

The Shtf Guide for Families: 50 Steps That Will Help You Survive Anything (Paperback)



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(Rosemarie Kirlin)*

THE SHTF GUIDE FOR FAMILIES: 50 STEPS THAT WILL HELP YOU SURVIVE ANYTHING (PAPERBACK)

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On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The SHTF Guide For Families: 50 Steps That Will Help You Survive Anything This book isn't meant to frighten women and men. Rather it's intended to provide you a sense of safety and security. Due to the point-to-point nature of this book, it is written in a slightly different way to provide quick access to specific needs that you and your family may have in a disaster situation. Some topics covered: CHAPTER 1 - TEN TIPS ON STORAGE - WHAT'S GOOD FOOD STORAGE AND WHAT'S A WASTE OF MONEY AND SPACE? - ACCUMULATING FOOD STORAGE OVER TIME - DECIDING HOW MUCH YOU NEED AND WHAT TO TAKE WITH YOU IF YOU NEED TO LEAVE - WHAT TO PUT IN YOUR 72-HOUR KIT - LEARN HOW TO BOTTLE AND/OR CAN YOUR OWN FOOD - WHERE TO STORE YOUR FOOD - FIRST AID KITS - SHELTER AND WARMTH CHAPTER 2 - PREPARING YOURSELF FOR A DISASTER SCENARIO - TAKE A SELF-DEFENSE COURSE - WHEN TO DEFEND YOURSELF AND WHEN TO RETREAT - DON'T BE AFRAID TO FIGHT DIRTY - BEGIN AN EXERCISE REGIMEN - EAT A DIET THAT PROMOTES HEALTH, NOT ONE THAT HINDERS IT - LEARN ABOUT EDIBLE PLANTS IN YOUR AREA - LEARN TO START FIRES WITHOUT LIGHTERS OR MATCHES - PREPARE YOUR MIND - TAKE SHOOTING LESSONS - LEARN TO STAY CALM CHAPTER 3 - PREPARING YOUR FAMILY FOR SURVIVAL - PLAN MULTIPLE ESCAPE ROUTES - PREPARE YOUR CHILDREN REGARDING WHAT TO DO IN THE EVENT OF AN EMERGENCY - MAKE A PLAN WITH YOUR FAMILY AND RUN DRILLS - NON-VERBAL COMMUNICATION TO IDENTIFY AND COMMUNICATE WITH ONE ANOTHER18 - KEEP AN EYE ON YOUR...



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