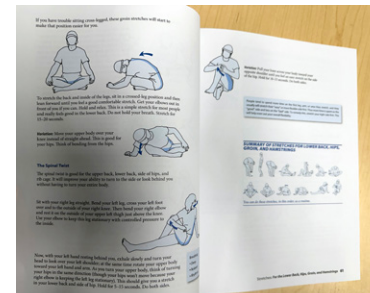
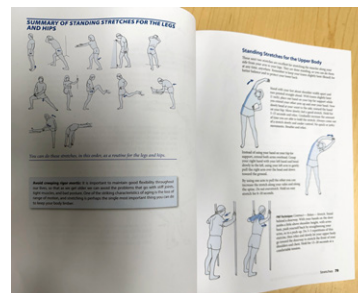
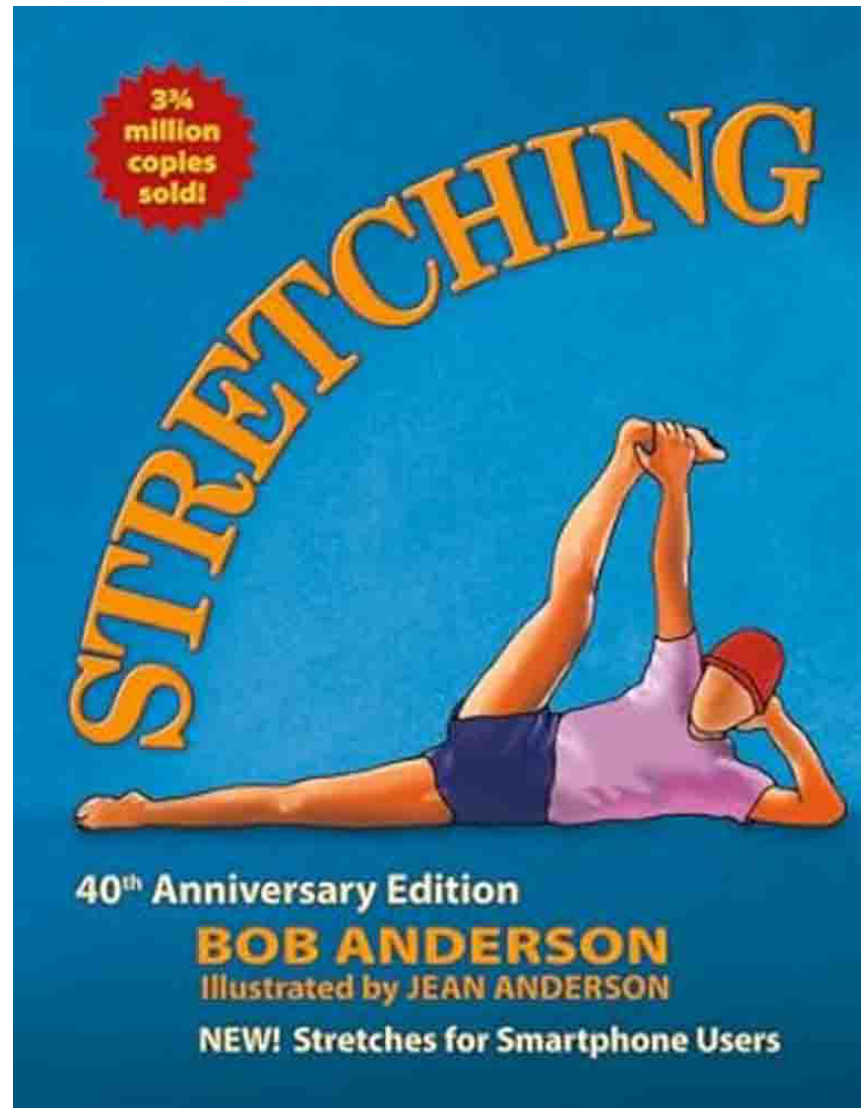
ISBN 978-0-936070-84-1

Stretching is a simple, gentle activity that can be done by anyone, anywhere, at any time. For these reasons, it’s especially useful for people who are staying at home during the Covid-19 crisis.

This 40th Anniversary Edition of *Stretching* contains:

- A new 11-page section titled “Stretching in the Age of Computers and Smartphones”
- 150 stretches with simple instructions for each stretch
- One- or two-page graphic stretching routines, including:
 - 17 routines for everyday activities
 - 6 routines for smartphone users and computer users
 - 37 routines for different sports
- Graphic index of all 150 stretches — useful for doctors, medical professionals, and body workers in prescribing stretches for patients
- Body tools
- Caring for your back
- PNF stretching

If you stretch in the right way (no bouncing, no pain), you’ll feel better. It’s that simple.



Stretching Pocket Book: 40th Anniversary Edition

By Bob Anderson

Softcover / 256 pages / 5" x 7.25" / 2021

\$14.95

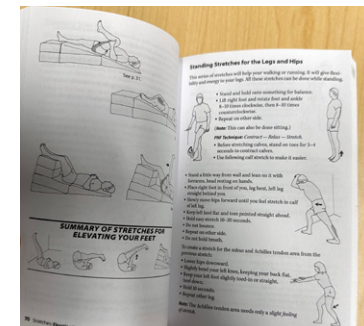
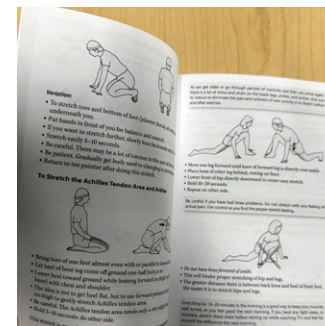
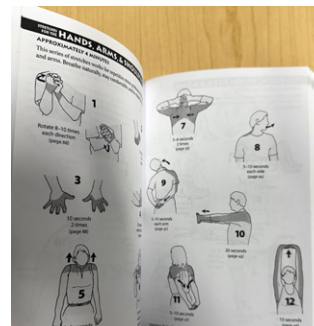
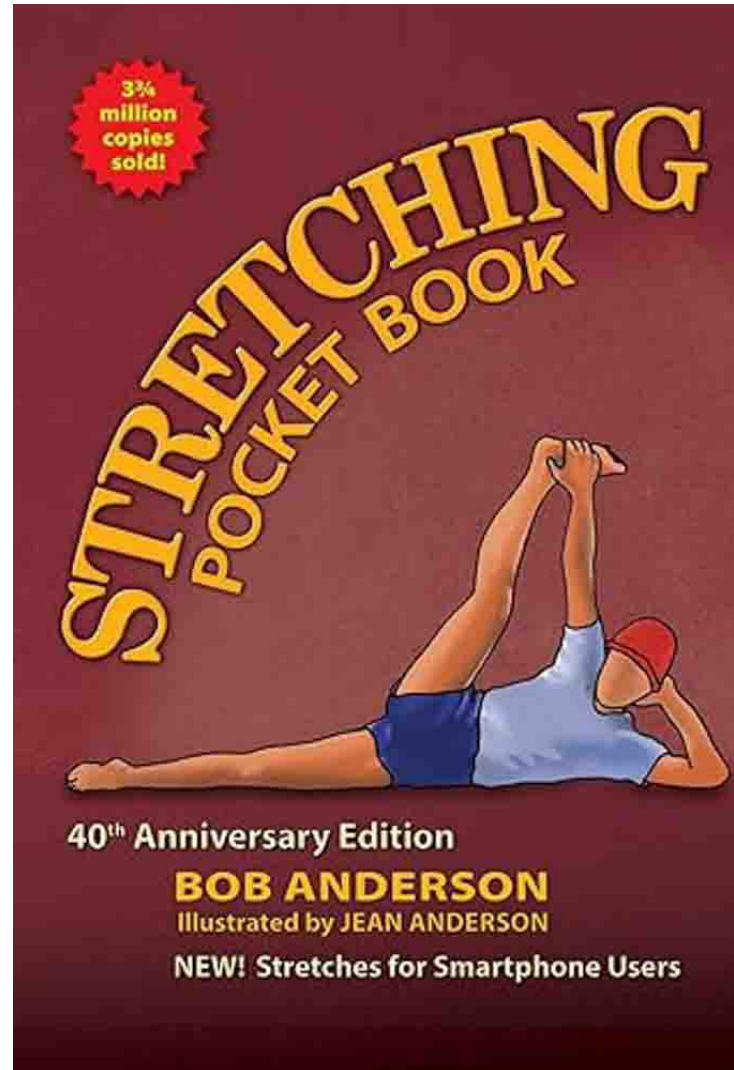
ISBN 978-0-936070-64-3

This is a smaller trim size black and white pocket edition of Anderson's best-selling *Stretching*.

Stretching is the most popular fitness book in the world, having sold over 3¾ million copies in 40 years. It has been translated into 24 languages. In this new edition there are stretches for improving the bad posture attributable to cell phone usage ("tech neck"), and for people using computers.

This is the book that people tell their friends about, that trainers suggest for virtually every sport and activity, and that medical professionals recommend to people just starting to get back in shape. *Stretching* first appeared in 1980 as a new generation of Americans became committed to running, cycling, aerobic training, and workouts in the gym — all of which are commonplace now.

It features stretching routines specific to a variety of people, including sports enthusiasts, travelers, children, gardeners, and people in wheelchairs. There is a new section titled "Stretches for the Digital World," with stretches for people using cell phones and/or computers, as well as tips for better posture and stretches to do in an office environment.



Tiny Homes: Simple Shelter

By Lloyd Kahn

Softcover / 224 pages / 9" x 12" / 2012

\$29.95

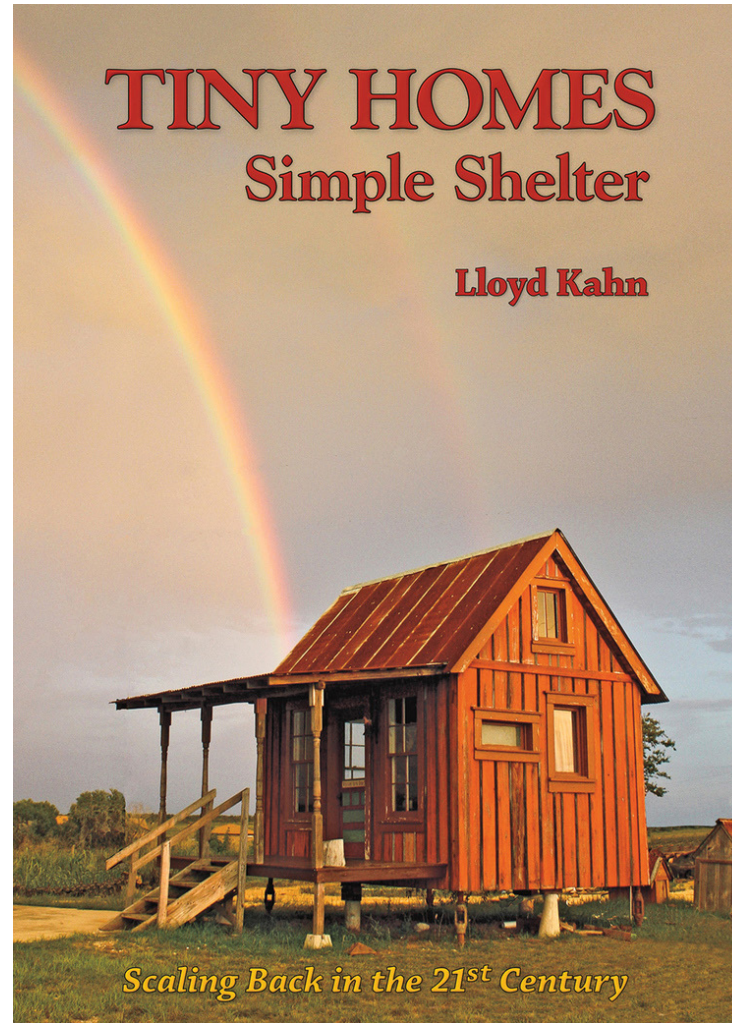
ISBN 978-0-936070-52-0

Come take a trip with us through the world of tiny houses. See firsthand the current trend in scaling back, reducing living expenses, and escaping bank mortgages or high rents.

There's a grassroots movement in building smaller homes these days. The real estate collapse, the economic downturn, and the growing scarcity of resources, have caused a sea change in thinking about shelter.

Here are some 150 builders who have created tiny homes (under 500 sq. ft.). Homes on land, homes on wheels, homes on the road, homes on water, and homes in the trees. There are also studios, saunas, garden sheds, and greenhouses.

Here is a rich variety of small homemade shelters, with 1,300 photos, along with stories of people who have chosen to provide their own roofs overhead.



Tiny Homes on the Move: Wheels and Water

By Lloyd Kahn

Softcover / 224 pages / 9" x 12.25" / 2014

\$32.95

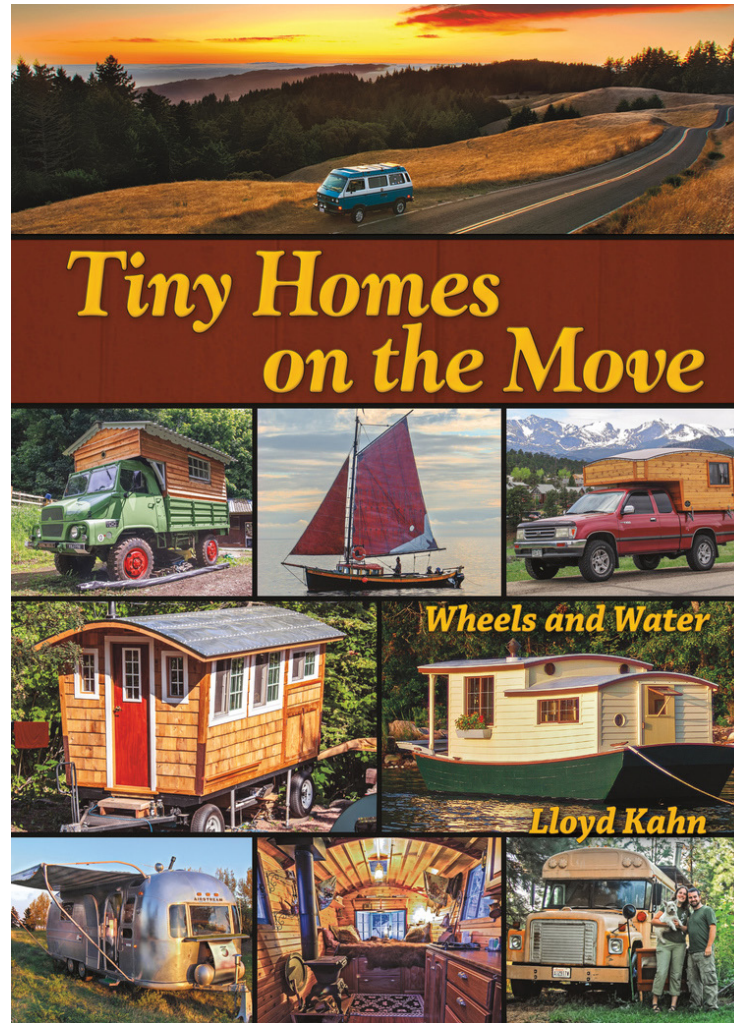
ISBN 978-0-936070-62-9

These homes move! There are some 90 tiny homes here, either rolling on the road or floating in the water. About half of them are lived in full-time; the other half are used part-time, for trips of varying lengths upon life's highways and waterways. This book follows our best-selling book *Tiny Homes: Simple Shelter* and describes nomadic life in the 21st century.

In the wheels category are vans, pickup trucks with camper shells, house trucks, school buses, trailers, and cycles. In the water section are sailboats and houseboats.

There are some 1,100 color photos here, along with descriptions of each and every home.

This is a book full of joy, adventure, and high spirits. It is rich, colorful, and imaginative, and these competent and artistic owners/builders will inspire others with their unique homes and lives.



Wonderful Houses Around the World

By Yoshio Komatsu

Softcover / 48 pages / 7.62" x 9.92" / 2004

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Ages 5-12

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Fascinating and unique, *Wonderful Houses Around the World* gives children a welcome entrée into other places and other lives throughout the world.

Glorious two-page photographic spreads capture families outside their homes, be they simple or imposing. Detailed cutaway illustrations reveal the inside of each house, showing the various family members engaged in typical daily activities. Captions explain where each house is located, the environmental conditions that affect the house design, how the family lives in the home, and their possessions — all providing interesting glimpses of life in other cultures.

The ten houses profiled include a red mud dwelling with thatched towers in Togo, a yurt in Mongolia, a steep-roofed, shake-covered house in Transylvania, and a large donut-shaped communal building for 300 in China. This book increases children's wonder about and cultural awareness of the many different people and ways of life around the world.

