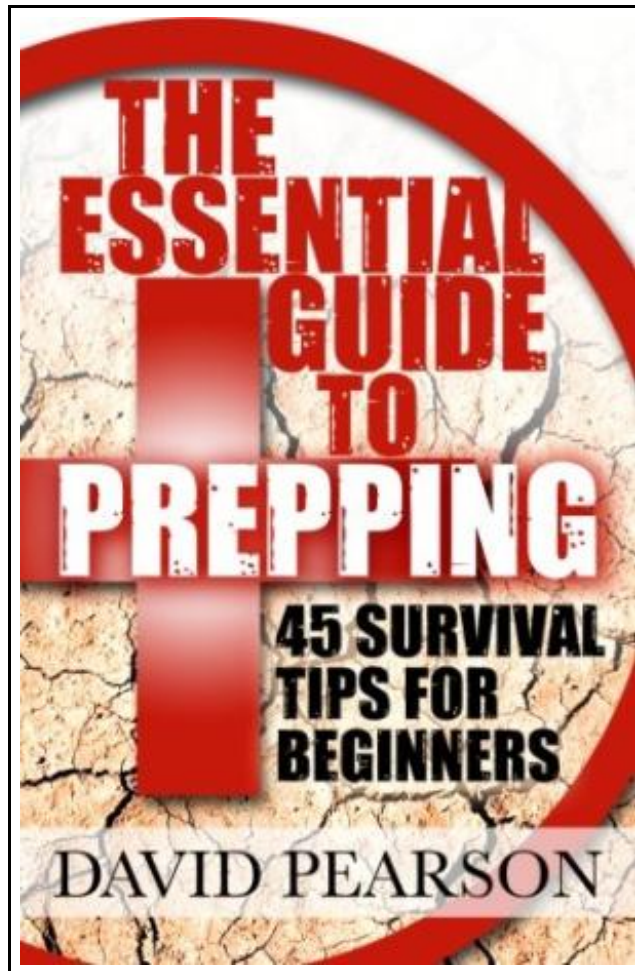


The Essential Guide to Prepping: 45 Survival Tips for Beginners



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THE ESSENTIAL GUIDE TO PREPPING: 45 SURVIVAL TIPS FOR BEGINNERS



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Pearson Press, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Unexpected Doesn't Have To Mean Unprepared. In today's fragile economic, political, environmental and social climate it's easy to see the necessity for becoming more self-reliant. Disasters such as Hurricane Katrina, the Japan earthquake and nuclear disaster, and the Boston bombing have relayed to us again and again that no one is left untouched in tragedies such as these. Like the butterfly effect, disaster affects us all on a global scale, further bringing home the importance of having a plan, and making preparations to keep ourselves and our loved ones safe. It is simply a matter of defining what you feel is important for you to prepare for in the event of an emergency, whether it be something as simple and basic as taking measures to prepare for an unexpected power outage, your vehicle breaking down, job loss, or illness. It may also include environmental preparations for fire, flood, or earthquake. This book will help you to rethink your back up plans or create new ones should you not already have measures in place. This easy to read DIY guide covers 45 survival tips on: Repurposing what you already have *Redefining your mindset (your biggest ally in a disaster scenario) Disaster Nutrition *Survival myths and common mistakes Bugging out and personalizing a bug out bag *Bugging-in in a variety of locations (home, office, apartment) Water -purification, sourcing and storage *Climate considerations Creating an affordable and sustainable food storage pantry, including living and vital foods *Portable food options Personal security *Privacy Emergency preparation for the family with small children and babies *Herbal first aid and foraging Gear and product recommendations and affordable alternatives *Alternative options...



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