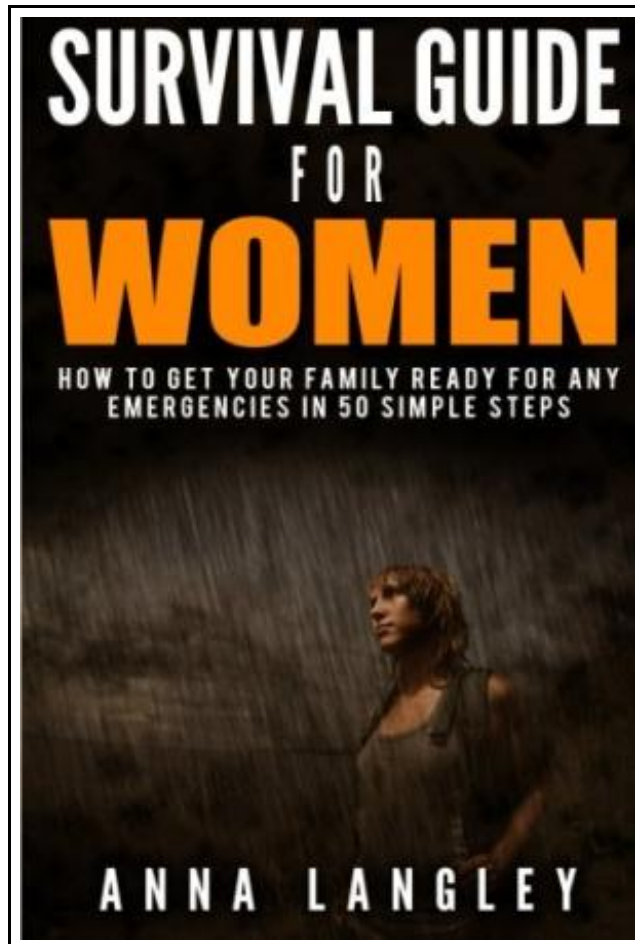


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Survival Guide For Women and Families. How to Get Your Family Ready for Any Emergencies in 50 SIMPLE STEPS. This book isn t meant to frighten women and man. 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 ANOTHER KEEP AN EYE ON YOUR FOOD STORAGE TALK TO OUT OF TOWN RELATIVES ABOUT CONTINGENCIES DELEGATE TASKS FOR READINESS...



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