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The Modern American Frugal Housewife Book #4: Emergency Prepping

Jill b.

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The Modern American Frugal Housewife Book #4: Emergency Prepping Jill b.
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If you can survive in the arctic naked with nothing but a paperclip, this book is not for you.

If you can kill a grizzly bear with your bare hands, this book is not for you.

If you're planning for a Zombie Apocalypse or the next Ice Age, this book is not for you.

If you're just a regular person looking for *practical* realistic emergency **bug-in** prepping tips, ideas and tactics that you can use TODAY, this book IS for you.

- How can you replace gallons of chlorine bleach (for water treatment) with just 1lb of this chemical?

- How do you ration water when supply is limited?

- How can you stop bleeding with an easy-to-grow plant?

- How can you develop the best defense in a bug-in situation for little monetary cost?

Get all these questions answered and more. Written by a homesteader, this book offers practical bug-in frugal prepping ideas with the regular Joanne (or Joe) in mind. It cuts through general prepper paranoia and offers sustainable, frugal tips on how to make yourself more resilient even if TEOTWAWKI (the end of the world as we know it) never comes.

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