



## Step by Step Guide to Emergency Preparedness

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By Mountain Steps

Createspace, United States, 2010. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is based off a collection of posts from our blog Mountain Steps . This was originally written so that friends and family can learn what we ve learned (without needing to make the same mistakes we ve made) and can use it as a source of helpful resources. Since October 2008 we ve gone through a crash course on survival skills, American and political history and economics. We ve created short term and long term goals for ourselves. We ve documented what we ve learned, what we ve accomplished and hopefully these will give you some ideas and resources to better yourself. This book, like our blog, breaks preparedness topics into easy to digest sections and goals. This makes it easier to prioritize what you want to focus on and makes this otherwise overwhelming topic more manageable. The sections in the book cover Short Term Goals, Long Term Goals, Water, Food, Health, Security, Skills, Personal Finance, Frugal Tips, Precious Metals, Investment Strategies and Economics.

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