



Walking Away: Waking up from the American Dream

Michele Maingot Cabral

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When they realized that life had become a sticky web of high numbers but low gain, the Cabrals chose to wake up from the American Dream. Michele Maingot Cabral chronicles insights and valuable how-to's while she and her husband Mike disconnected from the industrial grid and set out to reconnect to the natural grid. Equipped with a small budget and a generous amount of natural curiosity, the Cabrals have explored the options of foraging, homesteading, beekeeping, and building an efficient off-grid house in the woods with their own two hands.

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