

***Living The Good Long Life A Practical Guide To Caring For  
Yourself And Others Martha Stewart***

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### **Living The Good Long Life**

Soap is a necessary and good thing to have in your preps and stockpiles. You need it to stay clean, hygienic, and safe to be around. Soap gets rid of germs, body odor, and more.

### **Living Life in Rural Iowa**

Conversely, according to the clever folks at Harvard, people who don't have strong friendships tend to be more depressed, have later-life cognitive decline, and, frighteningly enough, were more likely to die at a younger age. One study, which looked at the lives of 309,000 people, found that a lack of strong social ties increased the risk of premature death from all causes by 50%, which was ...

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