

TINY HOUSE

FOR MICRO, TINY, SMALL, AND UNCONVENTIONAL HOUSE ENTHUSIASTS



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ON OUR PAGES



FEATURED

Easing The Edges

Next up in this series by tiny house builder, Greg Parham, is the second most important aspect of a tiny house build: the framing.

Just A Tiny Taste

What is the best way to make a good cuppa joe in a small space? Which maker is best? Is it instant or is it fully brewed? Read on to find out.

Rising Tide

The east coast has been ravaged by floods in the past month which brings up a topic not usually approached by tiny housers: How to prepare for a true natural disaster.

One Stop Shop

The Tiny Rig Co. in Westminster, California, is a one-stop shop for campers, overland gear, roof racks, storage options, and performance gear. Live tiny on the go.

LIVING IN A TINY HOUSE IS ALL ABOUT SMART CHOICES! HERE'S THE SCOOP:

First, when you build a tiny house, the frame is like its skeleton. It has to be really strong so your house doesn't wobble or break, especially when it's windy or rainy. It's one of the most important parts!

Let's talk about coffee. Just because your kitchen is small doesn't mean you have to give up your good coffee. You can still make delicious coffee using cool gadgets that don't take up much space—whether you like instant or freshly brewed, there's a way to do it!

Sometimes, bad weather can happen, like floods. When you live in a tiny house, you have to be extra careful and make sure you're prepared. That means having emergency supplies and knowing what to do if you have to move your house to a safe spot.

Finally, if you like to travel and live tiny on the road, there's a cool store in California that sells everything you need for tiny living on the go. They have campers, storage gear, and all the things that make it easy to live and travel in a tiny space.

Tiny houses are about making smart choices, being ready for anything, and having fun all while having a simple life!



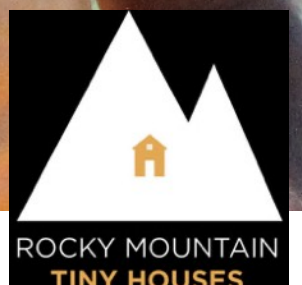
Kent

Kent Griswold, Editor in Chief



EASING THE EDGES

THE THIRD INSTALLMENT IN A SERIES BY
GREG PARHAM OF ROCKY MOUNTAIN
TINY HOUSES



I'm only going to focus on wood stick framing since this is how the majority of tiny houses are built.

Next up in this series is the second most important aspect of a tiny house build: the framing. While there are a few mainstream and a host of alternative framing methods that I could write a whole book on, I'm only going to focus on wood stick framing since this is how the majority of tiny houses are built. This method is also the most approachable for DIY'ers.

A good frame starts in the design phase. You first need to decide if you want 16" or 24" centers. By and large, most people choose 16" since it gives

you more attachment points for internal components, opens up options to use thinner interior cladding since the spans are shorter, and to some extent the overall strength will be greater. This said, 24" centers provide plenty of strength, use less lumber, resulting in a lighter build with better insulation, go up quicker, and simplify things a tad.

Consider door/window layout relative to your stud layout. If you can size/place windows between studs, this eliminates having to add extra





CONVENTIONAL



ADVANCED

framing members. For instance, the rough opening between two studs 16" o.c. is 30.5" This window could be 30" wide and you wouldn't have to modify the stud layout. If nothing else, try to make sure the window starts on the closest left or right stud and let the other side have an extra piece of lumber.

Plan for wall penetrations- the vent hood exhaust, bath exhaust, HRV, gas furnace flue, etc. Draw your studs in the floor plan view. Is it obvious the

vent hood exhaust will interfere with a wall stud? If so, you need to treat it like a window and frame in a header so you are not compromising the vertical load path of that stud.

In the olden days, we had trailers with non-structural fenders, and this meant having to frame headers to carry loads around the fenders. Most tiny house trailers these days now have thick steel fenders that can carry this weight, but if you have a trailer with sheet metal fenders, be prepared to work in some headers here.

I am a huge proponent of advanced framing methods. The old-school way is known as conventional framing. Advanced has several benefits over conventional. If you have never heard of it, Google it and prepare to be enlightened! There are some subtle differences between applying these principles on a tiny house versus a larger house, namely, we are going to be using 2x4 wall studs instead of 2x6.

The basis of this method is to eliminate redundant framing members that aren't structurally necessary. In doing so, we are reducing resources, weight, time, effort, and costs. We are increasing insulation performance since a normal stud has an R-value of R1 per inch (compared to R5-R7 for most insulations).

There will only be a single top plate, not a double. Rafters need to be on the same layout as studs, be it 16" or 24". Outside corners get framed in a modified "California" corner style. We don't use three or four studs here, just two, along with an inside corner nailer that can be made from scraps. This still allows for cladding attachment on both sides, but also a way to place more insulation in that corner and avoid dead air spots.

Window framing is perhaps where the biggest differences appear. Conventional framing dictates a cripple stud under the sill plate, then a jack stud



going up to the header, then a king stud going all the way to the top plate. So it's not uncommon to see a lot of wood around windows. Advanced framing gets rid of the cripple and jack studs. Instead, we use a metal bracket to transfer the header load into the king stud. Windows on non-load-bearing walls do not need a header, just a 2x4 on edge.

There is an exception to this method. I'm comfortable using header hangers up to a 48" width. If you have a wider door/window, then stick with jack studs to carry that extra header load. The additional studs also firm things up when you go to set that heavier door/window.

Beyond incorporating some newer age modes of thought, here are some older more basic details to pay attention to. Wood species will be whatever

your local lumber yards stock, but here are things to know if you have options. Doug Fir, white fir, and spruce tend to be the highest quality (i.e. straightest and most stable) Hem fir is mostly what I get here in Durango. It's light and ok to work with, but you have to be really picky about which boards you buy and install as it tends to warp more. Southern yellow pine is generally straight but is among the heaviest species to work with. If I only had one choice, it would be Doug Fir.

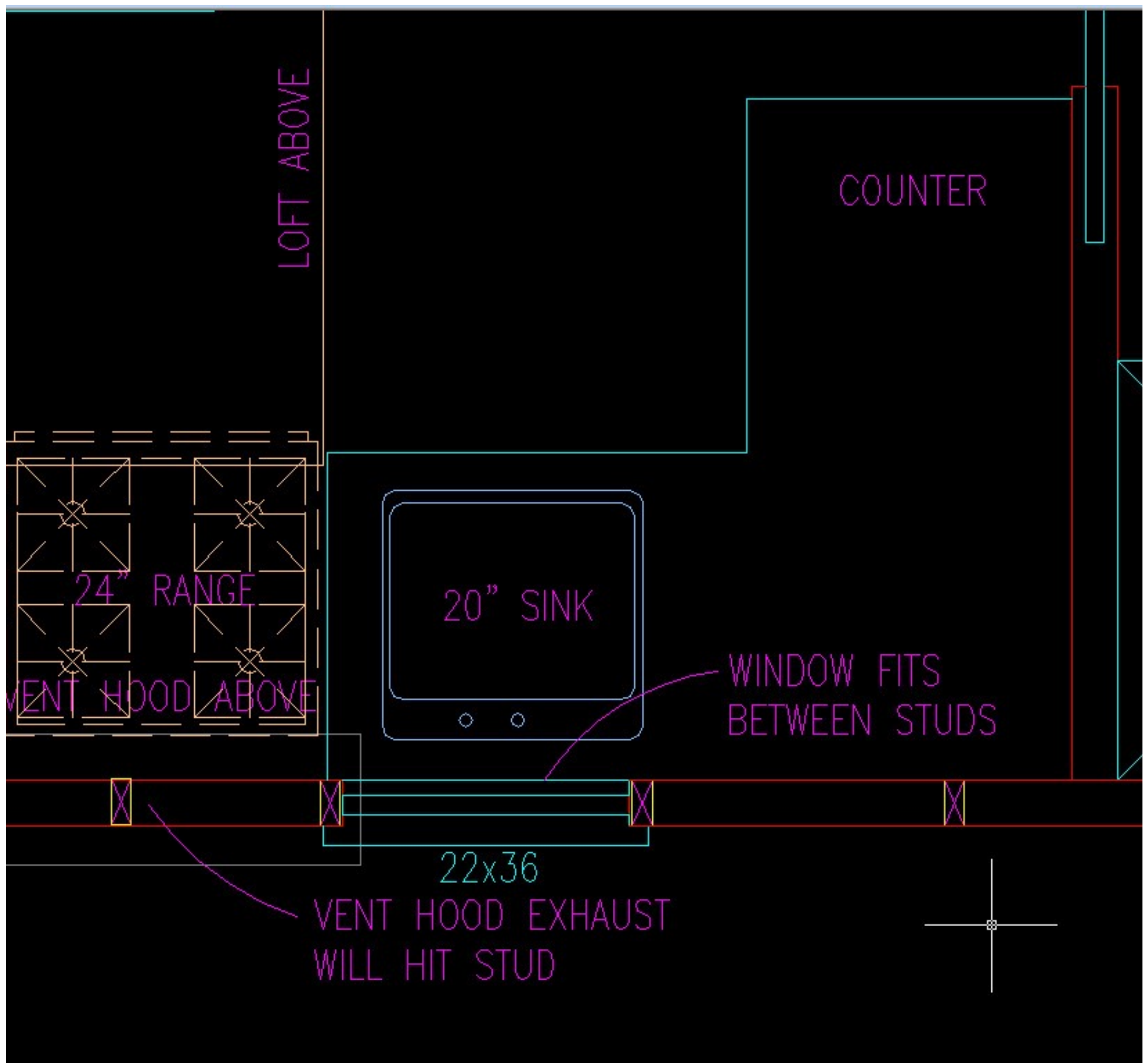
Use galvanized ring shank nails everywhere- 3" for framing connections and 2 3/8" for sheathing. My granddad always told me "Nails are cheap," so if in doubt about a particular junction, don't be afraid to use a few more nails, as long as it doesn't blow out the wood. You can use screws in places where you need a connection to tighten up,

but screws don't have the same shear strength as nails, so don't use screws as the primary fastener.

Use construction adhesive between the studs/rafters and sheathing/decking. It's cheap insurance to give you a really bomber attachment method! Install all of your inside "nailers" before sheathing so you can install fasteners from the outside, which is much easier than doing it from the inside. Lastly, make sure your load paths have adequate resistance in all planes- up, down, and sideways. Wind uplift is just as important as gravity. The bottom plates are bolted to the

trailer. The top plate is tied to the bottom plate via studs and wall sheathing (via lots of nails and adhesive) Secure the rafters to the top plate with Simpson hurricane straps. If you have a ridge board, use Simpson rafter hangers or place strapping on top of the decking to tie the rafters to each other.

Framing is one of my favorite trades and I could go on and on about it, but the editors only gave me so much space. So I hope you find this abridged version helpful! Til next time, Friends.





TOP 5 SPOOKY MOVIES

FOR A NOT-SO-SCARY TINY HOUSE OCTOBER

WRITTEN BY

LAURA M. LAVOIE

Spooky season is my favorite time of year. But I have a confession to make: I love Halloween, but I don't love to be scared. So when others are snuggling up to watch terrifying or gory horror movies, I'm staying in my lane checking out films that have a spooky Halloween theme but don't keep me up at night.

As the leaves change and the air turns crisp, it's the perfect time to cozy up in your tiny house and enjoy some spooky, but not too scary, movies. Whether you're looking for family-friendly fun or a nostalgic trip down memory lane, these picks are perfect for creating that Halloween spirit without the nightmares. Grab a warm blanket, settle into your favorite nook, and dive into these not-so-scary spooky films!

Best Classic for Families: It's the Great Pumpkin, Charlie Brown

No Halloween season is complete without this charming and timeless classic. *It's the Great Pumpkin, Charlie Brown* follows the Peanuts gang as they prepare for Halloween, with Linus eagerly awaiting the arrival of the mysterious Great Pumpkin. This heartwarming tale captures



the innocence of childhood and the excitement of holiday traditions, making it perfect for families to enjoy together in the cozy confines of a tiny house.

Best Cultural Celebration of the Season: Coco

This visually stunning film from Pixar beautifully honors Mexico's Día de los Muertos, or the Day of the Dead, blending adventure with rich cultural significance. Coco tells the story of a young boy, Miguel, who embarks on a journey to the Land of the Dead to uncover the secrets of his family's past. With vibrant animation and heartfelt storytelling, this movie explores family, tradition, and remembrance, making it a great seasonal watch for all ages.

Best Nostalgia Film: Beetlejuice

Since the release of the second movie, it's a great time to revisit Tim Burton's classic Beetlejuice. This quirky and fantastical film combines supernatural elements with humor and unforgettable characters. When a recently deceased couple finds their home taken over by a new family, they summon the eccentric and unpredictable Beetlejuice to help scare the intruders away. With its eccentric visuals and dark comedy, this nostalgic gem is perfect for those who want a fun throwback this October.

Best Seasonal Transition Movie: The Nightmare Before Christmas

Is it a Halloween movie? Is it a Christmas movie? Why not both? *The Nightmare Before Christmas* is the ultimate seasonal transition film, as it weaves the spookiness of Halloween with the magic of Christmas. Follow Jack Skellington, the Pumpkin King, as he stumbles into Christmas Town and decides to take over the holiday. This stop-motion masterpiece is a whimsical

adventure perfect for watching as you transition from spooky October vibes to the coziness of the upcoming winter months.

Best Comedy Zombie Movie: Shaun of the Dead

Shaun of the Dead is the perfect pick for those who prefer their spooky season with a side of laughs. This British comedy follows Shaun, a man trying to win back his girlfriend while simultaneously surviving a zombie apocalypse. Full of witty dialogue and hilarious takes on classic zombie tropes, this film is an ideal choice for a lighthearted Halloween movie night that won't leave you hiding under the covers.

These films are ideal for a tiny house movie marathon, bringing just the right amount of spookiness and fun for an unforgettable October.



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LET NO MAN PUT ASUNDER

It's been quite a while since I've written, and it's amazing how much can happen in a single day—let alone over several months. 2023 wasn't exactly kind to me (odd-numbered years rarely are). After getting rear-ended twice, moving from a large house to a smaller apartment and back again, I also learned that due to injuries to my neck and lower back, I might never type like a normal person again. The whirlwind of unexpected events left me frustrated, yet I found support in places I least expected.

Our tiny home projects came to an abrupt halt. The materials we were using—furniture, electrical wiring, extra plywood, and studs—were all unexpectedly relocated. My sons, however, worked hard and saved enough to



purchase a small fixer-upper in the middle of town. As I dove into full-time renovations, my hands suddenly gave out, and I found myself in tears from the pain. I couldn't continue with the work, forcing us to hire contractors. From gutting the bathroom to installing new plumbing, electrical systems, and drywall, I had to watch from the sidelines, unable to fulfill my dream of transforming this house with my own hands.

In the midst of this chaos, I was also job hunting, as many of my HR friends were, navigating the same tough economy. We still had our main house, and renters in my sons' house, yet everything felt like it was crumbling. But then, the boys' friends rallied around us, helping us figure out both financial and physical solutions to keep moving forward.

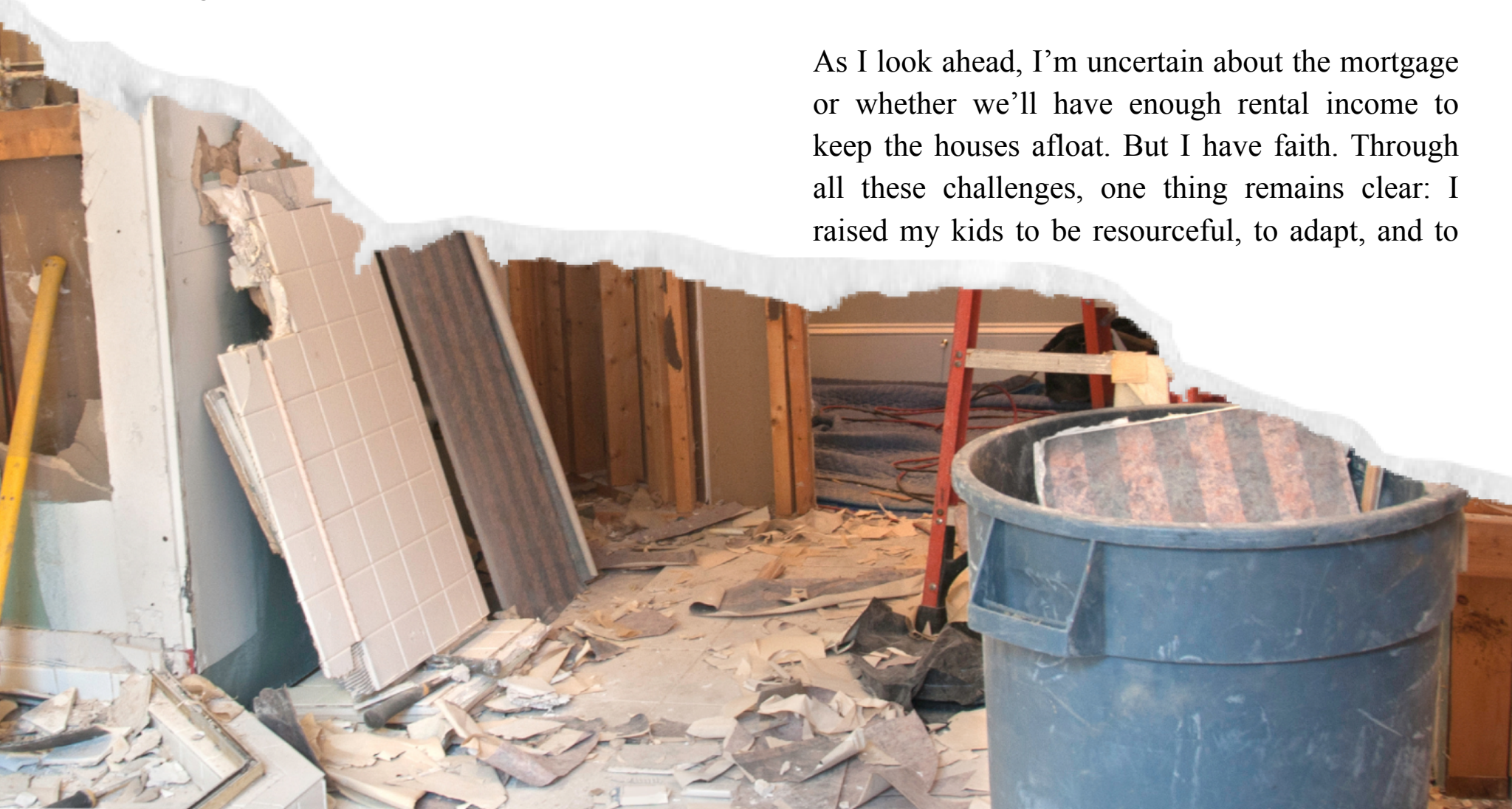
Life threw another curveball: I moved from the spacious master bedroom upstairs to a small downstairs room, which meant I only had to go upstairs for showers. One of the boys' friends and his girlfriend moved into the master bedroom, while my younger son stayed in his own room. And that's when I truly embraced tiny living—within a big house.

I had to declutter and downsize, moving items out of my son's old room and my own belongings from the second floor into my tiny new space. If there's one tip I can offer to anyone considering tiny living, it's this: start with a completely empty room. No furniture, no distractions, just a light on the ceiling. Let that room be your foundation for only the essentials—what you need most for success in your tiny living journey.

Amid these life changes, my doctor recommended something drastic: ditch the American mattress. My sleep was terrible, and I was surviving on five pillows to prop me up through the night. My mom suggested I try a Japanese mattress, and given my new, small room, it felt like the perfect time to make a change. I had one of the kids build a plywood bed, five feet high, with enough space for a small sofa futon underneath. That's how my tiny living adventure truly began.

I even found free stair drawers to reach my elevated bed. Interestingly, I often start the night up there, move to the sofa halfway through, and by morning, I'm sleeping on the floor—just as the doctor ordered. Odd as it sounds, it's the most comfortable place for me now.

As I look ahead, I'm uncertain about the mortgage or whether we'll have enough rental income to keep the houses afloat. But I have faith. Through all these challenges, one thing remains clear: I raised my kids to be resourceful, to adapt, and to



thrive no matter the circumstances. Whether we live in tiny spaces or under a bridge, we will always be fine as long as we have each other.

The future might mean even smaller living arrangements as my parents age. They call my generation the "sandwich," and I'm preparing to balance time between my parents' house, my kids' house, and wherever else life may take me. But that's where my freedom lies. I can be there when my parents need me, visit my kids if they move away, and maybe even sleep in my car when necessary. I've come to find peace in this flexibility.

I often wonder who reads this magazine—whether it's someone financially well-off, or perhaps someone struggling, just trying to survive. This

Tiny living has taught us all that we own far too much.

economy has been tough on so many, and over the past few months, we've had nine high school and college kids living with us while we remodeled my sons' house. It's been a blessing, as they couldn't afford apartments while attending school. The boys' house was a refuge for them, and a financial relief for us.

When one renter backed out at the last minute, we scrambled, posting ads everywhere. Weeks passed with no response, but then, one day, I received not one, but three inquiries. We trusted our instincts with the first person, and it turned out to be the best decision we could have made.

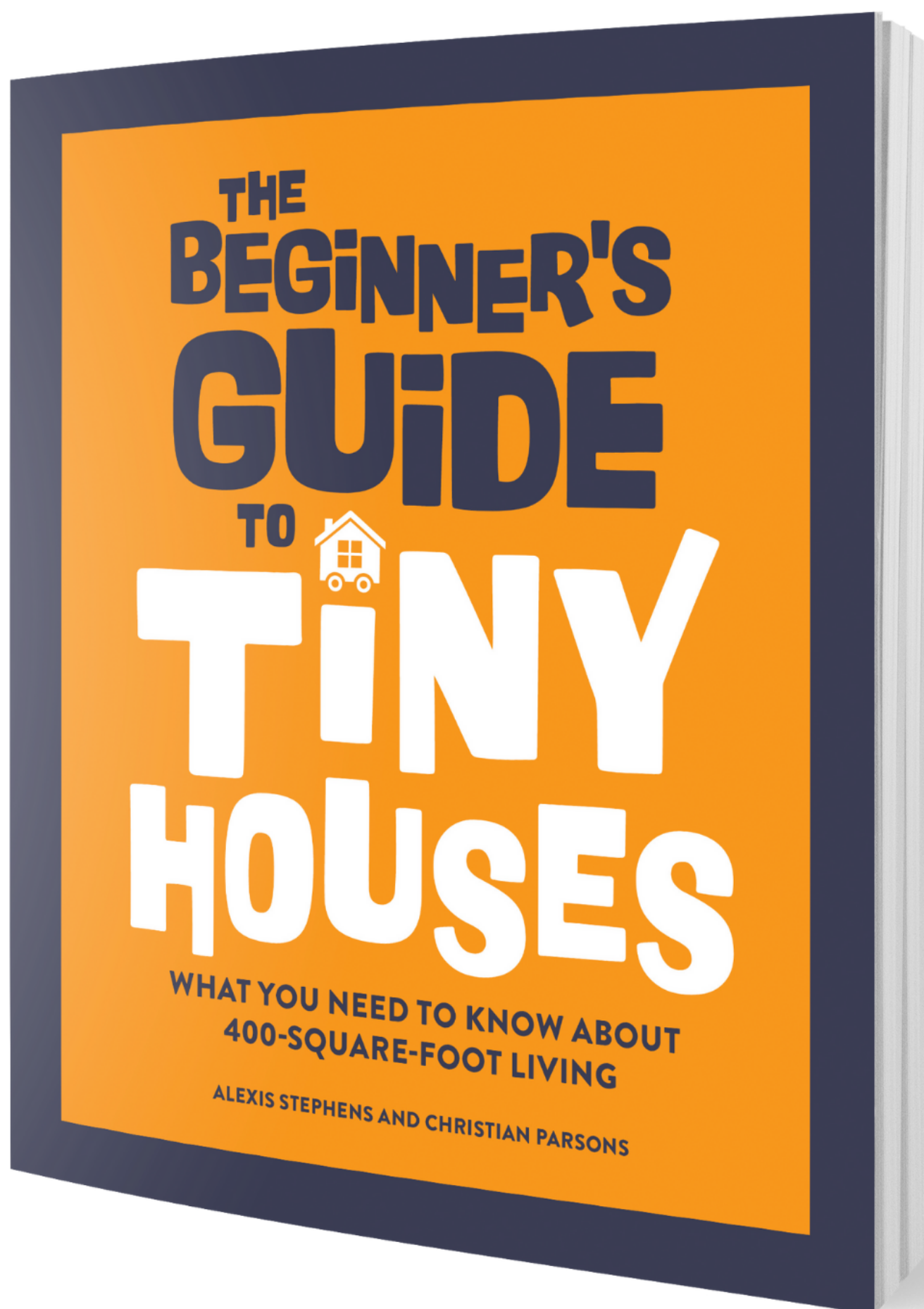
Tiny living has taught us all that we own far too much. It's funny how we joke about it, yet we're still working on getting rid of the excess—especially what's piled up in the garage. But with each box I empty, my heart feels lighter, clearer, and more joyful.

The takeaway from all this? Life's roads are unpredictable. Sometimes they're big, sometimes they're tiny. Sometimes they're paved, sometimes they're rough. But if you plan to live tiny, your heart will always have room to grow big.



"Your thorough guide to tiny house living, full of time-tested advice from legendary tiny house dwellers and travelers."

—Ethan Waldman, host of the Tiny House Lifestyle Podcast





JUST A TINY TASTE

If you've ever scrolled through tiny house tours, RV makeovers, or van life diaries, you might have noticed a common thread: the coffee setup. There's often a Keurig perched on the counter, an espresso machine tucked neatly in the appliance garage, or a percolator balancing on the stove. One thing's for sure—no matter how small the space, people are serious about their coffee.

But let's be real. In a non-traditional home, there's rarely room for a sprawling coffee bar, let alone a full-size machine. Still, the craving for that perfect cup remains, and tiny house dwellers get creative. So, what's the best way to make coffee when every inch of your kitchen matters? After some research, three methods stand out. Before diving into the details, though, consider power.

The Power Predicament

Whether connected to the grid, living off solar, or relying on a generator and open fire, a tiny house power situation is a big deal. Coffee makers are energy hogs. Brewing with a typical machine takes a

of 1100-1500 watts, and even just keeping your coffee warm demands around 550-750 watts. If you're working with a small portable power station like a Jackery Explorer 240, forget about it.

But don't worry! There are plenty of energy-efficient alternatives, each designed to work in tight spaces and varying power conditions. Let's dive into three of the best options for your tiny home coffee setup.

1. Instant: The Simplest Solution

Instant coffee may not have the romance of freshly ground beans, but it's by far the most convenient and space-saving option.



Plus, instant coffee has come a long way from those gritty Sanka days. Modern brands like Anthony's Organic Instant Coffee and Mount Hagen Organic Fairtrade Coffee offer rich, satisfying flavors, with the added bonus of being sustainable and responsibly sourced.

The beauty of instant coffee is its simplicity. All you need is hot water, and voilà! In less than a minute, you've got your caffeine fix. It also has a long shelf life (up to 24 months), making it perfect for the minimalist pantry. No fancy gear, no wasted space, and you can even enjoy it off-grid. Whether you're backpacking, camping, or sipping from your tiny home, instant coffee is always a solid option.

2. Machine with a Grinder: A Compact Luxury

If you're not ready to give up on freshly ground coffee, don't worry—there's a space-efficient solution. Enter the small coffee machine with a built-in grinder. For tiny home coffee lovers who want that full, rich taste but can't afford to sacrifice counter space, machines like the Siroca Full Automatic Coffee Maker are lifesavers.

This sleek, compact machine measures just 17.3" W x 22" D x 10.6" H, which means it won't dominate your kitchen. It offers the luxury of freshly ground beans without taking up much space. While it only makes about four cups at a time, it brews a strong,

satisfying cup. If your power setup allows, this is a great middle-ground between convenience and coffee quality.

3. Pour-Over: Quality Meets Minimal

For coffee aficionados, the pour-over method is a go-to for full flavor without the need for a bulky machine. A minimalist setup like the Stanley The Camp Pour Over Set is perfect for small kitchens. This \$50 set is durable, compact, and comes with a permanent filter, so you don't have to worry about stocking up on disposables.

Though the pour-over requires a bit more effort and cleanup, the result is worth it. The process allows for more control over the brewing time and water temperature, which coffee purists swear by. Plus, no electricity is needed—just hot water. If you're off-grid or conserving power, pour-over is a fantastic option that gives you premium coffee without hogging space or energy.

Coffee in a Compact World

Making coffee in a tiny home can feel like a challenge, but with a little ingenuity, it's easy to find a setup that fits your space, power needs, and coffee preferences. Whether you're all about the convenience of instant coffee, crave the luxury of a small grinder machine, or want to savor each drop with a pour-over, there's an option.



ON THE COVER



In 2016, Diane Kradel and her husband began a journey they hadn't initially planned—purchasing cabins. It all started with the acquisition of Laurelwood Cabin, a mountain house built for a couple or two or even a family and situated between Boone, NC, and Blowing Rock, NC, an ideal location for exploring shopping, and dining. By 2017, two more cabins were added to the collection during the summer and fall of 2017. The inspiration came from one of Diane's husband's coworkers, who had found success with a vacation rental in Orlando, Florida. What started as a simple idea quickly grew into something much larger.

However, life took an unexpected turn. By 2019, Diane found herself navigating a new chapter. **Kradels Kabins LLC** was formed, but this time, it was under her sole ownership. After her marriage ended in divorce, she was faced with the daunting task of supporting herself and her adult son, William, who lives with autism and epilepsy. With no income and the very real threat of homelessness looming, Diane was determined to make the best of the situation.

Thankfully, homelessness never came to pass. With the support of long-time friends and an incredible financial advisor, Diane was able to turn the tide. What had once been a business operating at a loss soon began to flourish. In a short amount of time, Kradels Kabins became profitable, allowing Diane to not only survive but expand. In 2024, the family

was able to add a new property to their growing business—a tiny home.

This tiny home wasn't just another rental—it was a testament to Diane's resilience. After her husband left, it felt like there was little left to build on, but through hard work and determination, the tiny home became a reality. The expansion wasn't without challenges. With property prices on the rise, finding a way to grow seemed out of reach. However, the family had one valuable asset—a piece of land next to one

of the existing cabins. The solution became clear: a tiny home on wheels. After two years of navigating permits and well drilling, everything finally fell into place, made easier by the fact that a septic system was already in place.

Wildwood, *the* tiny home, is RVIA certified measuring 8-1/2 feet wide by 26 feet long. It has a sleeping loft albeit with limited headroom. It now serves as both a vacation rental and Diane's home base while she manages the cabins. Diane handles much of the cleaning, simple repairs, and other necessary maintenance, and having this space makes it all the more convenient. The family wanted the tiny home to offer a sense of luxury, both for guests and for Diane herself. After conducting thorough research, they chose Perch & Nest, a family business that offered the customization they needed. Diane was impressed by how organized and professional they were, which gave her confidence that the final product would be everything she envisioned—and it was. Seeing the tiny home in person for the first time was an overwhelming moment for the family. It is no wonder. Wildwood features an outdoor hot tub, a fire pit, a large deck with a grill, a well-equipped kitchen, a living room with a fireplace, a sleeping loft accessible by stairs with a queen size bed, wall sconce lighting, and outlets for charging your devices, a downstairs private bathroom featuring a tiled shower with washer/dryer combo, a sink and a toilet. And if that wasn't enough, a s'mores bar is





is kept stocked for guests which switches to a hot cocoa bar during ski season.

Kradels Kabins has evolved into a true family affair. Diane's son, William, plays a vital role in the business, helping with bookkeeping, writing blogs, and delivering supplies to the cabins as needed. His unique challenges, including autism and epilepsy, make it important for him to have a flexible work environment, and Kradels Kabins allows him to thrive in his own way. Diane's daughter, Heather, also plays a key role in the business, working as a co-host and managing the social media accounts. Heather's husband, Ethan, pitches in when extra muscle is required.

What began as a modest investment has grown into a thriving family business, one that has not only

provided financial stability but also given William a place to contribute meaningfully. Kradels Kabins represents more than just a vacation rental business; it's a story of perseverance, family, and finding hope even in the most unexpected of circumstances. Diane and her family have built something lasting, and their journey is a reminder of the power of resilience and teamwork.

NOTE: *This home was chosen before Hurricane Helene and while it is undamaged, some roads leading into the area may be blocked off or destroyed. Please plan accordingly and understand that many of the area's entertainment venues, shopping locations, and natural views, may be unavailable. The entire Tiny House Magazine team wishes to extend our thoughts and prayers to all those affected by Helene's wrath.*









A-Frame Tiny House Plans

Alexis

[Click Here](#)



MINDFUL



*Every day, we consume countless other things:
the media we watch, the books we read, the
conversations we engage in, the news we
encounter, and even the thoughts we entertain..*

We often consider our food diet as the primary determinant of our health. And there is a lot of truth to that. What we eat determines quite a bit the physical body we live our lives in. But our “diet” extends beyond just what we eat.

Every day, we consume countless other things: the media we watch, the books we read, the conversations we engage in, the news we encounter, and even the thoughts we entertain. Just as the food we eat impacts our physical health, these other forms of consumption significantly influence our emotional, spiritual, and mental well-being.

And in a world overflowing with information and stimuli, being mindful of our consumption becomes ever more critical.

The choices we make about what to consume shape our thoughts, attitudes, and ultimately our lives. And by practicing mindful consumption, we not only curate the external influences in our minds but we can also align our daily actions with our deeper

CONSUMPTION

values and goals. Mindful consumption may be one of the most important endeavors we can partake in.

Let's explore how we can approach this concept with intentionality, making choices that lead us toward a more meaningful and fulfilling existence.

The Nature of Consumption

Just as our physical health is impacted by the nutrients (or lack thereof) in our food, our mental and emotional health is influenced by the quality and type of our mental inputs. But these effects are not always felt right away. The full negative impact of an unhealthy diet isn't felt the first day, but over a lifetime the cumulative effect determines who we become.

Consider this: if we constantly consume negative news, we may begin to feel anxious or pessimistic about the world. If we follow social media accounts that promote unrealistic standards, we might start to feel inadequate or dissatisfied with our lives. Conversely, if we choose uplifting books, positive podcasts, life-giving spirituality, or meaningful conversations, we can foster a sense of hope, inspiration, and motivation. Not always the first day, but eventually ... and always.

Our society, as you know, often equates consumption with identity—what we own, what we wear, and what we showcase on social media. However, our greatest fulfillment in life will never come from external accumulation, but from *internal alignment*. By choosing mindfully, we can focus on consuming what nourishes our soul and positively impacts our life trajectory

rather than what merely fills our time or, even worse, takes us down a road where we don't want to go.

But here's the thing: *Living with intention takes hard work and effort.*

The Importance of Intentionality

Mindful consumption requires us to make deliberate choices rather than simply drifting along with the current societal norms and expectations. It requires us to show up in our own lives every day.

It means taking a step back and evaluating what we allow into our lives, understanding that not all consumption is created equal. It requires us to boldly evaluate when others are choosing unwisely and make decisions for ourselves. The line at the fast-food drive-thru is longer than the checkout at the grocery store produce department, but one reaps long-term health, the other unhealth.

To live intentionally, we must first recognize that our life has value and is worthy of being lived well. And this is not an easy step for everyone.

More than that, we recognize that our life is a sum of our daily choices. Every day presents new opportunities to choose differently, to select what aligns with our values rather than what is convenient or popular. Every new day is also a responsibility, to choose intentionality over and over again. Because if we don't choose intentionality every day, someone else will begin to steer the ship.

The foundation of mindful consumption

begins with self-awareness. We must know who we are, what we value, what we want to accomplish, and whether our lives are moving in that direction. Once we have a clear understanding of these elements, we can make choices that support our goals and aspirations.

Practical Steps for Mindful Consumption

Before we go any further, I'd like to offer a list of different areas of life where we can apply mindful consumption (and how to do that):

1. Curate your media diet.

Just as we choose healthy foods, we can choose nourishing media. Seek out news sources that offer balanced perspectives. Follow social media accounts that inspire and uplift rather than provoke comparison and jealousy. Choose books, podcasts, and shows that align with your values and contribute to your growth.

2. Limit negative influences.

Negative influences are pervasive and often subtle. They can be found in the conversations we have, the content we consume, and even the environments we frequent. Identify these influences in your life and take steps to limit their impact. This might mean unfollowing certain social media accounts, avoiding gossip, or spending less time in environments or with people that drain your energy.

3. Engage in positive self-talk.

Not all things we consume come from the

outside. The stories we tell ourselves are a crucial part of our mental diet. Practice positive self-talk by affirming your strengths, acknowledging your progress, and being compassionate with yourself. This shift in internal dialogue can dramatically impact your overall well-being.



4. Choose your companions wisely.

The people we spend time with significantly influence our mindset and attitudes. Surround yourself with individuals who support your values, encourage your growth, and challenge you to be better. These relationships are essential for a fulfilling and meaningful life.

5. Simplify your digital space.

Just as we declutter our physical spaces, we can simplify our digital lives. Unsubscribe

from unnecessary newsletters, delete apps that distract rather than serve, and organize your digital files. This simplification reduces mental clutter and helps you focus on what's truly important.

6. Be careful what television you consume.

Entertainment is more than passive. As I learned in my college film appreciation class, every produced piece of content communicates messages to us—sometimes unintentionally, but usually intentionally. And not all television shows and movies are beneficial. Focus more on what is good and less on what takes you away from the person you want to be.

7. Set boundaries for screen time.

Additionally, not only do we need to care about what we watch, but in our digital age, it's easy to become consumed by screens. Set intentional boundaries for your screen time, whether it's limiting time on social media, taking regular breaks from work emails, or designating screen-free times of the day. This practice helps prevent burnout and promotes more meaningful offline interactions.

8. Prioritize quality over quantity.

Whether it's the content you consume or the possessions you own, prioritize quality over quantity. Choose items and experiences that truly add value to your life rather than accumulating more for the sake of it. This approach fosters a deeper appreciation for what you have.

9. Reflect regularly.

Take time to reflect on your consumption

habits regularly. Are they aligned with your values and goals? Are there areas where you can make changes? Reflection helps you stay intentional and make adjustments as needed.

The Benefits of Mindful Consumption

Embracing mindful consumption offers numerous benefits. It is not always easy to be intentional, but it is *always* worth the effort. It helps us feel more in control of our lives, reduces stress, and fosters a deeper connection with our true selves.

By making intentional choices about what we consume, we can:

- *Improve our mental clarity.* We can think more clearly, make better decisions, and pursue our goals with greater intention.
- *Improve our emotional well-being.* It helps us maintain a positive outlook and resilience in the face of challenges.
- *Strengthen our relationships.* By choosing to engage with positive influences and supportive people, we can build stronger, more meaningful relationships.
- *Align with values.* It allows us to live more authentically and purposefully, creating a life that reflects our true selves.
- *Accomplish more with our lives.* Ultimately, by becoming more intentional with the things we choose to consume, we live bigger lives of purpose and meaning.

In a world that constantly bombards us with messages of more, more, more, mindful

consumption offers a countercultural approach. It invites us to slow down, evaluate our choices, and prioritize what truly matters. By being intentional about what we consume—whether it’s food, media, relationships, or thoughts—we can cultivate a life of greater meaning and fulfillment.

May we all find the courage to make intentional choices and the wisdom to consume mindfully. The quality of our lives depends on it.



becomingminimalist

*Joshua Becker is the WSJ Best-Selling author of **The More of Less** and **The Minimalist Home**. His book, **Things That Matter**, is available on Amazon.*





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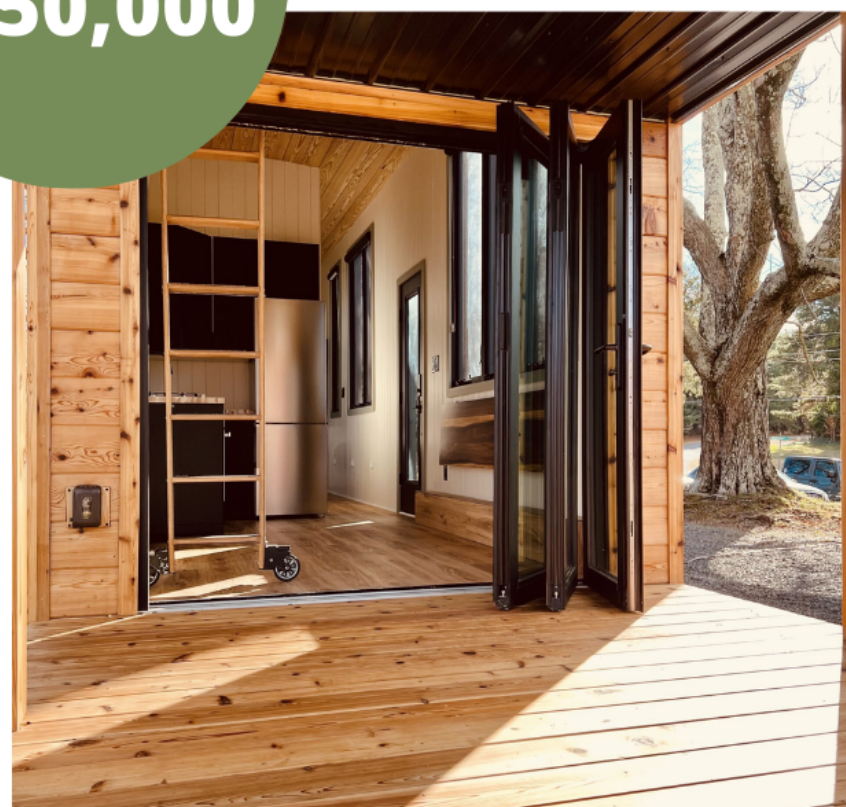
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RISING TIDE



Hurricanes have a way of reminding us how fragile life can be. The aftermath of Hurricane Helene has left the Southeastern states grappling with heartbreak—homes torn from their foundations, streets turned into rivers, and mountainsides crumbling under the weight of relentless storms. It makes you pause and reevaluate what "home" means, especially when your home is a tiny one. Living in a tiny house brings simplicity, but it also demands foresight, especially when facing nature's fiercest forces.

I'm taken back to 2018, when Hurricane Florence brought my own community to its knees. The rains seemed unending, and the Neuse River swelled beyond its banks, swallowing homes and farms alike. One of my dearest friends, Amanda, living in a 17-foot tiny house just yards from the river, was directly in the path of rising floodwaters. I remember talking to her for a couple of days prior to landfall, trying to decide what was best for her home. It was anchored securely on a concrete pad, but no amount of strapping could ease the fear of the river claiming it. It was a helpless feeling—a reminder that no matter how much we prepare, sometimes all we can do is hope.

Amanda had had experience with flooding before so she was able to see the situation from a number of sides.

"In 1999 our family house was flooded due to Hurricane Floyd. At that time we decided to start a journal of hurricane stats. When Florence was announced we had almost 20 years of data under our belts. It was obvious from the information that had been recorded since Floyd that we could expect similar flooding, if not worse. You and I had a conversation the night before I decided to

”

***Within moments
I got a phone
call from a work
colleague.
Without allowing
for discussion he
said, "I'm
coming to get
your house."***

move my house or at least had a feeling I should move it. I went to bed thinking, "Okay. I've got to move my house, but how?" The next morning I woke up and asked God what to do. Within moments I got a phone call from a work colleague. Without allowing for discussion he said, "I'm coming to get your house." and by 9:00 AM the fire department was making rounds telling us we had to evacuate within 48 hours." The decision had been made for me and my uncertainty and partial anxiety quickly turned to calm and focus."



Recently I asked Amanda if she had ever considered leaving her tiny house in place and just hoping for the best. Her response hardly surprised me. “Yes,” she answered. “In 1999 everyone talked about Floyd being the “100-year flood,” never to be repeated in my lifetime. I wanted desperately to believe that. But in the end, I had 19 years of watching the impacts of coastal storms and my gut was screaming “Don’t be silly. You gotta get out.”

Building a tiny house is an adventure filled with possibility, but it also requires special care. These homes, so full of heart, are more vulnerable than traditional houses. Whether it’s protecting against a storm, ensuring mobility, or simply securing your home for the unexpected, preparation is everything.

1. Securing Your Tiny Home in Severe Weather

If you live in an area prone to hurricanes or heavy storms, adding hurricane ties to your

home isn’t just a recommendation—it’s peace of mind. These small metal fasteners secure the roof rafters to the walls, reinforcing your house against high winds that could otherwise tear it apart.

When my friend and I were discussing her tiny home, we reviewed every precaution—she had her ties securely fastened, and her home was on solid ground. Still, nature has its own plans. It’s in moments like these that we realize the fragility of even the best-laid preparations.

If you’re building or upgrading your tiny house, take the time to select the right type of hurricane ties for your area. Make sure they’re installed properly, and, just as importantly, maintain them. After every storm, check for wear or damage. Those small steps can make a world of difference when the winds start to howl.

2. Preparing to Move Your Tiny House

Sometimes, the best defense against severe weather is to relocate. When asked about moving her tiny house Amanda added, “Most definitely! That was one of the reasons I bought my tiny house.” It goes without saying that the thought of moving your tiny house may be overwhelming, but with the right preparation, it can be done smoothly and safely.

Since Florence, I have been asked by several people about moving their own tiny homes away from rivers, out of open fields, and even out of a beautiful forested lot. If you decide to do so first look into local moving companies equipped to handle a tiny house. Research companies that specialize in tiny house transport. Ask for insurance details and double-check local regulations—sometimes, you’ll need a permit just to move your home a few miles. Have the company name, contact information, and point-of-contact name in a place you can easily access.

Moving a tiny house means more than just securing it to a trailer. It’s about making sure every window, every door, every inch is locked down. We worked through a checklist: securing her windows, locking down her belongings, and ensuring her utilities were disconnected. It’s a process, but one that pays off when the alternative is leaving your home to the mercy of a storm.

3. Protecting What’s Inside

No one wants to imagine the worst, but taking steps to protect your belongings can make all the difference. I remember how my friend carefully packed her most precious items—family photos, important documents, and mementos—into waterproof containers. We raised her furniture off the ground, hoping that even if the water rose, her things would stay dry.

It’s not just about big moves or grand gestures—sometimes, it’s the smallest precautions that can save you the most. FEMA estimates that



even one inch of floodwater can cause tens of thousands of dollars in damage. That's why it's worth investing in durable, waterproof storage, and keeping irreplaceable items somewhere safe, even if that means digitally backing them up in the cloud.

Being Ready for the Unexpected

When you live tiny, preparation becomes a way of life. Whether it's securing your home with hurricane ties, preparing for a move, or safeguarding your belongings, these steps can offer a measure of control in an unpredictable world.

No matter how prepared you are, there's always a chance that nature will challenge

you. But there's also the peace that comes with knowing you did everything you could to protect your home, your family, and the memories that make life rich. Amanda is now quick to advise others. "Your personal safety and your family's safety should be your number one priority. If you have enough warning and you have the resources, it makes sense to protect your investment the best you can. I was lucky and had a full 48 hours to organize and get my house out. Not everyone will have that and the next time I face a serious threat I may not be able to relocate either. But I am comforted by the fact that stuff can *always* be replaced. Your life or that of a loved one cannot.





TINY HOUSE MAGAZINE FEATURE

MAC INSURANCE INC.

Tucked away in the charming town of Lake Oswego, Oregon, Michael Carmon of **MAC Insurance, Inc.** offers a specialized service that has become a game-changer for tiny homeowners across the country: tiny home insurance backed by the prestigious Lloyd's of London. Yes, *that* Lloyd's of London—one of the world's oldest and most respected insurance institutions. MAC Insurance proudly writes policies in more than 45 states, offering coverage for both DIY tiny homes and RVIA-certified builds. Understanding that no two tiny homes are exactly alike, MAC Insurance tailors its policies to fit the unique needs of tiny home dwellers.

The rise of tiny living has brought with it a new wave of interest in alternative housing, but finding insurance for these non-traditional homes hasn't always been easy. In fact, as recently as 2010, tiny home insurance was almost non-existent. At the time, tiny homeowners had to get creative, trying to slip their homes into categories like RVs or mobile homes just to get any kind of coverage. If their tiny home was mounted on a trailer with a VIN number, or if it was regularly on the move and met DOT regulations, they might be lucky enough to qualify for RV insurance. But for many, finding coverage felt like threading a needle.

However, as the tiny house movement gained momentum, so did the options for insuring them. By 2013, more professional tiny home builders started

earning certifications from organizations like the RVIA (Recreational Vehicle Industry Association), which made it possible for some tiny houses to be covered under policies designed for manufactured homes. Of course, there were still hoops to jump through—insurance companies required that these homes meet state and local building codes, and they often had to be factory-built and certified by NOAH (National Organization of Alternative Housing).

The MAC Insurance Tiny Home Policy

Understanding these challenges, MAC Insurance designed a policy specifically for the tiny home community. With coverage that reflects the unique needs of these homes, MAC Insurance offers several key components to protect your investment:

Dwelling Coverage: This ensures the replacement value of your tiny house if it's damaged, with coverage limits ranging from \$25,000 to \$150,000. For those purchasing from a builder, the price of the home usually serves as the Coverage A limit. For DIY tiny homes, the cost of materials and labor is factored in to determine the appropriate coverage.

Other Structures: This part of the policy covers additional structures on your property that aren't part of the main tiny home, such as solar panels, built-on decks, or sheds.

Contents: From your clothing and electronics to kitchenware and furniture, the contents inside your tiny home are protected. A simple rule of thumb? If you turned your tiny home upside down and shook it, whatever fell out would be considered personal property and covered under this part of the policy.

In addition to these core coverages, MAC Insurance offers a variety of optional endorsements to further safeguard your home. These include theft protection for your belongings, trip endorsements to cover your home while on the move, replacement cost coverage for contents, theft of the entire tiny home, and liability coverage to protect you in case of accidents.

But MAC Insurance doesn't stop with tiny homeowners. For those building tiny homes



MAC INSURANCE, INC

professionally, the company provides robust coverage options, including general liability, professional liability, business auto insurance, and inventory protection. This ensures that builders have the comprehensive protection they need while creating these unique homes for their clients.

In the ever-evolving world of tiny homes, where no two are alike, having the right insurance can make all the difference. With MAC Insurance's specialized policies, tiny homeowners can feel confident that their homes—and everything in them—are protected, no matter where the road may take them. Whether you're rolling down the highway or settled into your dream location, MAC Insurance is there to help safeguard your tiny house with a policy as unique as your home itself.



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ONE STOP SHOP

By Christina Nellemann | Photos by Tiny Rig Co.



Living tiny doesn't just apply to houses. For anyone who wants to live a life with a little more adventure, being tiny on the road is just as important.

The popularity of small overland rigs has expanded tremendously over the last few years. With the development of efficient overland gear and lightweight campers, anyone can turn their current vehicle into a tough and tiny house on the road.

The Tiny House Magazine has featured several overland campers over the last few years, but the [Tiny Rig Co.](#) in Westminster, California is a one-stop shop for campers, overland gear, roof racks, storage options, and performance gear.

"What started as a passion project quickly evolved into one of Southern California's leading overland shops," says Daniel Katsuki-Elo, Founder, of Tiny Rig Co. "Before

launching Tiny Rig Co., I built strong partnerships with top brands as a social media influencer in the off-road and overland industry. Recognizing the power of influence and my deep connection with the community, I decided to establish a dedicated space to showcase and sell the products I had been promoting, turning a side hustle into a thriving business."

"Today, Tiny Rig Co operates out of a 9,000 square foot facility with a team of five dedicated installers known for their precision and attention to detail. We pride ourselves on craftsmanship that complements the highest quality products in the industry."

Whether you are looking to create an overland vehicle completely from scratch or add a few pieces of gear to an already-built rig, Tiny Rig Co. has a lot to choose from and a staff to walk you through each decision.

**“We specialize in highly
functional and logical
solutions to build the perfect
vehicle for each customer.”**





Along with campers from companies such as Scout, FiftyTen, and Alu-Cab, the company also sells and installs gear from Goose Gear, REDARC, Battle Born, and Baja Designs. From solar panels and batteries to lighting and canopies, you can get outfitted from roof to tires.

Tiny Rig Co.'s latest camper partnerships now include [Overland Explorer Vehicles](#) (OEV), and [Super Pacific](#). The OEV company manufactures some of the toughest slide-in and flatbed hard-sided and pop-up campers on the market. Super Pacific builds the X1 camper for a variety of trucks and the Cloud Cap pop-up tent for vans.

If you are not in the market for a camper or pop-up tent for a truck, that's not a problem. Tiny Rig Co. can install slideout gear and storage drawers, fridges and toilets, and roof racks and awnings for other vehicles such as SUVs, Jeep Wranglers, and now the INEOS Grenadier. This 4x4 station wagon is reminiscent of the original Land Rover Defender.

To get a few ideas and to see what Tiny Rig Co. can provide, check out their [YouTube channel](#) with vehicle tours or their [website](#) with an extensive list of all their campers, modifications, and gear.













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