



The Self-Sufficient Home: How to Provide for Your Family and Prepare for the Unexpected

By Nancy Hoffman

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, The Self-Sufficient Home: How to Provide for Your Family and Prepare for the Unexpected, Nancy Hoffman, Your guide to self-sufficient living in today's world! Whether you're looking to lead a healthier life, protect the environment, or save money, The Self-Sufficient Home will show you how to transition from your current lifestyle to a self-sufficient one with hundreds of tips that you can start doing right now. You'll not only improve your day-to-day life with these basic living skills, but will also prepare yourself for any disaster that might arise in your area. Complete with advice and detailed instructions for living more simply, this book teaches you everything you need to know about building a self-sufficient home, such as: * Growing fresh produce and composting * Raising animals in your backyard * Preserving and canning your harvests * Administrating first aid to yourself or family members With The Self-Sufficient Home, you'll be able to keep your family healthy, safe, and happy as you rediscover the simple--and secure--pleasures of a self-sufficient lifestyle.



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Reviews

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-- **Matteo Johnson**

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-- **Michale Shields**

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