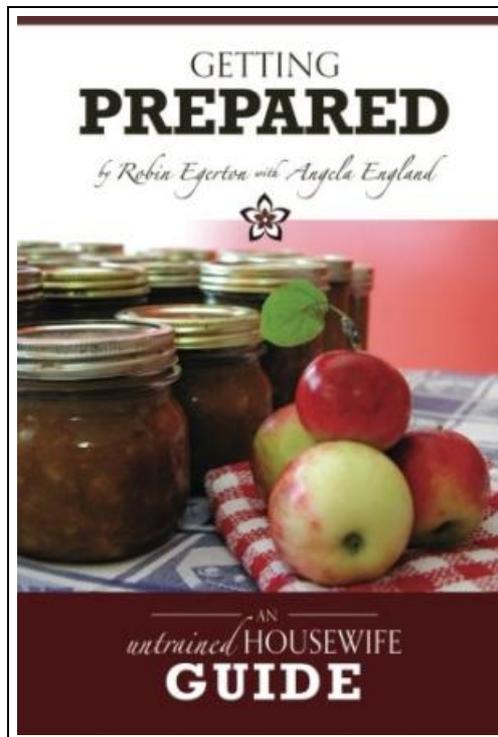


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THE UNTRAINED HOUSEWIFES GUIDE TO GETTING PREPARED SURVIVING EMERGENCIES WITHOUT STRESS THE UNTRAINED HOUSEWIFES GUIDES VOLUME 1



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Untrained Housewife Guides. Paperback. Condition: New. 176 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Getting Prepared is a beginners manual for how to get started feeling more confident and self-reliant during lifes unexpected happenings. While we all certainly hope that nothing bad will ever happen, we all secretly know that it could. From emergency grab-and-go bags, to a 30-day food plan, this book will walk you through all the elements to consider. Youll find words of wisdom from someone whos done it all and can guide you step-by-step without overwhelming you. If youve thought about trying to get better prepared and develop an emergency plan, but have been unsure about where to start, this is the book for you! Getting Prepared includes: The must have items to start picking up for your emergency stores. What your top priorities should be when beginning your preparedness journey. Creating your 72-hour Emergency Plan and Kit. Preparing around the house. Learning how to can food. Food storage tips and techniques. Shoes and clothing considerations. Sanitation considerations for long-term preparedness. Preparing for a month of survival with your family. Special thoughts about natural disasters. How to include your family in your preparations. This is not a prepping book that will go so far overboard you read it and wonder when youd ever use these tips. The store what you use and use what you store philosophy keeps the material approachable for beginners, while providing depth and details for more advanced preppers. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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