

# Self-Reliance, Homesteading & Preparedness Library



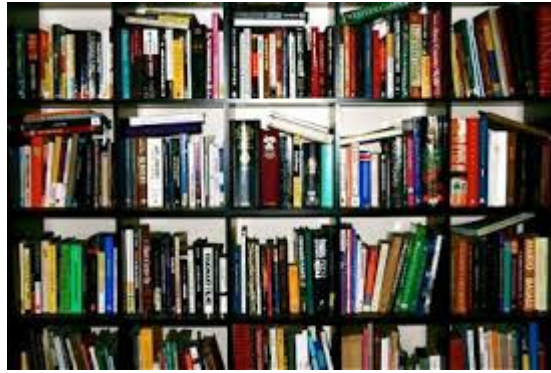
Everyone has a set of favorites when comes to resource books on self-reliance, homesteading and preparedness.

**“The highest manifestation of life consists in this:  
that a being governs its own actions.  
A thing which is always subject to the direction of another  
is somewhat of a dead thing.”**

**St. Thomas Aquinas  
1225-1274, Italian Scholastic Philosopher and Theologian**



Some people prefer the military manuals and such, particularly for defense tactics. Nothing wrong with that except that most of us are NOT: Military or in our prime or best physical shape, yet alone have the supplies or supply and human resource infrastructure!



Others have so many books they could open their own library. I fall into that category, however I do have a few books that I call my “basics”. These few books I actually have more than one copy of, as I keep one set handy for everyday reference and one set packed in a go bag or two.

Part of the reason these “must have” lists vary is that the list will depend on:

- The ultimate goal (self-reliance or preparedness) or if for preparedness; the type of crisis (natural, human-made/caused, metaphysical, personal);
- The crisis scope of involvement (location, number of people and size of the area affected) and duration;
- As well as, the location planned to be used as the crisis “retreat” (urban, suburban, rural, wilderness);
- Then top all that off with the financial, physical, mental and spiritual health of the individual(s) involved.



My personal library is primarily based on self-reliance (which lends itself to preparedness) and then preparedness for mostly natural or economic crises of various scopes of involvement and duration. Then “frost” this “layer cake” with my spiritual beliefs of the Second Coming/Judgment Day and adorn this “cake” with my age and gender (and how long I’ve lived this way).

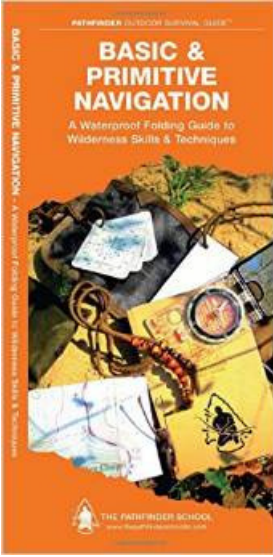
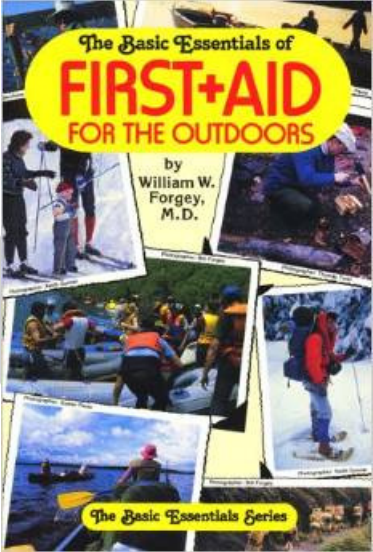
What I am trying to say is that in my humble opinion – ***No one list will ever be perfect for everyone under every circumstance.***

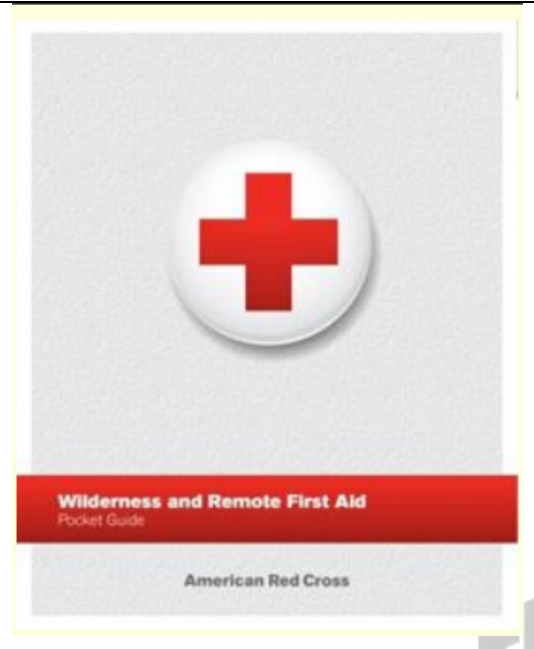
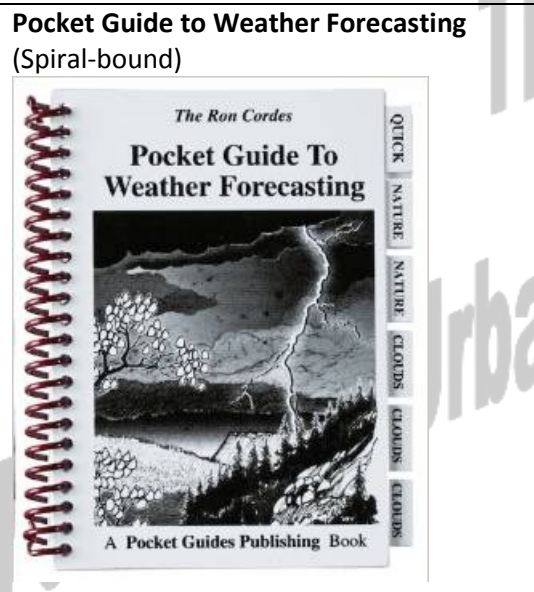
# Favorites

That said, here are my favorites (any prices listed in the tables below are the price I paid for the item way back when) ....

**My “fail safe” library consists of:**

Per Go Bag Library:

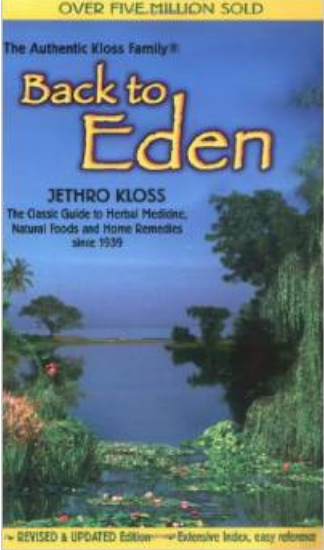
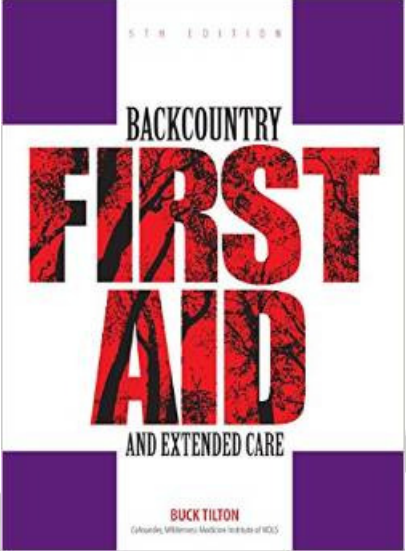
Title	Author	Comments
<p><b>Basic &amp; Primitive Navigation: A Waterproof Folding Guide to Wilderness Skills &amp; Techniques</b> (Folded Map/pamphlet)</p> 	<p>Dave Canterbury (Author), J.M. (Jill) Kavanagh (Editor)</p>	<p>(Pathfinder Outdoor Survival Guide Series) Education is a critical part of safety - and not getting lost, or knowing how to get found if you do, is one of the most important lessons. Simple techniques to navigate out of dangerous situations are the focus of this handy waterproof reference guide, along with basic compass use and travelling by simple bearings. Contents also cover navigation skills around obstacles, pacing beads, aiming off, and dead reckoning. Developed by noted survival expert and woodsman Dave Canterbury, this is one of a 10-part series on survival skills. Made in the USA. (I have multiple copies of this – one to each go bag)</p>
<p><b>Basic Essentials Of First Aid For The Outdoors</b></p> 	<p>William W. Forgey, M.D.</p>	<p>\$5.99 (I have multiple copies of this – one to each go bag) Treat the problems you and your scouts or family might encounter when you venture into the great outdoors! A concise first-aid approach to common wilderness problems: Wounds, sprains, breaks, bites, and stings, cold and heat injuries, and problems of eye, ear, nose, mouth, and abdomen. The Basic Essentials of First Aid For The Outdoors was designed specifically to demonstrate legally safe state-of-the-art methods of handling injury and illness frequently encountered in the outdoors. This book would allow a youth group leader to administer correct treatments, yet remain protected by good Samaritan Laws, as well as enabling him to teach proper techniques. It excludes intimidating treatment that might be legally questionable for a non-professional to administer.</p>
<p><b>Wilderness and Remote First Aid Pocket Guide</b></p>	<p>American Red Cross</p>	<p>Based on the 2010 Boy Scouts of America Wilderness First Aid Curriculum and Doctrine Guidelines. The official course guide, Rev. 9/14, for the American Red Cross Wilderness and Remote First Aid course is available in hardcopy. Great for scouts, outdoor enthusiasts, or people who work in a remote environment Learn how to respond to over 25 first aid emergencies when help may be delayed Includes skills sheets for performing CPR, and responding to both conscious and unconscious choking Wilderness and Remote First Aid Emergency Reference Guide is a 113 page manual for use in the course and serves as an important emergency reference</p>

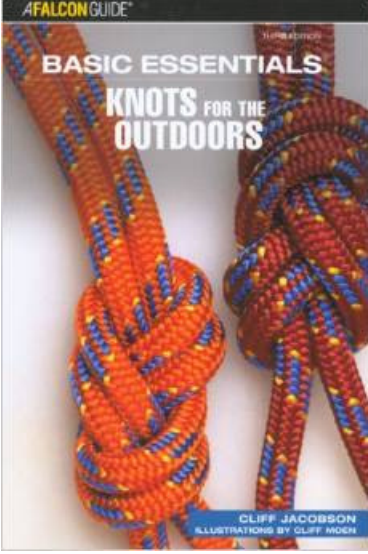
Title	Author	Comments
		<p>guide after training is complete.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> <li>Altitude Illnesses</li> <li>Hypothermia</li> <li>Shock and Heart Attack</li> <li>Poisoning</li> <li>Snow Blindness</li> <li>Wounds and Wound Infection, and many more</li> </ul> <p>The accompanying Pocket Guide is a handy 8-panel (front and back), fold-out first aid reference specifically designed for use in the field.</p> <ul style="list-style-type: none"> <li>Compact and lightweight</li> <li>Fits easily into a pocket of a shirt, cargo pants, or a backpack</li> <li>Weather- and tear-resistant</li> </ul> <p>PDF <a href="http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240197_WildernessRemoteFirstAid_PocketGuide.pdf">http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240197_WildernessRemoteFirstAid_PocketGuide.pdf</a>  hardcopy <a href="http://www.redcrossstore.org/item/656237">http://www.redcrossstore.org/item/656237</a>  (I have multiple copies of this – one to each go bag)</p>
<p><b>Pocket Guide to Weather Forecasting</b> (Spiral-bound)</p> 	<p>Ron Cordes</p>	<p>Have fun and be safe outdoors. Learn to forecast the weather. High-tech laser printing on hard vinyl sheets make this pocket-sized 'how to' guide virtually indestructible and completely portable. Waterproof. Dirtproof. You can even mark up pages with a grease pencil then wipe clean. Spiral binding allows you to fully open the book anywhere and lay it flat. Fully illustrated with easy-to-follow instructions. Index-tabbed pages allow you to quickly access the information you need. 'What you really need to know, when you really need it!'</p> <p>Tabbed sections include: Frequently Used Terms, Quick Forecasting Guidelines, Reading Nature's Signals, Cloud Formations, Forecasting By The Clouds, Forecasting By Cloud Types, Weather Fronts, Forecasting Weather Fronts, Barometric Pressure, Forecast By Wind Direction, Beaufort Wind Velocity and Effects of Terrain.</p> <p>Pocket Guides are jam-packed with critical information from field experts. World renowned Pocket Guides have had an international almost cult-like following for over ten years.</p> <p>Virtually indestructible and completely indispensable, Pocket Guides are perfect for enthusiasts and gift giving. Join the experts and carry Pocket Guides. Select from 28 Sports/Hobbies, Fishing and Emergency Assistance titles.</p>

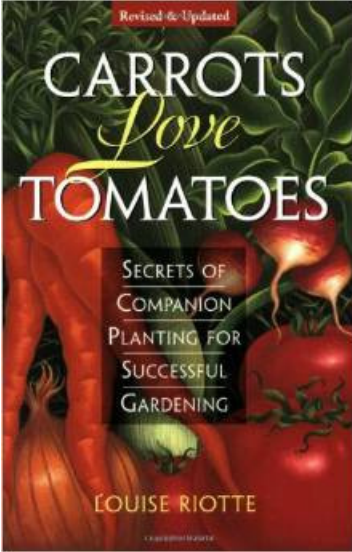
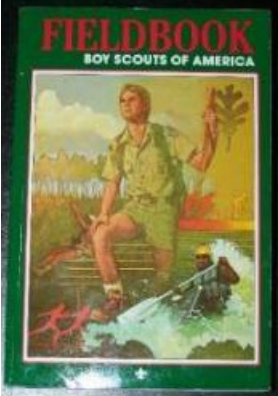
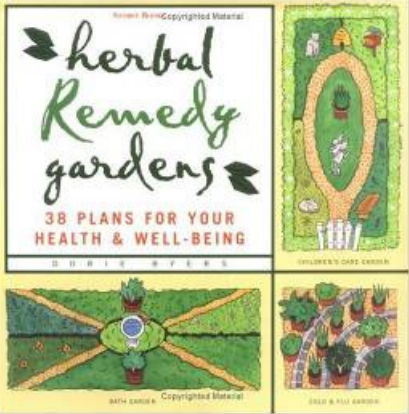


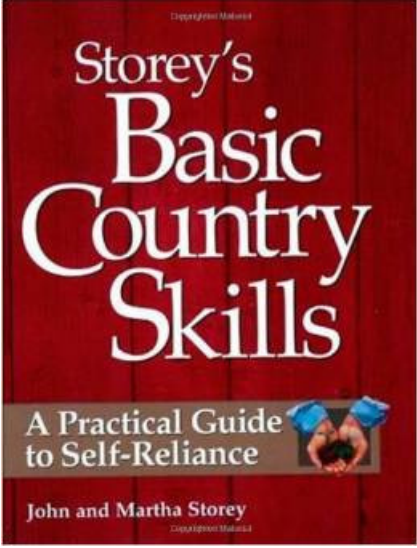
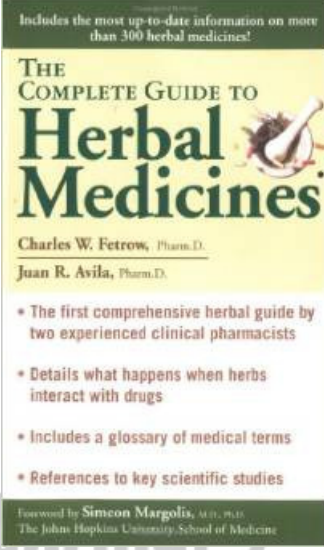
**Household Go Bag Library (and caches):**

Title	Author	Comments
<p><b>Back To Eden</b></p>	<p>Jethro Kloss</p>	<p>First written by Jethro (the father of health food stores) in 1939 and revised in 2005 so there is now a cross reference between the names illnesses then with now...</p>

Title	Author	Comments
		
<p><b>Backcountry First Aid And Extended Care</b></p> 	<p>Buck Tilton</p>	<p>\$3.99 Item Number: #ICS-2-99-8 Price: \$3.99 Supplier:ICS Books Small enough to take in the field, fitting in any pocket, it addresses the patient's general condition by performing a secondary survey. An inexpensive way to save someone's life.</p>
<p><b>Basic Essentials Of Knots</b></p>	<p>Cliff Jacobson</p>	<p>An information-packed tool for the novice or handy reference for the veteran. Distills years of knowledge in an affordable and portable book. An information-packed tool for the novice or handy reference for the veteran. Distills years of knowledge in an affordable and portable book.</p>

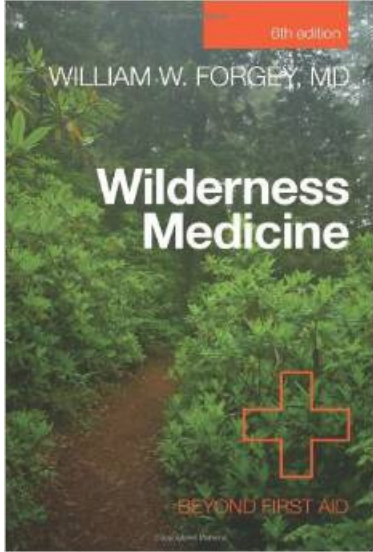
Title	Author	Comments
		
<p><b>Basic Essentials Of Map And Compass</b></p> 	<p>Cliff Jacobson</p>	<p>With details on the use of both orienteering compasses and simple compasses, The Basic Essentials of Map and Compass Use addresses the specific needs of recreational outdoors people. Includes up-to-date maps and information on how to correctly use your compass at night.</p>
<p><b>Carrots Love Tomatoes</b></p>	<p>Louise Riotte</p>	<p>Secrets of Companion Planting for a Successful Garden</p>

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<p><b>Fieldbook Boy Scouts of America</b></p> 	<p>Boy Scouts of America</p>	<p>NOT to be confused with the BSA handbook.                      Publisher: Workman Pub Co (June 1978) ISBN-10: 0894800191 ISBN-13: 978-0894800191                      Ok sure you can get those SAS and other military books, however the BSA Fieldbook is geared to the novice and untrained person that may or may NOT be in 'prime' shape, so I value this book more than the others.</p>
<p><b>Herbal Remedy Gardens</b></p> 	<p>Dorie Byers</p>	<p>38 plans with container and outdoor layouts for each.</p>
<p><b>Storey's Basic Country Skills</b></p>	<p>John and Martha Storey</p>	<p>A practice guide to self-reliance. Small farmsteading, etc.                      Publisher: Storey Publishing, LLC (September 1, 1999) ISBN-10: 1580172024 ISBN-13: 978-1580172028</p>

Title	Author	Comments
		
<p><b>The Complete Guide to Herbal Medicines</b></p> <p>Includes the most up-to-date information on more than 300 herbal medicines!</p>  <p>Charles W. Fetrow, Pharm.D. Juan R. Avila, Pharm.D.</p> <ul style="list-style-type: none"> <li>• The first comprehensive herbal guide by two experienced clinical pharmacists</li> <li>• Details what happens when herbs interact with drugs</li> <li>• Includes a glossary of medical terms</li> <li>• References to key scientific studies</li> </ul> <p>Foreword by Simeon Margolis, M.D., Ph.D. The Johns Hopkins University School of Medicine</p>	<p>Charles W. Fetrow, Pharm.D.; Juan R. Avila, Pharm.D.</p>	<p>Comprehensive herbal guide by clinical pharmacists. Details what happens when herbs interact with drugs.                      Publisher: Pocket Books (September 1, 2000) ISBN-10: 0743400704 ISBN-13: 978-0743400701                      Details what happens when herbs interact with drugs. The Complete Guide to Herbal Medicines is the first scientific quick-reference book compiled by two trained, experienced clinical pharmacists. In clear, everyday language, they share the most up-to-the-minute, reliable, and accessible information available on more than three hundred herbal medicines. You'll find:</p> <ul style="list-style-type: none"> <li>* a complete, dependable overview of herbal medicines</li> <li>* what the scientific research shows</li> <li>* a glossary of medical terms</li> <li>* what happens when herbs interact with drugs</li> <li>* references to key scientific studies</li> <li>* and much, much more.</li> </ul> <p>No other guide gives you such a complete directory of herbal medicines, or such detailed, practical advice about each one. To expand your knowledge and interest in herbal medicines, you should have The Complete Guide to Herbal Medicines.</p>
<p><b>The Wilderness First Responder</b></p>	<p>Buck Tilton, M.S.</p>	<p>This guide contains expert, step-by-step instructions, clear illustrations, and "Signs and Symptoms" sidebars designed to help you provide care in wilderness and urban settings- whenever you are more than an hour away from an ambulance or a hospital.                      Item Number: 076270392X ISBN: 0-7627-0392-X</p>

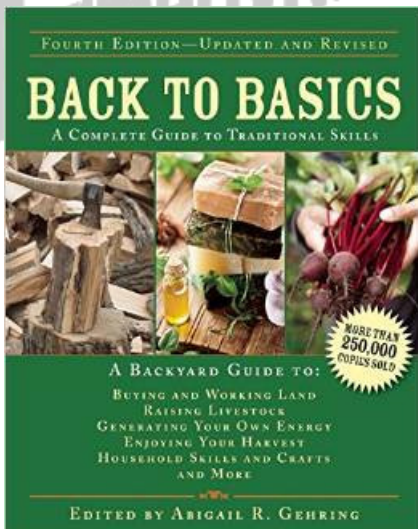


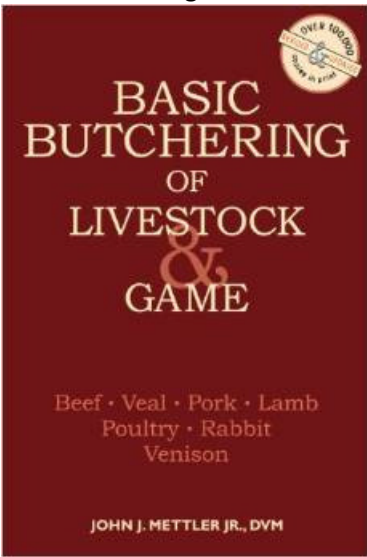
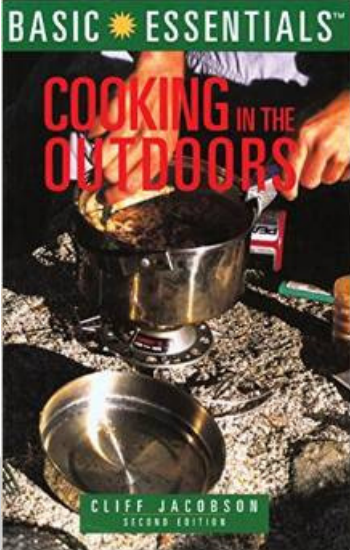
Title	Author	Comments
		
<p><b>When Technology Fails</b></p> 	<p>Matthew Stein</p>	<p>A manual for self-reliance, sustainability, and surviving the long emergency. Publisher: Chelsea Green Publishing; 2nd edition (August 18, 2008) ISBN-10: 1933392452 ISBN-13: 978-1933392455</p> <p>There's never been a better time to "be prepared." Matthew Stein's comprehensive primer on sustainable living skills--from food and water to shelter and energy to first-aid and crisis-management skills--prepares you to embark on the path toward sustainability. But unlike any other book, Stein not only shows you how to live "green" in seemingly stable times, but to live in the face of potential disasters, lasting days or years, coming in the form of social upheaval, economic meltdown, or environmental catastrophe.</p> <p>When Technology Fails covers the gamut. You'll learn how to start a fire and keep warm if you've been left temporarily homeless, as well as the basics of installing a renewable energy system for your home or business. You'll learn how to find and sterilize water in the face of utility failure, as well as practical information for dealing with water-quality issues even when the public tap water is still flowing. You'll learn alternative techniques for healing equally suited to an era of profit-driven malpractice as to situations of social calamity. Each chapter (a survey of the risks to the status quo; supplies and preparation for short- and long-term emergencies; emergency measures for survival; water; food; shelter; clothing; first aid, low-tech medicine, and healing; energy, heat, and power; metalworking; utensils and storage; low-tech chemistry; and engineering, machines, and materials) offers the same approach, describing skills for self-reliance in good times and bad.</p> <p>Fully revised and expanded--the first edition was written pre-9/11 and pre-Katrina, when few Americans took the risk of social disruption seriously--When Technology Fails ends on a positive, proactive note with a new chapter on "Making the Shift to Sustainability," which offers practical suggestions for changing our world on personal, community and global levels.</p>
<p><b>Wilderness Medicine 4th edition: Beyond First Aid</b></p>	<p>William W. Forgey, M.D.</p>	<p>With Dr. William Forgey's comprehensive <i>Wilderness Medicine: Beyond First Aid</i> in hand, you can recognize, assess, and treat many kinds of medical emergencies. This fully revised and updated, illustrated text is essential reading for anyone from trip leaders, guides, and search and rescue groups to EMTs, paramedics, and physicians who must provide immediate care when access to a medical facility is difficult or impossible. Learn how to survey, assess, and stabilize the victim and the medical situation, what questions to ask to gain necessary vital information, how to manage physical symptoms as well as care for wounds and orthopedic injuries and much more.</p>

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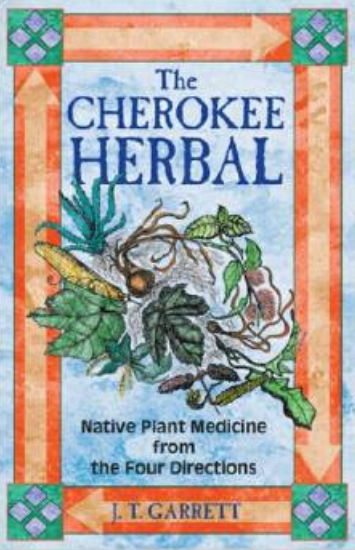
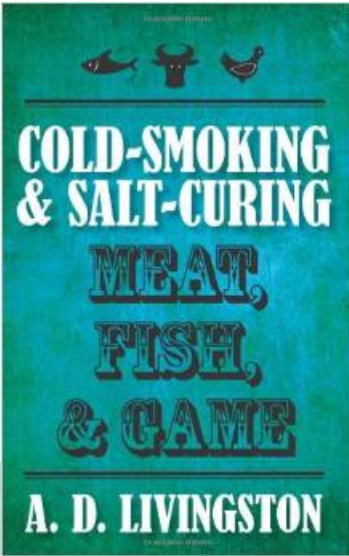
**Retreats Library** (These I have copies located at each of my retreats/line shacks):

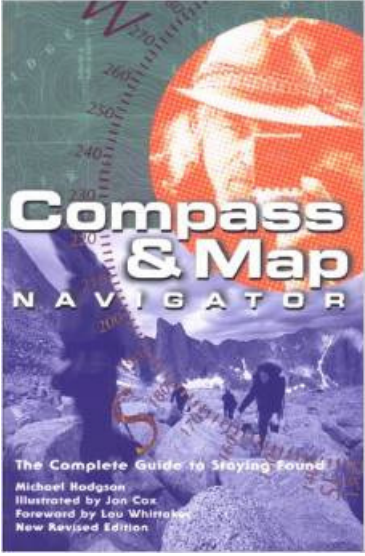
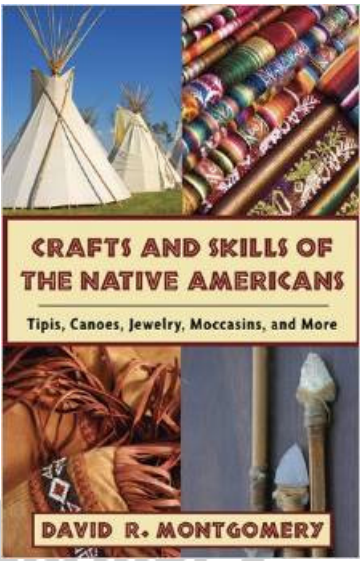
Title	Author	Comments
<p><b>Include all of the above</b> (since at least 1 personal go bag, plus the household go-bag will be taken to the retreat) <b>plus the following:</b></p>		
<p>Back to Basics: A Complete Guide to Traditional Skills</p> 	<p>Reader's Digest Abigail R. Gehring (Editor)</p>	<p>How-to's on shelter, alternative energy sources, growing and preserving food etc. Anyone who wants to learn basic living skills—the kind employed by our forefathers—and adapt them for a better life in the twenty-first century need look no further than this eminently useful, full-color guide. Countless readers have turned to Back to Basics for inspiration and instruction, escaping to an era before power saws and fast food restaurants and rediscovering the pleasures and challenges of a healthier, greener, and more self-sufficient lifestyle. Now newly updated, the hundreds of projects, step-by-step sequences, photographs, charts, and illustrations in Back to Basics will help you dye your own wool with plant pigments, graft trees, raise chickens, craft a hutch table with hand tools, and make treats such as blueberry peach jam and cheddar cheese. The truly ambitious will find instructions on how to build a log cabin or an adobe brick homestead. More than just practical advice, this is also a book for dreamers—even if you live in a city apartment you will find your imagination sparked, and there's no reason why you can't, for example, make a loom and weave a rag rug. Complete with tips for old-fashioned fun (square dancing calls, homemade toys, and kayaking tips), this may be the most thorough book on voluntary simplicity available. 2,000 color photos and 200 black-and-white illustrations.</p>

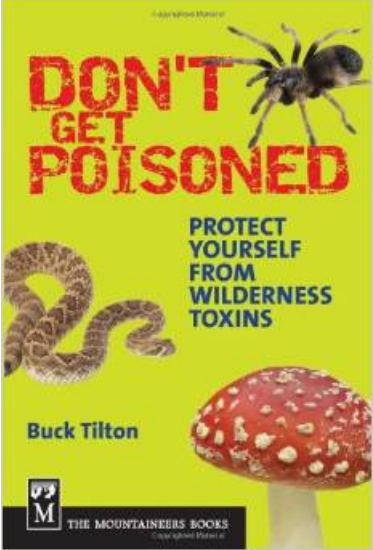
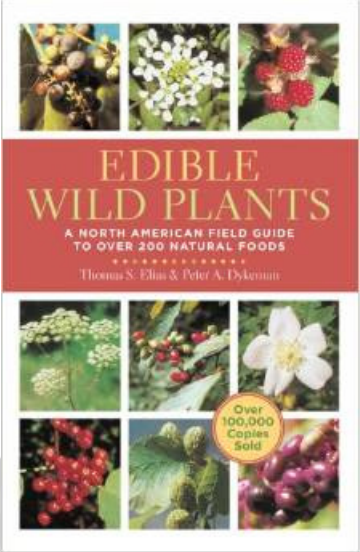
Title	Author	Comments
<p>Basic Butchering of Livestock &amp; Game</p> 	<p>John Mettler Jr., D.V.M.</p>	<p>For anyone who hunts, farms, or buys large quantities of meat, this book is filled with information on the nearly-lost skill of butchering. Easy enough for amateurs, but detailed for experienced livestock producers, it takes the mystery out of slaughtering and butchering. 30 recipes.</p>
<p>Basic Essentials Of Cooking Outdoors</p> 	<p>Cliff Jacobson</p>	<p>An information-packed tool for the novice or handy reference for the veteran. Distills years of knowledge in an affordable and portable book.</p>
<p>Basic Essentials Of Edible Wild Plants &amp; Useful Herbs</p>	<p>Jim Meuninck</p>	<p>An information-packed tool for the novice or handy reference for the veteran. Distills years of knowledge in an affordable and portable book.</p>

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<p>Blacksmithing Basics for the Homestead</p> 	<p>Joe DeLaRonde</p>	<p>Through detailed but easy-to-understand instructions, illustrations, and photographs, author DeLaRonde teaches the basic skills of forging. Here is all of the information you need to create artistic yet functional iron hardware and accoutrements for your home or camp</p>
<p>Building Small Barns, Sheds &amp; Shelters</p> 	<p>Monte Burch</p>	<p>Extend your working, living and storage areas with low-cost outbuildings. Complete information on tools and materials; foundations and floors; framing, sheathing and roofing; windows and doors; wiring and plumbing; and finishing details. Specific plans for popular structures.</p>

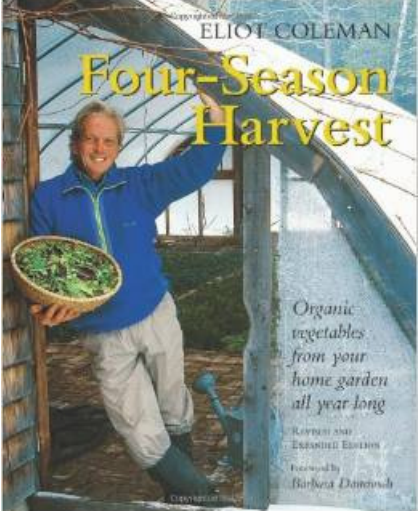
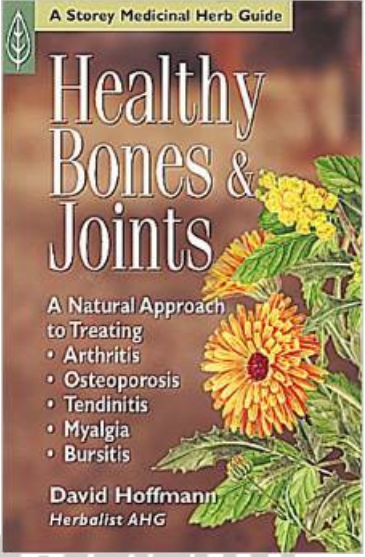
Title	Author	Comments
<p>Camping Healthy: Hygiene For The Outdoors</p> 	<p>Buck Tilton</p>	<p>Avoid stomach and wound infections caused by spoilage, poor food handling, waste contamination and poor wound management. Disinfect water by using currently accepted measures to protect your family from water borne diseases encountered on camping excursions. Live in harmony with the land by disposing of waste responsibly no matter in which environment you intent to camp. Be knowledgeable about common bacteria, viruses and protozoa and how they will be transmitted. From the common cold and travelers diarrhea to hepatitis and HIV, discover ways of guarding against infection. Keep future passersby healthy with tips for packing garbage out. Keep your camp kitchen clean with unique suggestions. Select, package and store food properly to avoid sickness.</p>
<p>Camping's Forgotten Skills</p> 	<p>Cliff Jacobson</p>	<p>Camping out has changed considerably from the good old days of pine bough beds, bonfires and fresh-cut trail shelters. No longer is it ethical to shape the land to suit our whims. There are just too few wild places and too many of us. It's important to have high tech equipment, but what if you can't afford it? What if you become separated from your stove in a capsized? What if a large tear develops in your tent in canyon country or a remote northern river? Are you prepared? Are your skills honed? Cliff Jacobson, the world's most prolific camping and canoeing writer, has written this book to make the old timers proud. Make fire by flint and steel, and bow-drill. Construct a zippered fabric bag for your cooking utensils and pots. Modify pots and pans for trail use. Dehydrate food. Sharpen and work with edged tools. Mend broken zippers, grommets and straps. Make a stove out of a tin can. Fish to survive. Signal rescue personnel using heliograph, Morse code, and smoke. Forage for edible food.</p>
<p>Cast Iron Cuisine From Breakfast to Dessert</p> 	<p>Matt &amp; Linda Morehouse</p>	<p>You'll learn how to create everything and anything in a cast iron skillet and love it.</p>
<p>Cherokee Herbal</p>	<p>J.T. Garrett</p>	<p>Native plant medicine from the Four Directions. A practical guide to the medicinal uses of over 450 plants and herbs as applied in the traditional practices of the Cherokee.</p> <ul style="list-style-type: none"> <li>• Details the uses of over 450 plants for the treatment of over 120 ailments.</li> </ul>

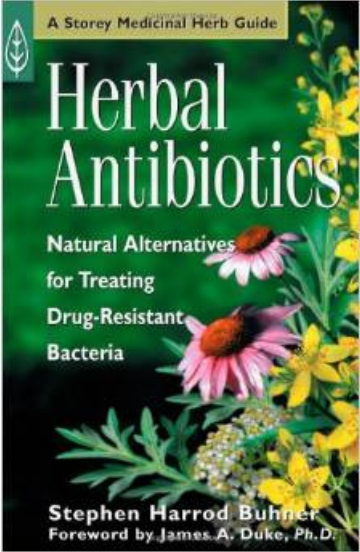
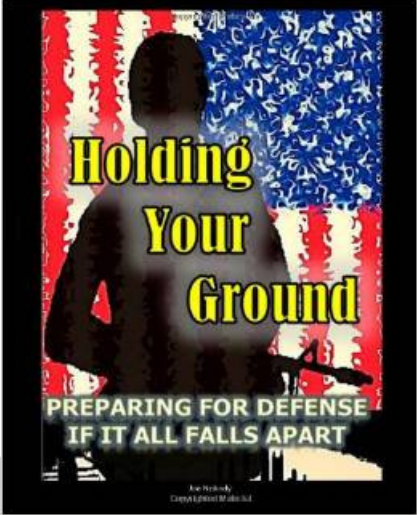
Title	Author	Comments
		<ul style="list-style-type: none"> <li>• Written by the coauthor of <i>Medicine of the Cherokee</i> (40,000 copies sold).</li> <li>• Explains the healing elements of the Four Directions and the plants associated with them.</li> <li>• Includes traditional teaching tales as told to the author by Cherokee Elders.</li> </ul> <p>In this rare collection of the acquired herbal knowledge of Cherokee Elders, author J. T. Garrett presents the healing properties and medicinal applications of over 450 North American plants. Readers will learn how Native American healers utilize the gifts of nature for ceremonial purposes and to treat over 120 ailments, from the common cold to a bruised heart. The book presents the medicine of the Four Directions and the plants with which each direction is associated. From the East comes the knowledge of "heart medicine"--blood-building tonics and plants for vitality and detoxification. The medicine of the South focuses on the innocence of life and the energy of youthfulness. West medicine treats the internal aspects of the physical body to encourage strength and endurance, while North medicine offers a sense of freedom and connection to the stars and the greater Universal Circle. This resource also includes traditional teaching tales to offer insights from Cherokee cosmology into the origin of illness, how the animals found their medicine, and the naming of the plants.</p>
<p>Cold-Smoking &amp; Salt Curing Meat, Fish &amp; Game</p> 	A.D. Livingston	<p>Great how-to for homestead or trail. Includes construction plans for a smokehouse and fifty recipes for smoked delicacies. With this book, A. D. Livingston combines a lifetime of Southern culinary knowledge with his own love of authentic home smoking and curing techniques. He teaches how to prepare smoked and salted hams, fish, jerky, and game - adapting today's materials to yesterday's traditional methods. As the author writes, 'you can smoke a better fish than you can buy, and you can cure a better ham without the use of any chemicals except ordinary salt and good hardwood smoke.' This book shows you how, and includes complete instructions for: preparing salted, dried fish; preparing planked fish, or gravlax; building a modern walk-in smokehouse; constructing small-scale barbecue smokers; choosing woods and fuels for smoking; and salt-curing country ham and other meats, together with over 50 recipes such as Country Ham with Redeye Gravy, Canadian Bacon, Scandinavian Salt Fish, Venison Jerky, and many others.</p>
Compass & Map Navigator- The Complete Guide to Staying Found	Michael Hodgson	<p>Why get lost?! Staying found should be simple, and it is with Compass &amp; Map Navigator, the easiest to understand and most complete map and compass book on the market.          Item Number: 0762704888          ISBN: 0-7627-0488-8</p>

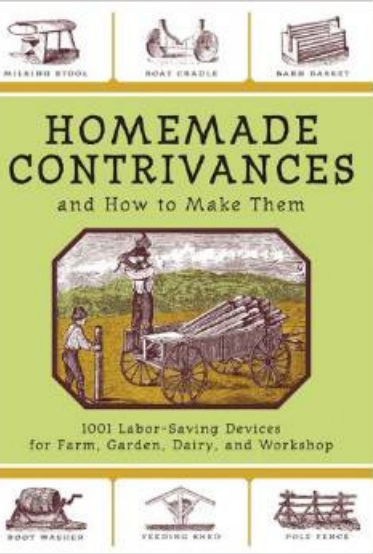
Title	Author	Comments
		
<p data-bbox="110 762 618 793"><b>Crafts and Skills of the Native Americans</b></p> 	<p data-bbox="643 762 792 825">David R. Montgomery</p>	<p data-bbox="865 762 1544 1224">Tipis, Canoes, Jewelry, Clothing, Games, Moccasins, Arrows, Bows and more. Publisher: The Lyons Press; 1st edition (April 1, 2000) ISBN-10: 1585740705 ISBN-13: 978-1585740703 Native American Crafts and Skills is an excellent introduction to the study of Native American crafts and outdoor skills. This book not only describes the skills Native Americans have cultivated over hundreds of years, but explains in step-by-step detail - through over two hundred illustrations by the author himself - how to create all kinds of Native American handiwork. Begin with the process of tanning leather to create authentic Native American clothing - from elaborate war bonnets to several varieties of moccasins. Discover the basics of the Native American 'kitchen,' including utensils and cookery, as well as the many foods common to the Native American diet. Chapters on Native American games and musical instruments showcase a side of domestic Native American life rarely seen before, and a section on jewelry making will give you a head start on creating your own elaborate geometric beadwork designs. Annotated with a complete list of reference books and supply sources, this is an authentic and exciting book for people who want to share in the beauty and artistry of Native American history.</p>
<p data-bbox="110 1365 342 1396">Don't Get Poisoned</p>	<p data-bbox="643 1365 764 1396">Buck Tilton</p>	<p data-bbox="865 1365 1544 1518">Learn how to protect yourself from wilderness toxins. With this hand guide you'll learn how prevent, identify, and treat all types of wilderness poisons: bites and stings from venomous insects, reptiles, or arachnids; toxic inhalations from carbon monoxide or smoke; itchy skin rashes from poisonous plants; and the accidental ingestion of lethal flora. ICS Books</p>

Title	Author	Comments
		
<p>Edible Wild Plants: A North American Field Guide to Over 200 Natural Foods</p> 	<p>Thomas Elias (Author), Peter Dykeman</p>	<p>Already a huge success in previous editions, this must-have field guide now features a fresh new cover, as well as nearly 400 color photos and detailed information on more than 200 species of edible plants all across North America.</p> <p>With all the plants conveniently organized by season, enthusiasts will find it very simple to locate and identify their desired ingredients. Each entry includes images, plus facts on the plant's habitat, physical properties, harvesting, preparation, and poisonous look-alikes. The introduction contains tempting recipes and there's a quick-reference seasonal key for each plant.</p> <p>15.96</p>
<p>Four-Season Harvest</p>	<p>Eliot Coleman, Barbara Damrosch</p>	<p>Organic vegetables from your home garden all year long Chelsea Green Pub ISBN 1890132276</p>

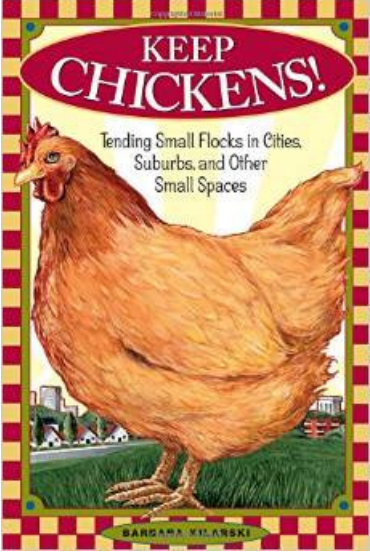



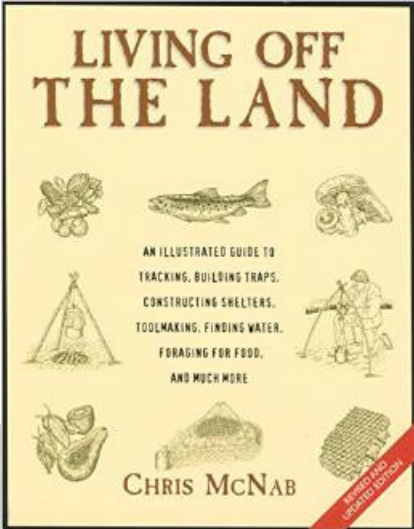
Title	Author	Comments
		
<p>Healthy Bones &amp; Joints</p> <p>A Storey Medicinal Herb Guide</p> 	<p>David Hoffmann</p>	<p>A natural approach to treating arthritis, osteoporosis, tendonitis, myalgia, and bursitis. (Hey, I a 60 something! I not only need this, I use it and it works!)</p>
<p>Herbal Antibiotics, Natural Alternatives for Treating Drug-Resistant Bacteria</p>	<p>Stephen Harrod Buhner</p>	<p>Learn how antibiotic herbs such as aloe, garlic, and grapefruit seed extract represent our best defense against bacteria.</p>

Title	Author	Comments
 <p>A Storey Medicinal Herb Guide  <b>Herbal Antibiotics</b>          Natural Alternatives for Treating Drug-Resistant Bacteria          Stephen Harrod Buhner          Foreword by James A. Duke, Ph.D.</p>		
<p>Holding Your Ground: Preparing for Defense if it All Falls Apart</p>  <p><b>Holding Your Ground</b>          PREPARING FOR DEFENSE IF IT ALL FALLS APART</p>	<p>Joe Nobody</p>	<p>HOLDING YOUR GROUND is an instructional guide and planning tool that addresses defensive preparation of a location. If the government can no longer protect your home, farm or property, HOLDING will teach you how. HOLDING covers virtually every aspect of protecting you and your family in the event society breaks down. Many people have preparations for food, water, shelter and personal defense. HOLDING will teach you how to configure your home, train your team, and properly equip any location for defense. Covering topics ranging from hiding in plain sight to pre-positioning of supplies, HOLDING uses common sense, military tactics and historical examples that allow you to prepare for defense without affecting your property's value or appearance.</p>
<p>Homemade</p>	<p>Ken Braren &amp; Roger Griffith</p>	<p>101 easy to make things for your garden, home or farm.</p>

Title	Author	Comments
		
<p>Homemade Contrivances and How to Make Them</p> 	<p>Skyhorse Publishing</p>	<p>1001 Labor-saving devices for farm, dairy, and workshop. The traditional American devices contained in this intriguing compilation date from an era long before milking machines, pesticide sprayers, and industrial hay bailers. Yet the simple inventions described for doing everything from managing young bulls to protecting drain outlets can be just as useful for today's farmer as they were for the homesteaders of over a century ago. Discover how to make such items as a movable nest for hens, a ribless boat, a contraption to extricate a mired animal, a farm cart with adjustable racks for larger loads, a wire fence tightener, a fruit picker, a grindstone set and frame, and much more. This book is a boon for the rancher, farmer, or anyone who loves the rural life. Publisher: Skyhorse Publishing (April 1, 2007) ISBN-10: 1602390185 ISBN-13: 978-1602390188</p>
<p>How to Build and Furnish a Log Cabin</p>	<p>W. Ben Hunt</p>	<p>This is how to build your cabin and furnish it with non-electric tools. W. Ben Hunt's classic has earned a reputation as the "authentic handbook since it was first published in 1939. Updated in 1974, it remains the only step-by-step guide to building log cabins and log furniture -- pioneer style." Cloier Books and Macmillan Publishing. ISBN 0-02-001670-0</p>

Title	Author	Comments
 <p><b>HOW TO BUILD AND FURNISH A LOG CABIN</b> The easy-natural way using only hand tools and the woods around you <b>W. BEN HUNT</b></p>		
<p>How to Make Home Electricity from Wind, Water &amp; Sunshine</p>  <p><b>HOW TO MAKE HOME ELECTRICITY FROM WIND, WATER &amp; SUNSHINE</b> A complete guide to using nature's forces to make your own electricity. <b>BY JOHN A. KUECKEN</b></p>	<p>John A. Kuecken</p>	<p>This has technical diagrams and instructions. A complete guide to using nature's forces to make your own power G / N Tab Books Inc. ISBN: 0-8306-9785-3 / 0-8306-1128-2</p>
<p>Keep Chickens, Tending Small Flocks in Cities, Suburbs, and Other Small Spaces</p>	<p>Barbara Kilarski</p>	<p>Join the urban and suburban chicken-farming boomlet and start enjoying the freshest breakfast eggs available. The author provides detailed information every aspiring chickenkeeper needs to know in this handbook that is practical and encouraging.</p>

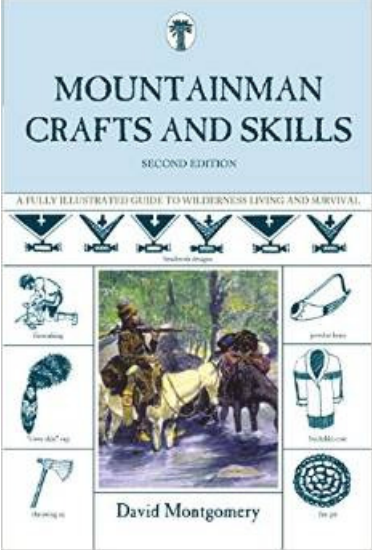
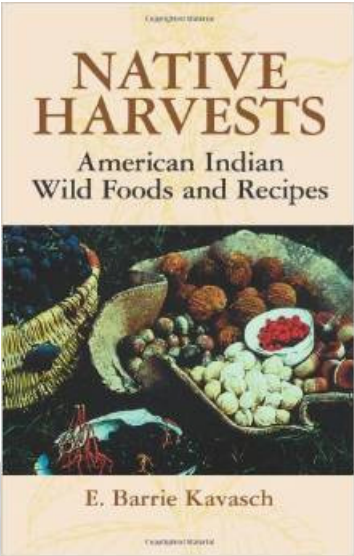
Title	Author	Comments
		
<p>Keeping Livestock Healthy</p> 	<p>N. Bruce Haynes, D.V.M.</p>	<p>A comprehensive veterinary guide to preventing and identifying disease in horses, cattle, swine, goats, and sheep, including the most up-to-date info on nutrition, housing, reproduction, and restraint.</p>
<p>Light Infantry Tactics: For Small Teams</p>	<p>Christopher E. Larsen</p>	<p>Step-by-step tactics for teams of three to 30 members. Tired of collecting a library of military manuals just to teach light infantry patrolling tactics? Military manuals are notoriously confusing and boring! More often than not, they are wrong.</p>

Title	Author	Comments
		
<p data-bbox="110 764 553 863">Living Off the Land: Tracking, Building Traps, Shelters, Toolmaking, Finding Water and Food</p> 	<p data-bbox="641 764 776 821">Christopher McNab</p>	<p data-bbox="865 764 1458 785">A comprehensive guide to surviving and thriving on various terrains.</p>
<p data-bbox="110 1415 423 1442">Makeshift Workshop Skills</p>	<p data-bbox="641 1415 792 1505">James Ballou Foreword by Charlie Richie</p>	<p data-bbox="865 1415 1528 1463">Expedient ways to make your own tools, do your own repairs, and construct useful things out of raw and salvaged materials.</p>

Title	Author	Comments
		
<p>Makeshift Workshop Skills, More</p> 	<p>James Ballou                      Forward by Jim Benson</p>	<p>James Ballou tapped a nerve with his best-selling Makeshift Workshop Skills for Survival and Self-Reliance, and now he's back with even more plans, projects, and concepts for do-it-yourself craftsmen, preppers, and anyone interested in creative improvised workshop methods. Get set to learn how to make dozens of useful items out of nothing more than scrounged materials or common, inexpensive products found in every home.</p>
<p>Making Rag Rugs, 15 Step-by-Step Projects</p>	<p>Edited by Claire Hubbard</p>	<p>Creating a beautiful throw rug from scraps is easy enough for anyone to master. These 15 original designs from a variety of talented rug designers suit the skills of any crafter, from the newest beginner to the most sophisticated talent.</p>

Title	Author	Comments
		
<p data-bbox="110 758 479 789">Making Wild Wines and Meads</p> 	<p data-bbox="641 758 808 821">Pattie Vargas &amp; Richard Gulling</p>	<p data-bbox="868 758 1555 835">125 Unusual recipes using herbs, fruits, flowers, and more! Simple instructions allow anyone to create luscious honey meads, refreshing coolers and punches, and elegant wines without expensive equipment or elaborate calculations.</p>
<p data-bbox="110 1360 609 1465">Mountainman Crafts and Skills, A Fully Illustrated Guide to Wilderness Living and Survival</p>	<p data-bbox="641 1360 787 1423">David Montgomery</p>	<p data-bbox="868 1360 1555 1465">Learn how to make and use hunting tools, utensils, wild game traps, mountainman clothing, powder flasks and horns, tents, deer-horn jewelry, and much more. Wilderness survival skills are also covered, with instruction geared to both novice and expert.</p>

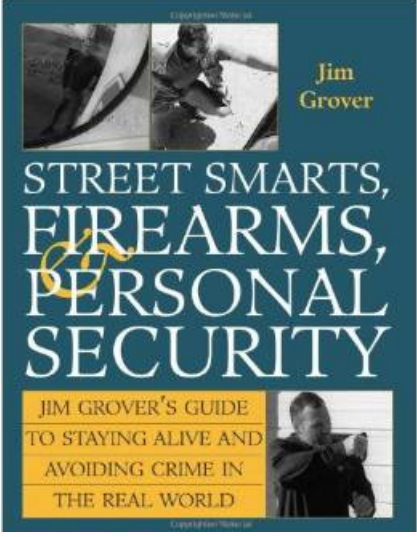
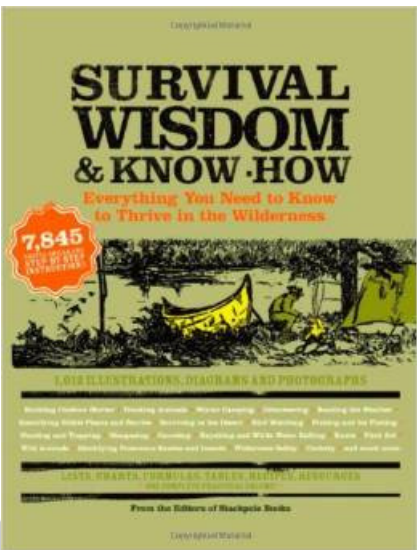


Title	Author	Comments
		
<p data-bbox="110 764 618 831">Native Harvests: American Indian Wild Foods and Recipes</p> 	<p data-bbox="643 764 846 791">E. Barrie Kavasch</p>	<p data-bbox="868 764 1549 940">This practical primer on natural foods not only provides recipes for a variety of dishes that are uniquely Native American but also identifies and describes the uses of specific ceremonial, medicinal, and sacred plants. From clambakes, corn chowders, and turkey with oyster cornbread stuffing, to flavored butters, sunflower seed cakes, and wild strawberry bread, the author offers a unique book that is simultaneously a field guide, cookbook, and useful manual on herbal medicines — all interwoven with Native American wisdom.</p>
<p data-bbox="110 1404 618 1503">Prepper's Home Defense: Security Strategies to Protect Your Family by Any Means Necessary</p>	<p data-bbox="643 1404 743 1432">Jim Cobb</p>	<p data-bbox="868 1404 1084 1432">DETER . DELAY. DEFEND!</p> <p data-bbox="868 1432 1516 1556">Does your disaster preparation plan include security measures? When civilization fails and the desperate masses begin looting, they will come for your food, water and life-sustaining supplies. This book shows you how to implement a complete plan for operational security and physical defense, including:</p> <ul data-bbox="868 1556 1273 1686" style="list-style-type: none"> <li>• Perimeter Security Systems and Traps</li> <li>• House Fortifications and Safe Rooms</li> <li>• Secured and Hidden Storage</li> <li>• Firearms and Defensive Combat Techniques</li> <li>• Gathering Intelligence and Forming Alliances</li> </ul>

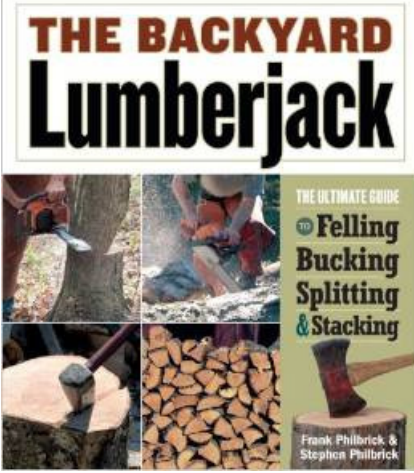
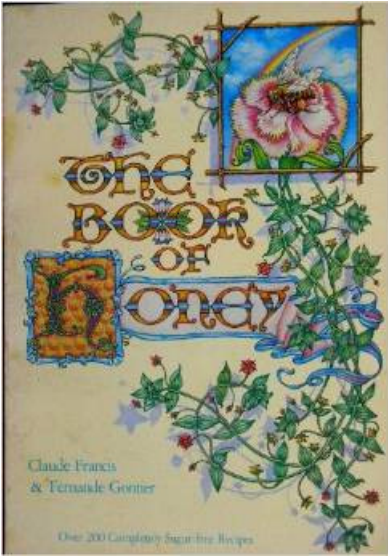
Title	Author	Comments
		
<p>Preserving Food without Freezing or Canning</p> 	<p>The Gardeners &amp; Farmers of Terre Vivante</p>	<p>Traditional techniques using salt, oil, sugar, alcohol, vinegar, drying, cold storage and Lactic Fermentation.                      Publisher: Chelsea Green Publishing (April 4, 2007) ISBN-10: 1933392592 ISBN-13: 978-1933392592                      Typical books about preserving garden produce nearly always assume that modern "kitchen gardeners" will boil or freeze their vegetables and fruits. Yet here is a book that goes back to the future—celebrating traditional but little-known French techniques for storing and preserving edibles in ways that maximize flavor and nutrition.                      Translated into English, and with a new foreword by Deborah Madison, this book deliberately ignores freezing and high-temperature canning in favor of methods that are superior because they are less costly and more energy-efficient.                      As Eliot Coleman says in his foreword to the first edition, "Food preservation techniques can be divided into two categories: the modern scientific methods that remove the life from food, and the natural 'poetic' methods that maintain or enhance the life in food. The poetic techniques produce... foods that have been celebrated for centuries and are considered gourmet delights today."</p>
<p>Preserving the Harvest, The Big Book of</p> 	<p>Carol W. Costenbader</p>	<p>150 recipes for freezing, canning, drying and pickling fruits and vegetables. Learn how to preserve the season's bounty in this classic primer on drying, freezing, canning, and pickling techniques. You'll learn everything you need to know to stock your pantry with fruits, vegetables, herbs, meats, vinegars, pickles, chutneys, and seasonings. Carol Costenbader presents more than 150 simple, step-by-step recipes for delicious creations such as Green Chile Salsa, Tomato Leather, Spiced Pear Butter, Peach Pie Filling, Eggplant Caviar, Blueberry Marmalade, Yellow Tomato Jam, Cranberry-Lime Curd, Preserved Lemons, Chicken Liver Pate, and much more.</p>

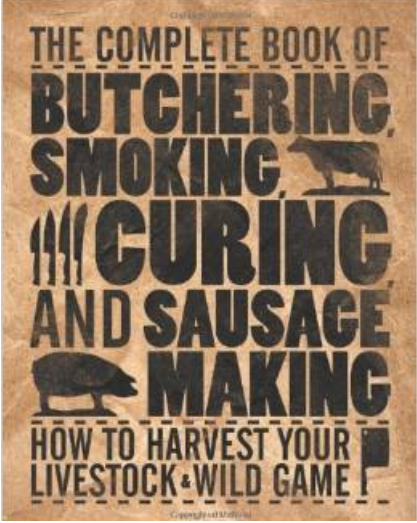
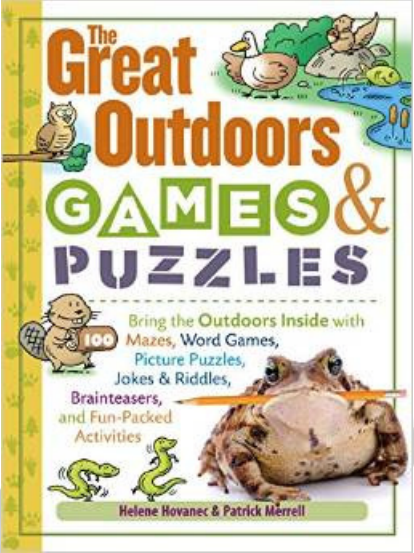
Title	Author	Comments
<p>Projects to Get You Off the Grid</p>  <p><b>Projects to Get You Off the Grid</b> Rain Barrels, Chicken Coops, and Solar Panels</p> <ol style="list-style-type: none"> <li>1. CREATE AN ALGAE BIOREACTOR FROM WINTER BOTTLES</li> <li>2. TURN OLD WINDOWS INTO A GREENHOUSE</li> <li>3. MAKE YOUR OWN SOLAR PANELS</li> <li>4. BUILD A THERMOELECTRIC LAMP</li> <li>5. BUILD A BACKYARD CHICKEN COOP</li> </ol> <p>Instructables.com Edited by Noah Weinstein</p>	<p>Instructables.com and Noah Weinstein</p>	<p>With Projects to Get You Off the Grid, the Instructables community of do-it-yourselfers have pooled their knowledge into a compact book focused on a series of projects that will get you thinking creatively about thinking green. This collection of 20 projects illustrate just how simple it can be to make your own backyard chicken coop, or turn a wine barrel into a rainwater collector. Illustrated with dozens of full-color photographs per project as well as easy-to-follow instructions, this Instructables collection uses the best that the online community has to offer, turning a far-reaching group of people into a mammoth database churning out ideas to make life better, easier, and in this case, greener.</p> <p>11.96</p>
<p>Root Cellaring: Natural Cold Storage of Fruits &amp; Vegetables</p>  <p><b>ROOT CELLARING</b> NATURAL COLD STORAGE OF FRUITS &amp; VEGETABLES</p> <p>KEEP YOUR PRODUCE FRESH LONGER IN PORCH, GARAGE, OR CLOSET</p> <p>MIKE AND NANCY BUBEL</p>	<p>Mike and Nancy Bubel</p>	<p>Natural cold storage of fruits and vegetables. Keep you produce "harvest fresh" in your own basement, porch, garage or closet hideaway. Root cellaring, as many people remember but only a few people still practice, is a way of using the earth's naturally cool, stable temperature to store perishable fruits and vegetables. Root cellaring, as Mike and Nancy Bubel explain here, is a no-cost, simple, low-technology, energy-saving way to keep the harvest fresh all year long.</p> <p>In Root Cellaring, the Bubels tell how to successfully use this natural storage approach. It's the first book devoted entirely to the subject, and it covers the subject with a thoroughness that makes it the only book you'll ever need on root cellaring.</p> <p>Publisher: Storey Publishing, LLC; 2 edition (January 9, 1991) ISBN-10: 0882667033 ISBN-13: 978-0882667034</p>
<p>Seed Sowing and Saving</p>	<p>Carole B. Turner</p>	<p>Step-by-step techniques for collecting and growing more than 100 vegetables, flowers and herbs.</p> <p>Publisher: Storey Publishing, LLC (January 2, 1998) ISBN-10: 1580170013 ISBN-13: 978-1580170017 Those pricey transplants set out on display every spring are so tempting with their leafy faces pleading, "take me home!" But beware, you never know where those seedlings have been – Crammed in a pest-infested greenhouse? Packed for days in a sweltering truck?</p> <p>Start your plants from seeds and you know that's your precious vegetable, herb, or flower has been nurtured with tender loving care every day of its life. And better yet, when you harvest seeds for next year's crop, you'll get even more plants absolutely FREE!</p> <p>In this book you'll find everything you need to know to successfully harvest seeds from more than 100 common vegetables, annuals, perennials, herbs, and wildflowers, then dry and store them for maximum viability. You'll also learn how to start seeds indoors to get a jump start on the season, and to prepare your soil beds for planting.</p>

Title	Author	Comments
		
<p>Shelters, Shacks and Shanties and How To Build Them</p> 	<p>D.C Beard forward by Noel Perris</p>	<p>Shelters, Shacks and Shanties, Second Edition presents lively, step-by-step tutelage on building all types of temporary and long-term accommodations from both natural and man-made materials. Originally published in 1914, this practical classic is as essential a guide for today's modern homesteader as it was at the turn of the 20th century. Originally published in 1914, this handbook is still as essential for the modern builder as it was for the homesteader of the last century. This guide contains step-by-step instructions for building "worry-free" shelters, including special settings such as a sod house, a tree house, an "over-water" camp, a bog ken, and much more. The passionate builder will find illustrated instructions for comforts such as hearths and chimneys, notched log ladders, and even how to rig the front door with a secret lock. Included are instructions for dozens of worry-free shelters for you to choose from, including a sod house for the lawn, a treetop house, over-water camps, a bog ken and much more. Satisfying the builder's need for the creature comforts of home, it also provides tips on how to build hearths and chimneys, notched log ladders, and even how to rig a front door with a secret look. Illustrated throughout with a bounty of helpful line drawings, Shelters, Shacks and Shanties, Second Edition harkens back to the can-do spirit of the American frontier that still thrives today. 11.96</p>
<p>Street Smarts, Firearms, And Personal Security: Jim Grover's Guide To Staying Alive And Avoiding Crime In The Real World</p>	<p>Kevin Steele (Foreword), Jim Grover (Author)</p>	<p>Jim Grover's professional credentials in the art of crime avoidance and self-defense are as good as it gets: on-site security specialist in the world's hottest of hot spots, combatives instructor to ultrahigh-speed military and police units and hands-on security trainer to international corporations, among other sensitive assignments. Here is a compilation of the best of his wildly popular "Personal Security" columns in Guns &amp; Ammo magazine. It covers the entire spectrum of personal security issues, with street-savvy ideas and twists you will find nowhere else. Learn how to vastly improve the physical security of your home; develop alert street smarts; stay safe while traveling in your vehicle, out of town or abroad; recognize and avoid crimes of the new millennium; keep your children safe; choose and use effective nonlethal weapons; engage in nasty unarmed combat; and utilize radically practical shooting skills that have been perfected in real-life situations. From spotting trouble before it happens to surviving a riot to handling a firearm like a pro, this book has it all!</p>

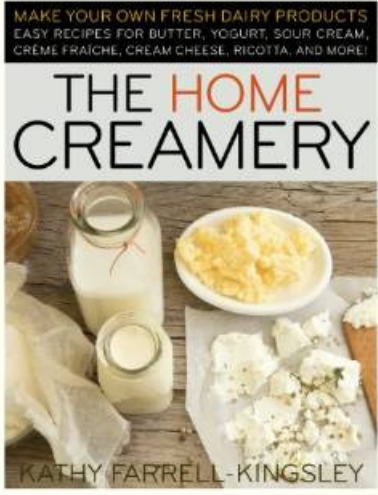
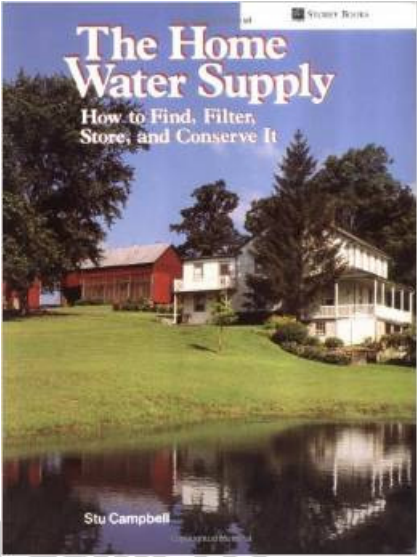
Title	Author	Comments
		
<p>Survival Wisdom &amp; Know-How</p> 	<p>The Editors of Stackpole Books</p>	<p>A jam-packed and large-scale guide, Survival Wisdom &amp; Know-How offers information on every aspect of outdoor life and adventure. Survival Wisdom &amp; Know-How provides the most complete, all-in-one volume on every aspect of outdoor adventure and survival ever, from orienteering to campfire cooking to ice climbing and beyond. Culled from dozens of respected books from Stackpole Books, the industry's leader in outdoor adventure, this massive collection of wilderness know-how leaves absolutely nothing to chance when it comes to surviving and thriving in the wilderness-and appreciating every minute of it.</p> <p>Topics include:</p> <ul style="list-style-type: none"> <li>• Building outdoor shelter, winter camping and surviving in the desert</li> <li>• Tracking animals, hunting and trapping</li> <li>• Identifying edible plants and berries</li> <li>• Tying knots, orienteering and reading the weather</li> <li>• Wild animals and bird watching</li> <li>• Fishing and ice fishing</li> <li>• Canoeing, kayaking and white-water rafting</li> <li>• First aid</li> <li>• Cookery</li> <li>• And much more!</li> </ul> <p>Useful illustrations and photos throughout make this guide easy to browse and use. With contributions by the experts at the National Outdoor Leadership School (NOLS) as well as the editors of Stackpole's Discover Nature series, Survival Wisdom &amp; Know-How is the definitive, must-have reference for the great outdoors.</p> <p>15.96</p>
<p>The "Have-More" Plan</p>	<p>Ed and Carolyn Robinson</p>	<p>"A Little Land - A Lot of Living" How to Make a Small Cash Income Into the Best and Happiest Living a Family Could Want by Ed and Carolyn Robinson One of Jackie Clay's reference books! This 1943 back-to-the-land classic explains how to find land, build a homestead, grow fruits and vegetables, raise livestock, build farm structures, and more.</p> <p>This 60-year-old back-to-the-land homesteading classic introduces you to the basics of finding land; building a homestead; growing vegetables, fruits, and herbs; raising livestock, fish, and honey bees; building farm structures; harvesting your own firewood; and much more.</p>

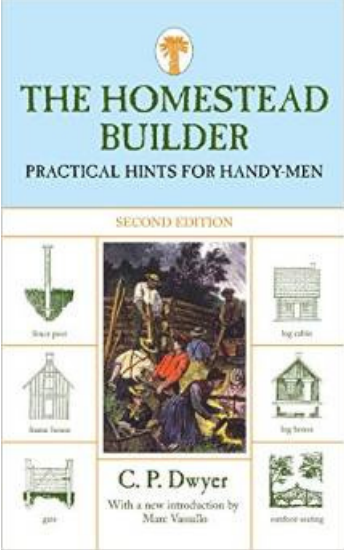
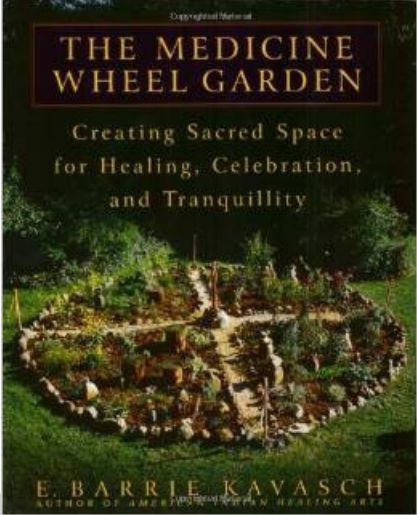
Title	Author	Comments
		
<p>The American Red Cross First Aid and Safety Handbook</p> 	<p>American Red Cross, Kathleen A. Handal</p>	<p>Published in 1992 it covers the first moments after an injury occurs are the most critical. This authoritative guidebook, based on course materials used by Red Cross chapters across the United States, shows you how to handle every type of first aid emergency.</p>
<p>The Backyard Lumberjack, The Ultimate Guide to Felling, Bucking, Splitting &amp; Stacking</p>	<p>Frank Philbrick &amp; Stephen Philbrick</p>	<p>The first must-have complete wood-cutting reference. On subjects from choosing the perfect chainsaw to safely felling, bucking, splitting, and stacking woods, the authors share their enthusiasm for the pleasures and rigors of bringing down trees.</p>

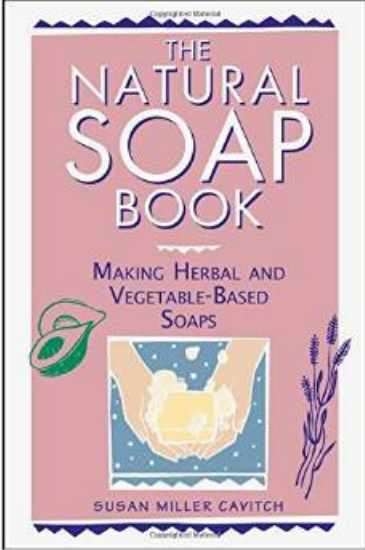
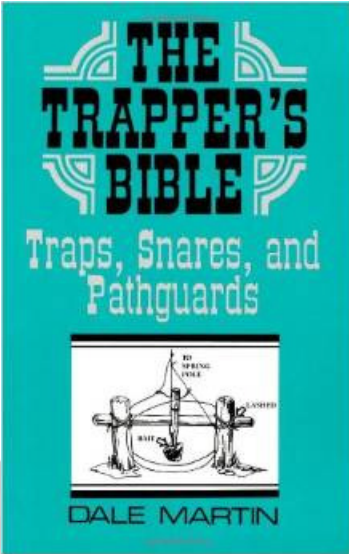
Title	Author	Comments
		
<p>The Book of Honey</p> 	<p>Claude Francis &amp; Fernande Gontier</p>	<p>Over 200 sugar free recipes and more, including using honey, molasses and syrups as substitutes for sugar.                      Publisher: Robert Hale Ltd (April 3, 1981) ISBN-10: 0709186479 ISBN-13: 978-0709186472</p>
<p>The Complete Book of Butchering, Smoking, Curing, and Sausages, How to Harvest Your Livestock &amp; Wild Game</p>	<p>Philip Hasheider</p>	<p>This is a must-have book for all hunters and small-scale farmers who plan to process meat of any kind. Everything you need to know about how to dress and preserve meat is right here, from slaughtering to processing to methods of preservation. Detailed step-by-step instructions and illustrations guide you through the entire process.</p>

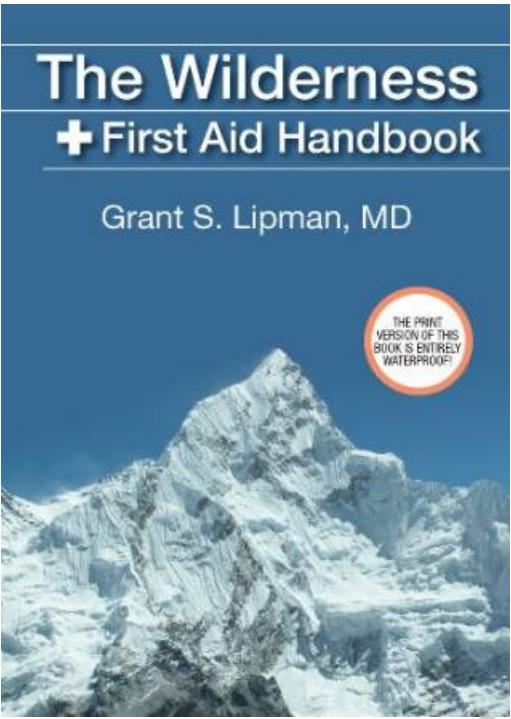
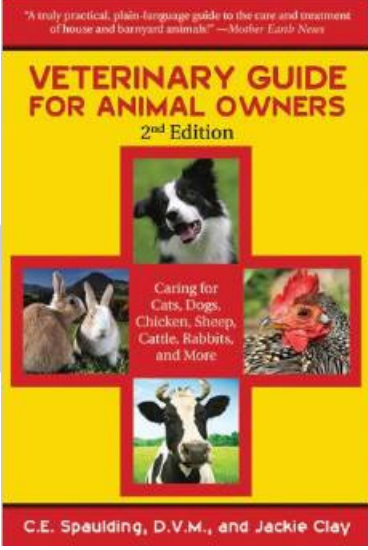
Title	Author	Comments
		
<p>The Great Outdoors Games &amp; Puzzles (For Kids)</p> 	<p>Helene Hovanec and Patrick Merrell</p>	<p>Bring the Outdoors Inside with 100 Mazes, Word Games, Picture Puzzles, Jokes &amp; Riddles, Brainteasers, and Fun-packed Activities for Kids by Helene Hovanec and Patrick Merrell A fun variety of activities stimulates children's imaginations and puzzle-solving skills. Connect-the-dots pictures, mazes, word searches, sudokus, and many more puzzles keep kids busy for hours. (I also have several decks of cards, specialty card games like Uno and Skip-Bo, as well as non-electric board games stashed and cached around and about.)</p>
<p>The Home Creamery, Make Your Own Fresh Dairy Products</p>	<p>Kathy Farrell-Kingsley</p>	<p>Easy Recipes for Butter, Yogurt, Sour Cream, Creme Fraiche, Cream Cheese, Ricotta, and More! by Kathy Farrell-Kingsley Butter, yogurt, ricotta, and other fresh dairy products have been made in kitchens around the world for centuries. They are not difficult to make, require no complicated aging techniques, and offer the home cook a wonderful range of tart, sweet, nutty, silky, and creamy textures and flavors. With the growing availability of local organic milk, now is the perfect time to bring fresh dairy products back to the home kitchen.</p>

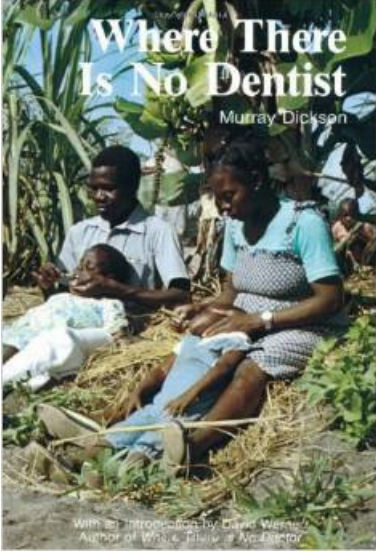
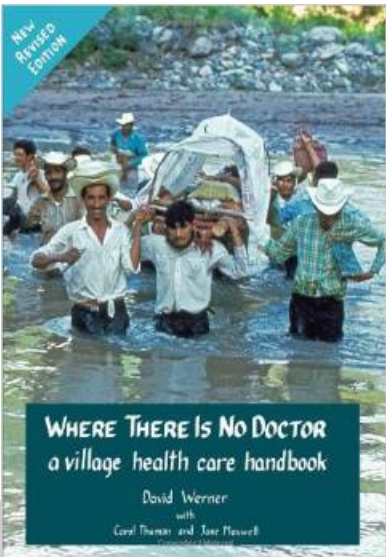


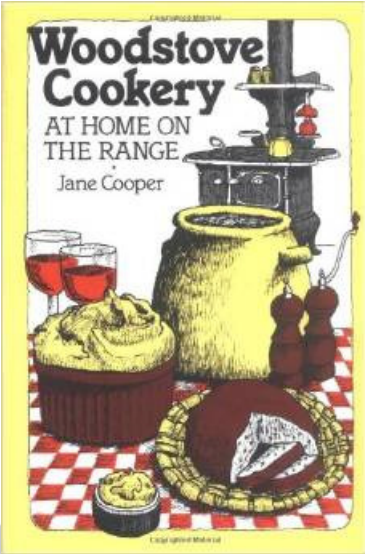
Title	Author	Comments
		
<p>The Home Water Supply</p> 	<p>Stu Campbell</p>	<p>If you live in the country or suburbs, you've had water problems. Not enough water? Too much? Tastes terrible? The pump quits? The water's contaminated? No matter what, this book offers down-to-earth solutions in language understandable to all of us who aren't plumbers.</p>
<p>The Homestead Builder: Practical Hints for Handy-Men</p>	<p>Charles P. Dwyer</p>	<p>Originally published in 1872, this practical classic is filled with handy advice, plans and precise instructions on the best ways to plan and construct dwellings in any location, using wood, earth, and gravel. Includes instructions on erecting log cabins, slab houses, farm houses, as well as outdoor ovens, cellars, fences, gates, gardens and furniture.</p>

Title	Author	Comments
		
<p>The Medicine Wheel Garden</p> 	<p>E. Barrie Kavasch</p>	<p>Creating sacred space for healing, celebration and tranquillity. Covers full range of North American Native Medicine Wheels.</p>
<p>The Natural Soap Book, Making Herbal and Vegetable-Based Soaps</p>	<p>Susan Miller Cavitch</p>	<p>The definitive resource for making vegetable-based soaps from scratch.</p>

Title	Author	Comments
		
<p data-bbox="110 764 570 831">The Trapper's Bible, Traps, Snares, and Pathguards</p> 	<p data-bbox="651 764 781 791">Dale Martin</p>	<p data-bbox="870 764 1544 915">The traps, snares and pathguards detailed in this book can be constructed out of the most basic materials, keeping your expenses down and your net profits up. Throughout the text there are detailed diagrams including close-ups and labels for all trap settings. There are instructions on pest snares, large animal snares and transplant traps, plus camp alarms that alert you to intruders and deadly pathguards that could save your life.</p>

Title	Author	Comments
<p>The Wilderness First Aid Handbook</p> 	<p>Grant Lipman MD</p>	<p>The Wilderness First Aid Handbook is a handy, quick-reference guide easily accessible with basic wilderness first aid knowledge, but it does not require advanced degrees or experience with medicine and prehospital care. Recognizing that certain knowledge and procedures are outside the scope of a layperson's training, Dr. Grant Lipman limits the use of technical terms and advanced techniques that may be unfamiliar to some readers or beyond their comfort zone. This system-based, easy-to-follow guide assists the first aid provider when encountering most wilderness emergencies, from cold and heat concerns and blister treatments to high-altitude illness and lightning injury prevention-and much more. Typically the most challenging decision in the wilderness environment is when to evacuate a sick or potentially sick person, and as such, each section has detailed decision-making steps to inform you of when to be concerned and when to get out. This guidance is based upon the recent evidence-based consensus statement published by the Wilderness Medical Society on the scope of practice of wilderness first aid. Filled with original, full-color artwork illustrating the techniques and procedures described and with internal-spiral binding and waterproof pages handy for travel into extreme environments, The Wilderness First Aid Handbook is a must-have for every back pocket or backpack. 11.96</p>
<p>Veterinary Guide for Animal Owners, Caring for Cats, Dogs, Chicken, Sheep, Cattle, Rabbits, and More</p> 	<p>C. E. Spaulding DMV and Jackie Clay</p>	<p>Caring for Cats, Dogs, Chicken, Sheep, Cattle, Rabbits, and More (Second Edition) Jackie Clay revised and updated this classic on veterinary care. Included are ways to diagnose and treat diseases and injuries in livestock and pets. This book helps you to know when to treat your animals or what to check before you call the vet.</p>
<p>Where There Is No Dentist</p>	<p>Hesperian Health Guides</p>	<p>This basic dental manual uses clear language and step-by-step instructions to discuss preventive care of teeth and gums, diagnosis and treatment of common dental problems, and oral health and HIV.</p>

Title	Author	Comments
		
<p data-bbox="110 764 423 793"><b>Where There Is No Doctor</b></p> 	<p data-bbox="641 764 834 827">Hesperian Health Guides</p>	<p data-bbox="868 764 1539 863">The most widely-used health care manual for health workers, educators, and others involved in primary health care and health promotion around the world. Current edition includes updated information on malaria, HIV, and more.</p>
<p data-bbox="110 1367 591 1396"><b>Wild Animals of North America (for kids)</b></p>	<p data-bbox="641 1367 764 1396">Karl Meyer</p>	<p data-bbox="868 1367 1555 1493">A Poster Book North America's most majestic animals are captured in 30 breathtaking images that emphasize their wild natures. The back of each poster features a map indicating the animal's habitat, interesting historical facts and lore, and a description of how the animal survives.</p>

Title	Author	Comments
 <p><b>Wild Animals of North America</b> A POSTER BOOK 30 Full-Color Posters</p>		
 <p><b>Woodstove Cookery</b> AT HOME ON THE RANGE Jane Cooper</p>	Jane Cooper	<p>Want to save money, and believe that a stove should do more than cook food? Learn how to buy a stove, set it up, fuel it for various uses, keep it clean and in peak operating condition. Dozens of recipes—bread that tastes as good as it smells, stews that gain goodness in hours on the back of the stove, roasting meats</p>



My homestead library is much more extensive and has been accumulated over 50+ years. In fact there is one room, filled with rolling shelves dubbed “**The Library**”, just for all my reference books on self-reliance, farming and construction methods, preparedness, wilderness survival, gardening, animals/pets/livestock, medical/dental, defense/safety/security, communications, energy, fuels,



- What goods, knowledge and skills are required to accomplish the self-reliance you are striving for? How much do you already have and how much more is needed to acquire and or learn?

Once these questions have been answered then you will know which books to purchase. Often you will find a 1 year subscription to a particular magazine or two will provide the initial resources you desire and will help you determine which book(s) would be best for your hardcopy library.

Some books can be found in digital format (PDF) online, just remember that to be self-reliant means that your primary sources of knowledge should be hardcopy and NOT digital. Digital in files or on a "Kindle" can be backup resource sources, just not your primary. So print any digital "books" and then label and file in a binder. (You can reduce paper and binder space by printing duplex).



### Preparedness:

- What kind of crisis preparedness? Natural, human-made, spiritual, personal?
- What is the scope of involvement (number of people and size of the area affected)? Personal/Family, neighborhood, community, county, city, state, region, national, multi-national?
- Projected duration? Several hours to 3 days? 4-7 days? 8-14 days? 2 weeks to 3 months? 3 months to 1 year? More than 1 year?
- What goods, knowledge and skills are required to survive these crises and their projected scope of involvement and duration? How much do you already have? How much must you accumulate and learn?
- Can you shelter in place or must you go to another location (retreat)?
- How will you either get home (to shelter in place) or get to your other retreat after the crisis hits, particularly if the crisis takes out the usual modes of transportation and routes of transportation?

These are the most important questions to consider before you proceed to spend any time, effort or money on preparedness. Then you can determine which kind of planning, goods, knowledge and skills you have and may need.

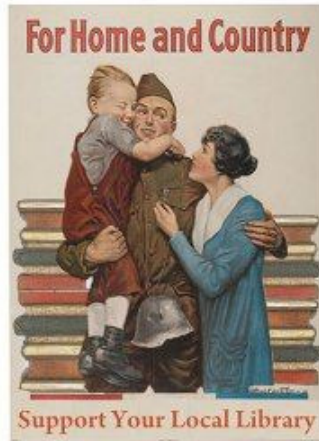


Those of you that have followed me for some time realize that I am a big fan of the **Needs Based Preparedness Plan** vs the *Crisis Based Preparedness Plan*. You can find free downloadable information on creating a needs based preparedness plan @ [http://formermurbandhomesteader.weebly.com/uploads/2/2/5/0/22509786/building\\_a\\_needs\\_based\\_preparedness\\_plan\\_vs\\_a\\_crisis\\_based\\_plan\\_complete.pdf](http://formermurbandhomesteader.weebly.com/uploads/2/2/5/0/22509786/building_a_needs_based_preparedness_plan_vs_a_crisis_based_plan_complete.pdf)



For downloads on all kinds of things check out my online library @ <http://formerlynmurbanhomesteader.weebly.com/downloads.html>

If you would rather implement a crisis based preparedness plan you will find many great sites on the internet that provide info for free. A book on preparedness is going to vary on the crisis at hand and most states and local municipalities have their own book/booklets that you can purchase for a lot less, and they will contain all the important contact information for your area. So consider that before ordering a book.



Also check out what is available at your local library before purchasing.

**When in doubt, check it out!**



If you are still undecided on which books you think you need, see a couple of issues to CountrySide, The Backwoodsman, Backwoods Home and older issues of Mother Earth's News magazines or scan the list below of some of the books from my main "library" that I reference the most often:

Title	Author	Comments
<b>200 Easy Homemade Cheese Recipes</b> From Cheddar and Brie to Butter and Yogurt	Debra Amrein-Boyes	Homemade cheeses easily surpass commercially made cheese. Home cheese-making supplies and equipment are now easy to find; the only other requirement is a kitchen. This book describes all cheese types, ripening and aging techniques, and the kinds of milk and other components needed.

**Personal Library Considerations - continued**

Title	Author	Comments
<b>31 Days to Survival: A Complete Plan for Emergency Preparedness</b>	M.D. Creekmore	<p>M.D. Creekmore, editor/owner of TheSurvivalistBlog.net wrote this one. People are born with the innate desire to survive, but sadly, many in our increasingly dependent society look to others for relief and assistance following a disaster. The fact is that help from government, family, or neighbors is often unavailable when needed most, and in the end you may have only yourself to count on. Do you know what to do and how to do it if disaster strikes?</p> <p>If not, 31 Days to Survival by M. D. Creekmore (author of Dirt-Cheap Survival Retreat ) will help you prepare to survive both short- and long-term disasters. Each day contains a specific task for you to do. This daily, step-by-step approach is designed not only to teach you practical survival skills, but also to ensure that you complete the vital tasks by the end of 31-day period, thus increasing your survival skills and your readiness to survive a long-term disaster. By the end of the 31 days you will have:</p> <ul style="list-style-type: none"> <li>Built a rotating canned food shelf and filled your pantry with nutritious, durable food</li> <li>Accumulated the right firearms for foraging and defense</li> <li>Assembled emergency first-aid and dental kits</li> <li>Made a homemade water filter</li> <li>Put together a functional 72-hour kit and an everyday carry kit</li> <li>Constructed and used traps for small game and fish</li> <li>Collected tools and seeds for your survival garden</li> <li>Made like-minded friends</li> <li>And much more . . .</li> </ul> <p>Are you willing to invest a month of your time for survival skills and knowledge that will last a lifetime? If the answer is yes, what are you waiting for?</p>
<b>A Book for Midwives</b>	Hesperian Health Guides	A vital resource for practicing midwives and midwifery training programs around the world, this book covers the essentials of care before, during, and after birth. Updated to reflect new WHO/UNICEF guidelines for mothers and newborns.
<b>A Community Guide to Environmental Health</b>	Hesperian Health Guides	This guide contains information, activities, stories, and instructions for simple technologies that help health promoters, environmental activists, and community leaders take charge of their environmental health. It is also great for the larger secondary retreat preparedness groups.
<b>Acquiring New Id: How to Easily Use the Latest Computer Technology to Drop Out, Start Over, and Get on With Your Life</b>	Ragnar Benson	Forget about using the old "dead-baby's birth-certificate" ruse to get new ID. Everyone's on to that trick. What you need is the know-how to make your own documents on a home computer. And by following the simple instructions in here, you can. (1996)
<b>Advanced Wilderness Life Support</b>	Richard Ingebretsen MD	<p>You already know how to care for patients in an urban environment, now learn the skills to care for them when resources are few and far between. Since its development in 1997 at the University of Utah School of Medicine, the Advanced Wilderness Life Support (AWLS) curriculum has been recognized as the standard in wilderness medical education for licensed medical professionals. Today, as a collaborative effort between the University of Utah School of Medicine, the United States Army, and the Wilderness Medical Society, the curriculum continues to lead the field in providing students with the most current wilderness medical treatment guidelines available. This textbook reflects that body of expertise, providing medical professionals with a clear, concise resource in the treatment of common wilderness medical emergencies. This text has you covered from the first response to complete treatment of medical conditions. And since the text is written in a concise and information-packed 265 pages, it can actually make it out of the house with you on your next adventure. With a quality, true binding this text is sure to stand up to the rigors of an outdoor enthusiast's life. • Chapters include patient assessment, wound management, musculoskeletal injuries, altitude medicine, avalanche survival, heat induced injuries, cold induced injuries, lightning, submersion, medical problems, dentistry, dermatology, eye injuries &amp; disorders, animal bites and stings, infectious disease, wilderness medical kits, water disinfection and hydration, diving medicine, and an appendix covering wilderness medical-legal concerns. • The brand new 7th edition for 2011 contains many leading-edge updates and represents the latest improvements in primary assessment, medical treatment and dosing, as well as practical skills.</p>
<b>Affordable Security: A Do-It-Yourself Guide to Protecting Your Home, Business, and Automobile</b>	Steven Hampton	Identify the holes in your security and get practical solutions, from simple but little-known tricks of the trade for securing doors, windows, yards and more to effective lighting solutions to the ins and outs of alarm systems and motion detectors. You can't afford not to get this eye-opening book.
<b>All New Square Foot Gardening: The Revolutionary Way to Grow More In Less Space</b>	Mel Bartholomew	Gardening book that helps grow more plants in less square footage.

Title	Author	Comments
<b>Back to Basics: A Complete Guide to Traditional Skills, Third Edition</b>	Reader's Digest Abigail R. Gehring (Editor)	How-to's on shelter, alternative energy sources, growing and preserving food etc. Anyone who wants to learn basic living skills—the kind employed by our forefathers—and adapt them for a better life in the twenty-first century need look no further than this eminently useful, full-color guide. Countless readers have turned to Back to Basics for inspiration and instruction, escaping to an era before power saws and fast food restaurants and rediscovering the pleasures and challenges of a healthier, greener, and more self-sufficient lifestyle. Now newly updated, the hundreds of projects, step-by-step sequences, photographs, charts, and illustrations in Back to Basics will help you dye your own wool with plant pigments, graft trees, raise chickens, craft a hutch table with hand tools, and make treats such as blueberry peach jam and cheddar cheese. The truly ambitious will find instructions on how to build a log cabin or an adobe brick homestead. More than just practical advice, this is also a book for dreamers—even if you live in a city apartment you will find your imagination sparked, and there's no reason why you can't, for example, make a loom and weave a rag rug. Complete with tips for old-fashioned fun (square dancing calls, homemade toys, and kayaking tips), this may be the most thorough book on voluntary simplicity available. 2,000 color photos and 200 black-and-white illustrations.
<b>Back To Eden</b>	Jethro Kloss	First written by Jethro (the father of health food stores) in 1939 and revised in 2005 so there is now a cross reference between the names illnesses then with now...
<b>Backcountry First Aid And Extended Care, 2nd Edition</b>	Buck Tilton	\$3.99 Item Number: #ICS-2-99-8 Price: \$3.99 Supplier:ICS Books Small enough to take in the field, fitting in any pocket, it addresses the patient's general condition by performing a secondary survey. An inexpensive way to save someone's life.
<b>Ball Blue Book Guide to Preserving</b>	Altrista Consumr Products	This is the 100th Anniversary Edition. The contents include: Just One Step Beyond Cooking; Fruits, Juices and Tomatoes; Jams, Jellies and Fruit Spread; Chutneys, Pickles and Relishes; Meats, Seafood and Vegetables; Low Sugar and Low Salt Recipes; Sweet and Savory Condiments, Gourmet Spreads and Salsas; Spreads, Meats, Vegetables and Prepared Foods; Fruit Leathers, Jerky and Rubs; From Harvest to Preserving.
<b>Ball Complete Book of Home Preserving</b>	Judi Kingry	From the experts, the new bible in home preserving. Ball Home Canning Products are the gold standard in home preserving supplies, the trademark jars on display in stores every summer from coast to coast. Now the experts at Ball have written a book destined to become the "bible" of home preserving. As nutrition and food quality has become more important, home canning and preserving has increased in popularity for the benefits it offers: Cooks gain control of the ingredients, including organic fruits and vegetables Preserving foods at their freshest point locks in nutrition The final product is free of chemical additives and preservatives Store-bought brands cannot match the wonderful flavor of homemade Only a few hours are needed to put up a batch of jam or relish Home preserves make a great personal gift any time of year These 400 innovative and enticing recipes include everything from salsas and savory sauces to pickling, chutneys, relishes and of course, jams, jellies, and fruit spreads, such as: Mango-Raspberry Jam, Damson Plum Jam Crab Apple Jelly, Green Pepper Jelly Spiced Red Cabbage, Pickled Asparagus Roasted Red Pepper Spread, Tomatillo Salsa Brandied Apple Rings, Apricot-Date Chutney The book includes comprehensive directions on safe canning and preserving methods plus lists of required equipment and utensils. Specific instructions for first-timers and handy tips for the experienced make the Ball Complete Book of Home Preserving a valuable addition to any kitchen library.
<b>Ball Complete Book of Home Preserving</b>	Edited by Judi Kingry & Lauren Devine	400 Delicious And Creative Recipes for Today Ball Home Canning Products are the gold standard in home preserving supplies. Now the experts at Ball have written a book destined to become the "bible" of home preserving. From long-time preservers to beginners, this book would be a valuable addition to any kitchen library.
<b>Barnyard in Your Backyard: A Beginner's Guide to Raising Chickens, Ducks, Geese, Rabbits, Goats, Sheep, and Cows</b>	Gail Damerow	A primer on easy-to-raise and companionable farm animals that will provide a good return for the novice farmer.

Title	Author	Comments
<b>Basic &amp; Primitive Navigation: A Waterproof Folding Guide to Wilderness Skills &amp; Techniques</b> (Folded Map/pamphlet)	Dave Canterbury (Author), J.M. (Jill) Kavanagh (Editor)	(Pathfinder Outdoor Survival Guide Series) Education is a critical part of safety - and not getting lost, or knowing how to get found if you do, is one of the most important lessons. Simple techniques to navigate out of dangerous situations are the focus of this handy waterproof reference guide, along with basic compass use and travelling by simple bearings. Contents also cover navigation skills around obstacles, pacing beads, aiming off, and dead reckoning. Developed by noted survival expert and woodsman Dave Canterbury, this is one of a 10-part series on survival skills. Made in the USA.
<b>Basic Butchering of Livestock &amp; Game</b>	John Mettler Jr., D.V.M.	For anyone who hunts, farms, or buys large quantities of meat, this book is filled with information on the nearly-lost skill of butchering. Easy enough for amateurs, but detailed for experienced livestock producers, it takes the mystery out of slaughtering and butchering. 30 recipes.
Basic Essentials Of Alpine Skiing	Carol Poster	\$5.99
Basic Essentials Of <b>Avalanche Safety</b>	Buck Tilton	\$5.99
Basic Essentials Of <b>Backpacking</b>	Harry Roberts	\$5.99
Basic Essentials Of Bicycle Touring	Mike Nicoson	\$5.99
Basic Essentials Of <b>Camping</b>	Cliff Jacobson	\$5.99
Basic Essentials Of <b>Canoe Paddling</b>	Harry Roberts	\$5.99
Basic Essentials Of <b>Canoe Poling</b>	Harry Rock	\$5.99
Basic Essentials Of <b>Canoeing</b>	Cliff Jacobson	\$5.99
Basic Essentials Of Climbing Ice	John McMullen	\$5.99
Basic Essentials Of <b>Cooking Outdoors</b>	Cliff Jacobson	\$5.99
Basic Essentials Of <b>Cross-Country Skiing</b>	John Moynier	\$5.99
Basic Essentials Of <b>Edible Wild Plants</b>	Jim Meuninck	\$5.99
Basic Essentials Of <b>First Aid For The Outdoors</b>	William W. Forgey, M.D.	\$5.99
Basic Essentials Of <b>Hypothermia</b>	William W. Forgey, M.D.	\$5.99
Basic Essentials Of Kayaking Whitewater	Bill Kallner With Donna Jackson	\$5.99
<b>Basic Essentials Of Knots</b>	Cliff Jacobson	\$5.99
<b>Basic Essentials Of Map And Compass</b>	Cliff Jacobson	\$5.99
Basic Essentials of <b>Minimizing Impact on the Wilderness</b>	Michael Hodgson	This guide will teach you how to distinguish between universal considerations and special rules of minimum impact camping, discover acceptable fire making principles, understand the consequences of wilderness use, and more. Item Number: 0934802785 ISBN: 0-934802-78-5
Basic Essentials Of <b>Minimizing Impact On The Wilderness</b>		\$5.99 If you want to travel through the woods, etc and NOT get tracked - this will get you started. Any hiking "Leave No Trace" will get you started.
Basic Essentials Of Mountain Biking	Mike Strassman	\$5.99
Basic Essentials Of <b>Mountaineering</b>	John Moynier	\$5.99
Basic Essentials Of Photography Outdoors	Mike Wyatt	\$5.99
Basic Essentials Of <b>Rafting</b>	Jib Ellison	\$5.99
Basic Essentials of <b>Rescue From the Backcountry</b>	Buck Tilton	This guide will teach you to assess the situation carefully, assume responsibility for your own evacuation when absolutely necessary, discover unusual techniques for evacuating litter victims, and much more. Item Number: 0934802696 ISBN: 0-934802-69-6
Basic Essentials Of <b>Rock Climbing</b>	Mike Strassman	\$5.99
Basic Essentials Of <b>Sea Kayaking</b>	Mike Wyatt	\$5.99
Basic Essentials Of Snowboarding	John McMullen	\$5.99

Title	Author	Comments
Basic Essentials Of <b>Trailside Shelters</b>	Cliff Jacobson	\$5.99
Basic Essentials Of Women In The Outdoors	Judith Niemi	\$5.99
Black Bear Reflections	Ken L. Jenkins	Retelling of an “expert” wilderness hiker’s experiences. \$11.95
<b>Blacksmithing Basics for the Homestead</b>	Joe DeLaRonde	Through detailed but easy-to-understand instructions, illustrations, and photographs, author DeLaRonde teaches the basic skills of forging. Here is all of the information you need to create artistic yet functional iron hardware and accoutrements for your home or camp
<b>Breath of the Dragon: Homebuilt Flamethrowers</b>	Ragnar Benson	(1990) Do you have a weapon in your arsenal that will hold off tanks or a small army of hostile people? What you need is a flamethrower. They're cheap; easy to build and maintain; and use common, inexpensive fuel. A recipe for napalm is included. One whiff of the dragon"s breath will put attackers at your mercy.
<b>Brewing Made Easy From the First Batch to Creating Recipes</b>	Joe Fisher & Dennis Fisher	Whether you’ve never brewed before or you just want a simpler approach, the authors of Brewing Made Easy say: “Let’s skip all that beer-making theory and make some beer!” From brewing your first batch to creating new recipes—all the information you need to have is here in this step-by-step illustrated guide.
<b>Building a Log Cabin Retreat</b>	Michael Mulligan	If you've ever dreamed of building a rustic log cabin to use as a weekend hideaway, hunting lodge or even an emergency retreat, this book tells you how to make it a reality. This step-by-step guide is chock-full of tips and advice culled from author Michael Mulligan's decades of experience. Specializing in do-it-yourself projects that use improvised materials and avoid bureaucratic hassles, Mulligan first shares invaluable insight on finding your land and negotiating the shark-filled waters of real estate deals. Then, in straightforward terms that even a novice can follow easily, he walks you through the construction process, from selecting and preparing the logs to erecting and chinking the walls to building the roof and finishing the interior. He also includes a chapter on dispensing with public utilities in meeting your water, sewage, heating, cooking, lighting, power and refrigeration needs. Finally, for those who wish to tackle a scaled-up version of Mulligan's basic design, he presents the formulas necessary for calculating the parameters and selecting the proper material. 12.00
<b>Building a Straw Bale House: The Red Feather Construction Handbook</b>	Nathaniel Corum, Jane Goodall (Foreword)	"This book is a timely and important tool for the empowerment of communities facing housing deficits. The Red Feather project is extremely important; it is truly making a difference."—Jane Goodall For more than a decade the Red Feather Development Group, a volunteer-based organization, has built and repaired straw bale houses for Native Americans. Somewhere along the way—and this was certainly not the plan—they created an architectural phenomenon: This inexpensive, environmentally sound, easily constructed, and downright beautiful form of building has, for good reason, caught the public's imagination. Here, Red Feather provides a step-by-step, easy-to-follow manual for would-be strawbale builders—indeed, they supply everything you'll need but time, energy, and lots and lots of straw. Informative sections on safety, design, tools, and materials, and case studies picked from over thirty-five Red Feather projects give a comprehensive overview to straw-bale building. But this book is much more than a construction manual. It is also the inspiring story of Red Feather itself, a tale of community action and cooperation that suggests a can-do solution to the growing housing crisis on America's Native American reservations.

Title	Author	Comments
<b>Building Green, New Edition: A Complete How-To Guide to Alternative Building Methods</b> Earth Plaster * Straw Bale * Cordwood * Cob * Living Roofs	Clarke Snell, Tim Callahan	The best-selling and highly regarded reference to sustainable construction gets an update! It's refreshed with a completely revised introduction, a bright new cover, and extensive online resource tie-ins. This groundbreaking book doesn't just tell you about "green" house-building techniques: it actually shows you, with more than 1,200 step-by-step photographs that follow the actual erection of an alternative building from site selection to final-touch interior details. Readers will get a clear sense of the real world challenges as Snell and Callahan create a lovely country cottage using four methods: straw bale, cob, cordwood, and modified stick-frame. Along with sidebars throughout, there's a thorough discussion of the fundamentals of building construction, alternative approaches, and designing a beautiful yet environmentally responsible home. Building Green was the first book of its kind—and it remains heads and shoulders above other titles in this field.
<b>Building Small Barns, Sheds &amp; Shelters</b>	Monte Burch	Extend your working, living and storage areas with low-cost outbuildings. Complete information on tools and materials; foundations and floors; framing, sheathing and roofing; windows and doors; wiring and plumbing; and finishing details. Specific plans for popular structures.
<b>Buildings of Earth and Straw: Structural Design for Rammed Earth and Straw Bale Architecture</b>	Bruce King, Ann Edminster (Editor)	Straw bale and rammed earth construction are enjoying a fantastic growth spurt in the United States and abroad. When interest turns to action, however, builders can encounter resistance from mainstream construction and lending communities unfamiliar with these materials. Buildings of Earth and Straw is written by structural engineer Bruce King, and provides technical data from an engineer's perspective. Information includes: special construction requirements of earth and straw; design capabilities and limitations of these materials; and most importantly, the documentation of testing that building officials often require.
Campfire Howlers	edited by John Long	\$11.99
Campfire Legends	edited by John Long	\$11.99
Campfire Stories...Things That Go Bump In The Night: book	William W. Forgey, M.D	\$12.99
Campfire Tales...Ghoulies, Ghosties And Long-Leggety	William W. Forgey, M.D.	\$11.99
Camping For Mere Mortals: It Ain't No Five Star Hotel	Michael Hodgson	\$6.99 *** this is funny as well as education ***
<b>Camping Healthy: Hygiene For The Outdoors</b>	Buck Tilton	\$9.95
<b>Camping Secrets</b>	Cliff Jacobson	\$11.99
<b>Camping's Forgotten Skills</b>	Cliff Jacobson	\$11.99
<b>Camping's Little Book of Wisdom</b>	David Scott	This book was written as a reminder to all campers how special the backcountry is and how better to enjoy and appreciate it and yourself. Item Number: 0934802963 ISBN: 0-934802-96-3 5.99
Campsite Memories	Cliff Jacobson	\$9.99
<b>Canoe Tripping With Children: Unique Advice To Keeping Kids Comfortable</b>	David & Judy Harrison	\$9.95
<b>Canoeing And Camping: Beyond The Basics</b>	Cliff Jacobson	\$11.99
Canoeing Wild Rivers; Expanded And Updated Edition	Cliff Jacobson	\$19.95
<b>Carrots Love Tomatoes</b>	Louise Riotte	Secrets of Companion Planting for a Successful Garden. Great resource!!

**Personal Library Considerations - continued**

Title	Author	Comments
<b>Cast Iron Cuisine</b> From Breakfast to Dessert	Matt & Linda Morehouse	You'll learn how to create everything and anything in a cast iron skillet and love it.
<b>Cherokee Herbal</b>	J.T. Garrett	Native plant medicine from the Four Directions
<b>Cold-Smoking &amp; Salt Curing Meat, Fish &amp; Game</b>	A.D. Livingston	Great how-to for homestead or trail. Includes construction plans for a smokehouse and fifty recipes for smoked delicacies. With this book, A. D. Livingston combines a lifetime of Southern culinary knowledge with his own love of authentic home smoking and curing techniques. He teaches how to prepare smoked and salted hams, fish, jerky, and game - adapting today's materials to yesterday's traditional methods. As the author writes, 'you can smoke a better fish than you can buy, and you can cure a better ham without the use of any chemicals except ordinary salt and good hardwood smoke.' This book shows you how, and includes complete instructions for: preparing salted, dried fish; preparing planked fish, or gravlax; building a modern walk-in smokehouse; constructing small-scale barbecue smokers; choosing woods and fuels for smoking; and salt-curing country ham and other meats, together with over 50 recipes such as Country Ham with Redeye Gravy, Canadian Bacon, Scandinavian Salt Fish, Venison Jerky, and many others.
<b>Compass &amp; Map Navigator- The Complete Guide to Staying Found</b>	Michael Hodgson	Why get lost?! Staying found should be simple, and it is with Compass & Map Navigator, the easiest to understand and most complete map and compass book on the market. Item Number: 0762704888 ISBN: 0-7627-0488-8
<b>Cookin' With Home Storage</b>	Peggy Layton & Vickie Tate	Vicki Tate and Peggy Layton reunite in this newly released version of the best book there is on cooking from home stored foods. These Mormon women have years of experience and expertise behind them, and in this excellent book they will show you how to incorporate your stored foods into your everyday life.
<b>Cooking The Dutch Oven Way:</b> Expanded 2nd Edition	Woody Woodruff	\$11.99
<b>Cooking The One Burner Way</b>	Melissa Gray And Buck Tilton	\$11.99
<b>Country Wisdom &amp; Know-How</b>		This 476-page book is a compendium of treasured knowledge from hundreds of small booklets published as "Country Wisdom Bulletins" in the 1970s. Whether you want to build a stone fence, make strawberry-rhubarb jam or plant an herb garden, this book will show you how. Recommended Product for Wiser Living by Mother Earth News: Today, more than ever before, our society is seeking ways to live more conscientiously. To help bring you the very best inspiration and information about greener, more sustainable lifestyles, MOTHER EARTH NEWS is recommending books and products to readers. For 40 years, MOTHER EARTH NEWS has been North America's "Original Guide to Living Wisely," creating books and magazines for people with a passion for self-reliance and a desire to live in harmony with nature. 15.16
<b>Crafts and Skills of the Native Americans</b>	David R. Montgomery	Tipis, Canoes, Jewelry, Clothing, Games, Moccasins, Arrows, Bows and more. Publisher: The Lyons Press; 1st edition (April 1, 2000) ISBN-10: 1585740705 ISBN-13: 978-1585740703 Native American Crafts and Skills is an excellent introduction to the study of Native American crafts and outdoor skills. This book not only describes the skills Native Americans have cultivated over hundreds of years, but explains in step-by-step detail - through over two hundred illustrations by the author himself - how to create all kinds of Native American handiwork. Begin with the process of tanning leather to create authentic Native American clothing - from elaborate war bonnets to several varieties of moccasins. Discover the basics of the Native American 'kitchen,' including utensils and cookery, as well as the many foods common to the Native American diet. Chapters on Native American games and musical instruments showcase a side of domestic Native American life rarely seen before, and a section on jewelry making will give you a head start on creating your own elaborate geometric beadwork designs. Annotated with a complete list of reference books and supply sources, this is an authentic and exciting book for people who want to share in the beauty and artistry of Native American history.

Title	Author	Comments
<b>Creating the Low-Budget Homestead</b>		<p>If you've ever thought about pursuing a self-sufficient lifestyle on your own rural homestead or survival retreat but feared you didn't have the money or skills to do it, you simply must read this book. It's a gold mine of practical steps and instructions to take you from dreaming about an off-grid, independent lifestyle to living one!</p> <p>There are hundreds of things to think about before planning and starting your new life, and this book will save you valuable time and money by steering you down productive paths and making you carefully consider others. Just some of the areas it covers include:</p> <ul style="list-style-type: none"> <li>• 4 rules for defining your goals for your homestead or retreat</li> <li>• Creative ways to find inexpensive rural property to buy</li> <li>• The essential tools, vehicles and skills you will need to succeed</li> <li>• 10 rules for a self-sufficient garden</li> <li>• Designing the off-grid home so it's warm in winter and cool in summer</li> <li>• Questions you must ask before investing in farm animals, livestock or even pets</li> <li>• 9 rules for getting along with your country neighbors</li> <li>• Tips for working smart, being realistic and avoiding burnout</li> </ul> <p>20.00</p>
<b>Critter Control: A Homeowner's Guide to Getting Rid of Rodents, Deer, Bears, Foxes, Skunks, Birds, Snakes, and Other Pests</b>	Larry Grupp	<p>The sprawl of suburbia, destruction of wildlife areas, overregulation of game animals, and reduced popularity of hunting and fishing have resulted in more people coming into direct contact with wild animals on a regular basis. In this invaluable do-it-yourself guide, veteran outdoorsman Larry Grupp gives readers a comprehensive toolbox of specific devices and strategies to deal safely, legally and effectively with more than 30 common North American pests, including deer, bears, raccoons, rabbits, beavers, porcupines, skunks, foxes, coyotes, rats, squirrels, bats, birds, fish and reptiles. Understanding these critters and how to best control them is the basis of this information-packed manual. You will learn when to be cautious, when to be accommodating and when and how to take direct action if the animals must be eradicated. The primary tools for dealing with unwanted creatures are fences, repellants, fumigators and traps. Grupp examines each solution and tells the reader how to most effectively and economically use them. He also provides a helpful table for using specific baits and lures to trap various varmints. City and country dwellers alike will find the answers they need to rid their homes and properties of destructive wildlife once and for all.</p> <p>28.00</p>
<b>David's Tool Kit: A Citizen's Guide to Taking Out Big Brother's Heavy Weapons</b>	Ragnar Benson	<p>Professional methods and techniques for information and intelligence gathering... now revealed for you to use. Now you can find out anything you want to know about anyone you want to know about Satisfy your need to know with these revealing professional manuals on investigation, crime and police sciences. What do you do when faced with the overwhelming firepower of ruthless authority? Fight back, that's what Ragnar Benson provides citizen defenders with the information they need to mount a successful campaign against overwhelming odds... and win Learn how to employ homemade explosives and detonators; build effective flame throwers; select accurate sniper rifles and scopes; generate smoke, and much more. Brief histories of armed resistance and tank warfare are included. This may be the most essential self-defense book ever written. (1996)</p>
<b>Desert Gardening</b>	George Brookbank	The complete guide for fruits and vegetables
<b>Do-It-Yourself Medicine: How to Find and Use the Most Effective Antibiotics, Painkillers, Anesthetics and Other Miracle Drugs... Without Costly Doctors' Prescriptions or Hospitals</b>	Ragnar Benson	Ragnar gives you precise instructions for securing and using the very latest drugs and supplies from animal health centers, foreign pharmacies, mail order suppliers, military dispensaries and other unusual sources.
<b>Don't Get Poisoned</b>	Buck Tilton	<p>Learn how to protect yourself from wilderness toxins. With this hand guide you'll learn how prevent, identify, and treat all types of wilderness poisons: bites and stings from venomous insects, reptiles, or arachnids; toxic inhalations from carbon monoxide or smoke; itchy skin rashes from poisonous plants; and the accidental ingestion of lethal flora.</p> <p>ICS Books</p>



Title	Author	Comments
<b>Eating on the Run</b>	Fred Demara	No survival pantry is complete without this book. Eating on the Run will equip you with a working knowledge of dozens of readily harvestable plants, grasses, nuts and berries that require little, if any, preparation. You will learn how to distinguish safe plants from toxic varieties, which parts of the plant are edible, and when and where you're likely to find abundant supplies each season. Plus, the author shares delicious ways to enjoy the plants while on the move. There are some 2,000 edible plants recorded, most of which are not cultivated as crops. Growing wild, these little-appreciated but healthful and palatable plants can feed you well in the wilderness at every time of the year, even in the dead of winter. 12.00
<b>Edible Wild Plants</b>	John Kallas	Already a huge success in previous editions, this must-have field guide now features a fresh new cover, as well as nearly 400 color photos and detailed information on more than 200 species of edible plants all across North America. With all the plants conveniently organized by season, enthusiasts will find it very simple to locate and identify their desired ingredients. Each entry includes images, plus facts on the plant's habitat, physical properties, harvesting, preparation, and poisonous look-alikes. The introduction contains tempting recipes and there's a quick-reference seasonal key for each plant. 15.96
<b>Emergency Dentistry Handbook: Providing Dental Care In Disaster Areas, Combat Zones, and Other Austere Environments</b>	Met Clark	Armed conflict, disaster relief, missionary work, backcountry travel, humanitarian aid—these all are situations where you may come into contact with someone experiencing dental pain under adverse conditions. Emergency Dentistry Handbook is a field guide to providing dental care in such challenging environments, where resources and trained personnel are scarce and you need to save a tooth, manage pain, and prevent the spread of infection. Paramedic Met Clark, who has devoted his professional career to the special challenges of providing medical care in remote and austere environments, shows you how to: recognize and manage dental trauma, inflammation, and infection perform simple procedures for examining and cleaning teeth, draining abscesses, splinting repaired teeth, extracting teeth, and more administer essential medications, including painkillers, antibiotics, topical anesthetics, and various forms of anesthesia identify dental emergencies that require evacuation to a higher level of care stock three levels of field dental kits The guidelines in this book are intended to provide emergency dental care in "forward" areas and help bridge the gap until definitive care can be given by a trained dental professional.
<b>Emergency Essentials: Tips for Preparedness</b>	Larry Barkdull (Compiler), Emergency Essentials (Corporate Author)	Emergency Essentials' Tips for Preparedness
<b>Emergency Food Storage &amp; Survival Handbook</b>	Peggy Layton	What if your life was disrupted by a natural disaster, food or water supply contamination, or any other type of emergency? Do you have the essentials for you and your family? Do you have a plan in the event that your power, telephone, water and food supply are cut off for an extended amount of time? What if there were no medical or pharmaceutical services available for days, weeks, or months? How prepared are you? With this guide by your side, you and your family will learn how to plan, purchase, and store a three-month supply of all the necessities—food, water, fuel, first-aid supplies, clothing, bedding, and more—simply and economically. In other words, this book may be a lifesaver. Inside you'll find 10 steps to an affordable food storage program plus how to: <ul style="list-style-type: none"> <li>• Prepare a home "grocery store" and "pharmacy"</li> <li>• Use what you store and store what you use</li> <li>• Store water safely and provide for sanitation needs</li> <li>• Create a first-aid kit, car kit, and 72-hour emergency kit for the whole family</li> <li>• And many more invaluable hints and tips</li> </ul>

Title	Author	Comments
<p><b>Emergency Sandbag Shelter and Eco-Village: Manual-How to Build Your Own with Superadobe/Earthbags</b></p>	<p>Nader Khalili (Author), Iliona Outram (Compiler)</p>	<p>Emergency Sandbag Shelter contains Over 700 photos &amp; illustrations and is a must-have manual for every home, as an emergency guide. Now for the first time this book is made available to people around the world by its inventor, award-winning architect Nader Khalili (1932-2008), whose specialty was skyscrapers and who dedicated his life to teaching others how to build shelter for humanity. This book, with over 700 photos and illustrations, shows how to use sandbags and barbed wire, the materials of war, for peaceful purposes as the new invention known as Superadobe or earth-bag, which can shelter millions of people around the globe as a temporary as well as permanent housing solution. This affordable, self-help, sustainable, and disaster resistant structural system is a spin off from Khalili's presentation to NASA for habitat on the moon and Mars, which successfully passed rigorous tests for strict California earthquake building codes. This book along with a small library of films and kits can guide anyone to learn and teach how to build a home or community. apx 35.00 Amazon 35.00</p>
<p><b>Fieldbook Boy Scouts of America</b></p>	<p>Boy Scouts of America</p>	<p>NOT to be confused with the BSA handbook.                      Publisher: Workman Pub Co (June 1978) ISBN-10: 0894800191 ISBN-13: 978-0894800191                      Ok sure you can get those SAS and other military books, however the BSA Fieldbook is geared to the novice and untrained person that may or may NOT be in 'prime' shape, so I value this book more than the others.</p>
<p><b>First Aid For Youths Book And Combo Kit</b></p>	<p>Buck Tilton M.S. &amp; Steve Griffin</p>	<p>Imagine for a moment that you're in a crowd of people who know that a little girl is in trouble... maybe dying. She needs your help and you don't know what to do . Now imagine that you're the one who can step in and take charge, and do what is necessary to keep that little girl as healthy as possible. This book won't tell you everything you need to know about first aid. It will tell you how to check a scene for safety, how to check out someone to find out what's wrong, how to take care of someone who isn't breathing, or someone who has a broken bone, or someone who is sick, or someone who has one of many other common problems. You can give aid. You can be the first to do it. And first aid can be provided by someone young, someone just like YOUth. \$16.99</p>
<p><b>Food Storage for Self-Sufficiency and Survival</b></p>	<p>Angela Paskett</p>	<p>With all the uncertainty in the world today, there is peace in preparing. In an emergency, you don't want to depend on a grocery store or government agency to feed your family. Storing food assures your family's self-sufficiency year-round and benefits your budget when you plan correctly.                      Food Storage for Self-Sufficiency and Survival is an in-depth, nuts-and-bolts guide to storing food that teaches you a variety of food storage methods you can customize to meet your family's unique circumstances, including family size, tastes, ages, health concerns, income and living conditions. This is not a generic manual on stocking dehydrated meals that have 10-year shelf lives. It's the guide to storing foods your family loves so you can eat well no matter what challenges life throws at you.                      Inside you'll find:</p> <ul style="list-style-type: none"> <li>• Food storage options for 72-hour emergency kits, short-term emergencies and long-term survival</li> <li>• Food storage planning methods that incorporate the foods and meals your family loves</li> <li>• Tips for how to maintain balance and variety in your food storage</li> <li>• Budget-friendly ways to purchase food for storage</li> <li>• Easy and practical ideas for cooking with food in storage so nothing expires or goes to waste</li> <li>• Organizational and storage methods for easy food store maintenance.</li> <li>• Water storage and purification methods</li> <li>• Canning, freezing and dehydrating methods to preserve food you produce at home</li> </ul> <p>Storing food gives you the freedom to stretch your income in tight-budget months, pack quick meals for short-notice trips, and create healthy meals without constantly going to the grocery store. Plus your stored food is available if you do experience an emergency power outage, natural disaster, long-term illness or job loss. Let this guide help you start building your self-sufficiency and food storage today.                      14.39</p>

Title	Author	Comments
<b>Four-Season Harvest</b>	Eliot Coleman, Barbara Damrosch	Organic vegetables from your home garden all year long Chelsea Green Pub ISBN 1890132276
<b>Fruits and Berries for the Home Garden</b>	Lewis Hill	With clarity, enthusiasm, and the authority gained from more than 45 years of growing fruits, nuts, and berries, Lewis Hill explains the how-tos of growing fruit in your backyard, and the joys this will bring you.
<b>Gardening When It Counts: Growing Food in Hard Times</b>	Steve Solomon	(Mother Earth News Wiser Living Series) The decline of cheap oil is inspiring increasing numbers of North Americans to achieve some measure of backyard food self-sufficiency. In hard times, the family can be greatly helped by growing a highly productive food garden, requiring little cash outlay or watering. Currently popular intensive vegetable gardening methods are largely inappropriate to this new circumstance. Crowded raised beds require high inputs of water, fertility and organic matter, and demand large amounts of human time and effort. But, except for labor, these inputs depend on the price of oil. Prior to the 1970s, North American home food growing used more land with less labor, with wider plant spacing, with less or no irrigation, and all done with sharp hand tools. But these sustainable systems have been largely forgotten. Gardening When It Counts helps readers rediscover traditional low-input gardening methods to produce healthy food. Designed for readers with no experience and applicable to most areas in the English-speaking world except the tropics and hot deserts, this book shows that any family with access to 3-5,000 sq. ft. of garden land can halve their food costs using a growing system requiring just the odd bucketful of household waste water, perhaps two hundred dollars worth of hand tools, and about the same amount spent on supplies — working an average of two hours a day during the growing season. Steve Solomon is a well-known west coast gardener and author of five previous books, including Growing Vegetables West of the Cascades which has appeared in five editions.
<b>Great Natural Breads Made Easy, Simple Ways to Make Healthful Bread</b>	Bernice Hunt	From the classic whole-grain loaf, to the versatile focaccia, to the humble bagel, this book tells you how to mix, knead, shape, and decorate nutritious, mouth-watering breads.
<b>Growing &amp; Using Herbs Successfully</b>	Betty E.M.Jacobs	With home-grown herbs come the promise of flavor, scent, healing, and beauty. Open your garden to the beauty of herbs and the rewards will be manifold. Herb growers and those who have always wanted to try it will find a wealth of encouragement and sound advice in this well illustrated book.
<b>Guerrilla Gunsmithing: Quick And Dirty Methods For Fixing Firearms In Desperate Times</b>	Ragnar Benson	There may come a time when government restrictions severely limit not only access to firearms but the tools and means to repair and maintain them, or you may someday find yourself in the boondocks with a busted weapon. That's where the guerrilla gunsmith comes in. Ragnar Benson has had experience fixing "junk" guns in some tough places around the world, and here he shares some innovative ways to patch up, cobble together and otherwise make operational everything from antique rifles still found in remote war zones to modern firearms suffering from appalling abuse. Drawing on lessons and stories from backwoods experts he's worked with under desperate conditions in Africa, the Philippines, Thailand, Pakistan and beyond, Ragnar tells how to employ last-resort but effective techniques to remove hopelessly stuck rounds and other barrel obstructions, straighten bent barrels, replace lost parts, smooth out dented magazines, make repairs to some pretty hopeless stocks, scrounge up workable ammo and more. These are last-ditch, do-it-yourself methods, but they may be all you'll have to fall back on deep in the bush or with your back to the wall, when the only things between you and the enemy are a rifle and the know-how to make it work.
<b>Gunproof Your Children &amp; Handgun Primer</b>	Massad Ayoob	This is a very brief primer on firearms and children. While these 2 groups shouldn't mix, they often do. And what the author explains is that we owe it to our children to teach them about firearms and not make them "forbidden fruit."
<b>Gunrunning for Fun and Profit</b>	Ragnar Benson	
<b>Hard-Core Poaching</b>	Ragnar Benson	Find out from Uncle Ragnar how to get all the deer, elk, bear, fish and other meat you want with nobody the wiser. Discover innovative uses for short-wave radios, subcaliber conversions, night-vision devices, radio-tracking devices and much more.

**Personal Library Considerations - continued**

<b>Title</b>	<b>Author</b>	<b>Comments</b>
<b>Health Guides by Hesperian</b>	Hesperian Health Guides	Great health and healthcare resource for articles, books, eBooks and PDF's. All are geared to 3rd world communities that have little or no money and technology, including electricity.
<b>Healthy Bones &amp; Joints</b>	David Hoffmann	A natural approach to treating arthritis, osteoporosis, tendonitis, myalgia, and bursitis.
<b>Herbal Antibiotics, Natural Alternatives for Treating Drug-Resistant Bacteria</b>	Stephen Harrod Buhner	Learn how antibiotic herbs such as aloe, garlic, and grapefruit seed extract represent our best defense against bacteria.
<b>Herbal Remedy Gardens</b>	Dorie Byers	38 plans with container and outdoor layouts for each.
<b>High Altitude Illness And Wellness...Beyond The Basics</b>	Charles S. Houston, M.D	\$6.99
<b>Holding Your Ground: Preparing for Defense if it All Falls Apart</b>	Joe Nobody	HOLDING YOUR GROUND is an instructional guide and planning tool that addresses defensive preparation of a location. If the government can no longer protect your home, farm or property, HOLDING will teach you how. HOLDING covers virtually every aspect of protecting you and your family in the event society breaks down. Many people have preparations for food, water, shelter and personal defense. HOLDING will teach you how to configure your home, train your team, and properly equip any location for defense. Covering topics ranging from hiding in plain sight to pre-positioning of supplies, HOLDING uses common sense, military tactics and historical examples that allow you to prepare for defense without affecting your property's value or appearance.
<b>Home Cheese Making Recipes for 75 Delicious Cheeses</b>	Ricki Carroll	Here are 85 recipes for cheeses and other dairy products that require basic cheese-making techniques and the freshest of ingredients, offering the satisfaction of turning out a coveted delicacy. Among the step-by-step tested recipes for cheese varieties are farmhouse cheddar, gouda, fromage blanc, queso blanco, mascarpone, ricotta, and 30-minute mozzarella.
<b>Home-Built Claymore Mines: A Blueprint For Survival</b>	Ragnar Benson	Jul 1993 Until recently, the technology for building claymores was inaccessible to the general public. But Uncle Ragnar has managed to put the pieces together, and here he presents a step-by-step guide to assembling them from basic over-the-counter supplies. For information purposes only!
<b>Homegrown Whole Grains, Grow, Harvest, and Cook Your Own Wheat, Barley, Oats, Rice, and More</b>	Sara Pitzer	Learn to grow, harvest, store, grind, and cook with nine of the most popular whole grains: wheat, corn, barley, millet, oats, rice, rye, spelt, and quinoa. It's easy, and it takes less space than you might imagine. For example, with just 1000 square feet, a backyard farmer can grow enough wheat to harvest 50 pounds in a single afternoon.
<b>Homemade</b>	Ken Braren & Roger Griffith	101 easy to make things for your garden, home or farm.
<b>Homemade C-4: A Recipe for Survival</b>	Ragnar Benson	(1990)
<b>Homemade Contrivances and How to Make Them</b>	Skyhorse Publishing	1001 Labor-saving devices for farm, dairy, and workshop. The traditional American devices contained in this intriguing compilation date from an era long before milking machines, pesticide sprayers, and industrial hay bailers. Yet the simple inventions described for doing everything from managing young bulls to protecting drain outlets can be just as useful for today's farmer as they were for the homesteaders of over a century ago. Discover how to make such items as a movable nest for hens, a ribless boat, a contraption to extricate a mired animal, a farm cart with adjustable racks for larger loads, a wire fence tightener, a fruit picker, a grindstone set and frame, and much more. This book is a boon for the rancher, farmer, or anyone who loves the rural life. Publisher: Skyhorse Publishing (April 1, 2007) ISBN-10: 1602390185 ISBN-13: 978-1602390188
<b>Homemade Grenade Launchers: Constructing the Ultimate Hobby Weapon</b>	Ragnar Benson	Jul 1991 Let Uncle Ragnar walk you through these simple step-by-step plans for making an M79 or M203 in your own workshop! All it takes is ordinary tools and some pipe, washers, nuts and bolts. Reloading info for 40mm ammo and BATF guidelines are included. For information purposes only.
<b>Homemade Root Beer, Soda &amp; Pop</b>	Stephen Cresswell	Using the easy, step-by-step instructions in this collection of hard-to-find recipes, anyone can make traditional and modern beverages, and create their own house recipes. The book offers more than 60 recipes for beverages using natural ingredients like ginger, saffras, licorice, cinnamon, vanilla, citrus fruits, and more.

Title	Author	Comments
<b>How to Build and Furnish a Log Cabin</b>	W. Ben Hunt	This is how to build your cabin and furnish it with non-electric tools. W. Ben Hunt's classic has earned a reputation as the "authentic handbook since it was first published in 1939. Updated in 1974, it remains the only step-by-step guide to building log cabins and log furniture -- pioneer style." Clolier Books and Macmillan Publishing. ISBN 0-02-001670-0
<b>How to Die in the Outdoors- 100 Interesting Ways</b>	Buck Tilton, M.S.	Gutted by grizzly. Gobbled by great white shark. Eliminated by elephant. Laid low by leptospirosis. Poisoned by puffer fish. Screwed by screwworm fly. Vaporized by volcano. All off the beaten track, out of the ordinary, interesting ways to die. Item Number: 1570340196 ISBN: 1-57034-019-6
<b>How to Grow More Vegetable: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land Than You Could</b>	John Jeavons	Decades before the terms "eco-friendly" and "sustainable growing" entered the vernacular, How to Grow More Vegetables demonstrated that small-scale, high-yield, all-organic gardening methods could yield bountiful crops over multiple growing cycles using minimal resources in a suburban environment. The concept that John Jeavons and the team at Ecology Action launched more than 40 years ago has been embraced by the mainstream and continues to gather momentum. Today, How to Grow More Vegetables, now in its fully revised and updated 8th edition, is the go-to reference for food growers at every level: from home gardeners dedicated to nurturing their backyard edibles in maximum harmony with nature's cycles, to small-scale commercial producers interested in optimizing soil fertility and increasing plant productivity. Whether you hope to harvest your first tomatoes next summer or are planning to grow enough to feed your whole family in years to come, How to Grow More Vegetables is your indispensable sustainable garden guide.
<b>How to Make Home Electricity from Wind, Water &amp; Sunshine</b>	John A. Kucken	This has technical diagrams and instructions. Tab Books Inc. ISBN: 0-8306-9785-3 / 0-8306-1128-2
<b>In Self Defense</b>	Michael T. Izumi	This book is written NOT to persuade people to choose the firearm for self defense, but rather to discuss the legal, ethical, and tactical aspects of using the firearm in a self defense situation.
<b>Indian Doctor</b>	Nancy Locke Doane Arieal Photography Services, Inc. NC	Nature's method of curing and preventing disease according to the Indians. This is an example of how early pioneers handled their medical problems. Written by Nancy Locke Doane in dedication to her Grandmother Minnie Susan Decker a North Carolina Medicine Woman. \$ 5.99 back in the 80's. 0 3755 00213 2
<b>Just in Case, How to Be Self-Sufficient When the Unexpected Happens</b>	Kathy Harrison	Guides readers through the process of setting up a sensible home power system that takes over when outside services are interrupted. Also explains how to pack an evacuation kit, evaluate food supplies, develop a communications system, and use alternative heating sources.
<b>Keep Chickens, Tending Small Flocks in Cities, Suburbs, and Other Small Spaces</b>	Barbara Kilarski	Join the urban and suburban chicken-farming boomlet and start enjoying the freshest breakfast eggs available. The author provides detailed information every aspiring chickenkeeper needs to know in this handbook that is practical and encouraging.
<b>Keeping Livestock Healthy</b>	N. Bruce Haynes, D.V.M.	A comprehensive veterinary guide to preventing and identifying disease in horses, cattle, swine, goats, and sheep, including the most up-to-date info on nutrition, housing, reproduction, and restraint.
<b>Keeping the Harvest: Preserving Your Fruits, Vegetables and Herbs</b>	Nancy Chioffi	Illustrated step-by-step instructions explain the techniques for canning, freezing, drying, and pickling. 179,000 copies in print.

Title	Author	Comments
<b>LDS Preparedness Manual</b>	Christopher M. Parrett	This is the new updated and revised 8th edition of the LDS Preparedness Manual for 2012, celebrating it's 15th anniversary! This new edition includes significant new material never previously included in past editions and has DOUBLED the total content to over 500 pages! Please Note: The contents of this booklet are intended to assist individuals and families in coping with emergency preparations. However, final decisions on preparation for actions taken during an emergency are the sole responsibility of individuals. No one knows your needs or can take care of you better than you can-nor does anyone else have that responsibility. Information and examples contained within this booklet are provided for illustration and advice only. Therefore, no liability is assumed by the Editor or any of the Authors for the use or misuse of any information or products contained in this publication. A special "LDS Authorized" edition of this book is available to Stakes and Wards upon written request from the Stake President or Ward Bishop that contains significant additional LDS copyrighted material not contained in this public version. This book is NOT an original work. Rather, it is a compilation of many different author's works that have been gathered from the public domain of the Internet over the course of many years. These articles have been bound together and are presented here to simplify your access to them. The LDS Preparedness manual contains over 130 IN-DEPTH articles on food storage and general Preparedness. The Amazon "Look Inside and Kindle" features will be active shortly! EXAMPLES OK, But what do I prepare for? Surviving in the City Money Defence Clothing Emergency Heating & Cooking Emergency Light Emergency Shelter Space Cramp, Where do I Put it all?? Emergency Sanitation Emergency Toilets & Garbage Disposal Emergency Generators Do you Really have a Year's Supply?? Basic Food List Monthly Food Storage Purchasing Calendar Common Storage Foods Grains & Flours
<b>Let it Rot, The Gardener's Guide to Composting</b>	Stu Campbell	Classic Guide to making compost and leaf mold and what to do with it once you've made it.
<b>Light Infantry Tactics: For Small Teams</b>	Christopher E. Larsen	Step-by-step tactics for teams of three to 30 members. Tired of collecting a library of military manuals just to teach light infantry patrolling tactics? Military manuals are notoriously confusing and boring! More often than not, they are wrong.
<b>Live Off The Land In The City And Country</b>	Ragnar Benson	Written especially for survivalists and retreaters, this book reveals a totally practical survival program unlike any other. Old Indian secrets and advice on survival medicine, firearms, preserving food, diesel generation and much more are included.
<b>Living Off the Land: Tracking, Building Traps, Shelters, Toolmaking, Finding Water and Food</b>	Christopher McNab	A comprehensive guide to surviving and thriving on various terrains.

Title	Author	Comments
<b>Living on the Edge</b>	F. J. Bohan	<p>When it comes to survival, one size definitely does not fit all. That's exactly what author F. J. Bohan discovered when he and his family set out on a quest for self-sufficiency, a journey that has lasted more than 17 years.</p> <p>Living on the Edge describes why Bohan and his wife made the decision to pull their four sons from public school in the East and set off in a converted school bus to the American Southwest. On a very limited budget, the Bohans began their new life in a tent pitched on public campgrounds. As soon as they could, they purchased remote ranchland, where they built a rustic cabin from the ground up. It grew as they could afford to add on, and they also homeschooled the boys so well that all four received scholarships to the schools of their choice. On their journey, the Bohans learned a lot about living off the land and off the grid, mostly through trial and error. In this book, the author graciously shares valuable lessons on the following:</p> <ul style="list-style-type: none"> <li>• Keeping a wife, four boys, two dogs and two cats happy in a tent for 18 months</li> <li>• Creating power for a tent or cabin through a combination of solar panels, car batteries, generators and oil</li> <li>• Heating and cooking on wood stoves</li> <li>• Finding creative ways to earn money in an insular, impoverished rural area</li> <li>• Securing enough water in the desert for a family of six, plus animals, to live on</li> <li>• Erecting fences—literal and figurative ones—for privacy and security</li> <li>• Raising chickens, goats and ducks for food, while avoiding bears, bobcats, skunks and other country critters</li> </ul> <p>Relocating to the desert, living in a tent or homeschooling kids may not appeal to you. But if you have ever thought of living off the grid or simply becoming more self-sufficient, this is how one American family successfully did it . . . and found freedom along the way.</p> <p>12.80</p>
<b>Makeshift Workshop Skills</b>	James Ballou Foreword by Charlie Richie	Expedient ways to make your own tools, do your own repairs, and construct useful things out of raw and salvaged materials.
<b>Makeshift Workshop Skills, <i>More</i></b>	James Ballou Forward by Jim Benson	James Ballou tapped a nerve with his best-selling Makeshift Workshop Skills for Survival and Self-Reliance, and now he's back with even more plans, projects, and concepts for do-it-yourself craftsmen, preppers, and anyone interested in creative improvised workshop methods. Get set to learn how to make dozens of useful items out of nothing more than scrounged materials or common, inexpensive products found in every home.
<b>Making Rag Rugs, 15 Step-by-Step Projects</b>	Edited by Claire Hubbard	Creating a beautiful throw rug from scraps is easy enough for anyone to master. These 15 original designs from a variety of talented rug designers suit the skills of any crafter, from the newest beginner to the most sophisticated talent.
<b>Making Wild Wines and Meads</b>	Pattie Vargas & Richard Gulling	125 Unusual recipes using herbs, fruits, flowers, and more! Simple instructions allow anyone to create luscious honey meads, refreshing coolers and punches, and elegant wines without expensive equipment or elaborate calculations.
<b>Mantrapping</b>	Ragnar Benson	(1981) This is the first book ever published to explain how to capture that most dangerous animal: man. Based on Ragnar's own mantrapping experiences while on special assignments in Asia, Africa, North and South America and Cuba, this gut-wrenching book covers such mantraps as the Malaysian Hawk, the Andes Mountain Trail Trap, the Sheepeater's Rock Fall and the Cuban Water Trap. To know how to trap your enemy is to know how to avoid being trapped yourself. For academic study only.

Title	Author	Comments
<b>Meals in a Jar</b>		<p>Why settle for preservative-packed frozen dinners, freeze-dried backpacking food and military ready-to-eat meals when a healthier and tastier option can easily be stored in the pantry? Meals in a Jar provides the step-by-step, detailed instructions needed to create all-natural breakfast, lunch and dinner options that you can keep on a shelf and enjoy at any time. Includes more than 150 quick-and-easy, all-in-one meals, such as:</p> <ul style="list-style-type: none"> <li>• Creamy tomato soup</li> <li>• Artisan bread</li> <li>• Lemon chicken piccata</li> <li>• Chocolate cake</li> </ul> <p>These scrumptious recipes allow even the most inexperienced chefs to serve gourmet dishes. Not only are these meals perfect for everyday events like camping trips, after-school study sessions and rushed evenings, but they can also be lifesavers in times of disasters like fires, blackouts or hurricanes. Perfect for the modern jarring and canning generation, this book proves that just because food is easy-to-store and long-lasting doesn't mean it can't be delicious and nutritious.</p> <p>12.76</p>
<b>Medical Plants of the Mountain West</b>	Michael Moore	Museum of New Mexico Press
<b>Medicinal Wild Plants of the Prairie</b>	Kelly Kindscher	<p>The Plains Indians found medicinal value in more than 200 species of native prairie plants. Unfortunately, modern American culture has not paid much attention. White settlers did learn a few plant-based remedies from the Indians, and a few prairie plants were prescribed by frontier doctors. A couple dozen prairie species were listed as drugs in the U.S. Pharmacopeia at one time or another, and one or two, like the Purple Coneflower, found their way into the bottles of patent medicine.</p> <p>But in both the number of species used and the varieties of treatments administered, Indians were far more proficient than white settlers. Their familiarity with the plants of the prairie was comprehensive: There probably were Indian names for all prairie plants, and they recognized more varieties of some species than scientists do today. Their knowledge was refined and exact enough that they could successfully administer medicinal doses of plants that are poisonous. All of the species used by frontier doctors were used first by Indians.</p> <p>In Medicinal Wild Plants of the Prairie, ethnobotanist Kelly Kindscher documents the medicinal use of 203 native prairie plants by the Plains Indians. Using information gleaned from archival materials, interviews and fieldwork, Kindscher describes plant-based treatments for ailments ranging from hyperactivity to syphilis, from arthritis to worms. He also explains the use of internal and external medications, smoke treatments, moxa (the burning of a medicinal substance on the skin), and the doctrine of signatures (the belief that the form or characteristics of a plant are signatures or signs that reveal its medicinal uses). He adds information on recent pharmacological findings to further illuminate the medicinal nature of these plants.</p> <p>Not since 1919 has the ethnobotany of native Great Plains plants been examined so thoroughly. Kindscher's study is the first to encompass the entire Prairie Bioregion, a 1 million-square-mile area bounded by Texas on the south, Canada on the north, the Rocky Mountains on the west, and the deciduous forests of Missouri, Indiana and Wisconsin in the east. Along with information on the medicinal uses of prairie plants by the Indians, Kindscher also lists Indian, common, and scientific names and describes Anglo folk uses, medical uses, scientific research and cultivation. Descriptions of the plants are supplemented by 44 exquisite line drawings and more than 100 range maps.</p> <p>This book will help increase appreciation for prairie plants at a time when prairies and their biodiversity urgently need protection throughout the region.</p> <p>11.96</p>
<b>Medicine For The Backcountry, 2nd Edition</b>	Buck Tilton, M.S. & Frank Hubbell, D.O.	\$12.99



Title	Author	Comments
<p><b>Micro Eco-Farming: Prospering from Backyard to Small Acreage In Partnership with the Earth</b></p>	<p>Barbara Berst Adams</p>	<p>There is a quiet revolution happening in our time: the emergence of microfarms on tiny acreages that achieve astounding yields of organic produce and provide a better-tasting alternative to the products of big agri-business. Micro eco-farmers across the nation are profiting from small acreages to small-town backyards. Their livelihoods restore the planet while creating an abundance of healthy products produced in very small spaces. Micro Eco-Farming details how the new micro eco-farmers succeed on mini-farms of from one to five acres, how they start with nothing, what traits they share, and what secrets they know. In addition to presenting close-ups of those who are actually earning a full-time income for at least one adult, Micro Eco-Farming also provides a treasury of what you can grow, what farming methods you can use, and how the farmers reach their markets in surprisingly creative, new ways. The book outlines the emerging new sustainable production methods and distills the methods that have increased production on small ground from double to up to 40 times that of conventional growing. Hundreds of real-life examples are presented with ideas, resources and methods for all who aspire to create their own micro eco-farm: from backyard gourmet restaurant gardens, homegrown organic spa products, u-gather nut groves, front-yard cut-flower stands, heritage rose farms, children's and holiday farms, urban greenhouses, farm and cottage industry partnerships, herbs and flowers for healing, connoisseur apple orchards, ethnic personal chef gardens, old-fashioned farm festivals, native and wild edible farms, to mail-order farm crafts and more. Finally, although the new micro eco-farmers usually achieve their dreams of economic independence, there is also the understanding as well that success includes something greater than financial profits. Micro Eco-Farming invites you share the eco-farmers' dream of prosperity and fulfillment, in partnership with the earth, and it gives you the inspiration and practical tools to live the dream.</p>
<p><b>Mini Farming: Self-Sufficiency on 1/4 Acre</b></p>	<p>Brett L. Markham</p>	<p>Start a mini farm on a quarter acre or less, provide 85 percent of the food for a family of four and earn an income. Mini Farming describes a holistic approach to small-area farming that will show you how to produce 85 percent of an average family's food on just a quarter acre—and earn \$10,000 in cash annually while spending less than half the time that an ordinary job would require. Even if you have never been a farmer or a gardener, this book covers everything you need to know to get started: buying and saving seeds, starting seedlings, establishing raised beds, soil fertility practices, composting, dealing with pest and disease problems, crop rotation, farm planning, and much more. Because self-sufficiency is the objective, subjects such as raising backyard chickens and home canning are also covered along with numerous methods for keeping costs down and production high. Materials, tools, and techniques are detailed with photographs, tables, diagrams, and illustrations.</p>
<p><b>Most Dangerous Game: Advanced Mantrapping Techniques</b></p>	<p>Ragnar Benson</p>	<p>(1986) Man, by virtue of his habits, can be incredibly easy prey. In this classic field guide of survivalism and guerrilla warfare, Ragnar Benson describes advanced mantrapping techniques from around the world, none of which require sophisticated accouterments of war to rig. Read about the Costa Rican bridge trap, Afghan tank fall, Oregon helicopter trap, Jamaican shark net, South African wire whip trap, German head chopper, and many others. Includes the do's and don'ts of a successful mantrap, rarely seen traps for urban environments, the benefits of fake traps, and much more.</p>
<p><b>Mountain Biking For Mere Mortals</b></p>	<p>Michael Hodgson</p>	<p>\$6.99</p>
<p><b>Mountainman Crafts and Skills, A Fully Illustrated Guide to Wilderness Living and Survival</b></p>	<p>David Montgomery</p>	<p>Learn how to make and use hunting tools, utensils, wild game traps, mountainman clothing, powder flasks and horns, tents, deer-horn jewelry, and much more. Wilderness survival skills are also covered, with instruction geared to both novice and expert.</p>
<p><b>Native Harvests: American Indian Wild Foods and Recipes</b></p>	<p>E. Barrie Kavasch</p>	<p>This practical primer on natural foods not only provides recipes for a variety of dishes that are uniquely Native American but also identifies and describes the uses of specific ceremonial, medicinal, and sacred plants. From clambakes, corn chowders, and turkey with oyster cornbread stuffing, to flavored butters, sunflower seed cakes, and wild strawberry bread, the author offers a unique book that is simultaneously a field guide, cookbook, and useful manual on herbal medicines — all interwoven with Native American wisdom.</p>

**Personal Library Considerations - continued**

Title	Author	Comments
<b>No Shit! There I Was There</b>	Michael Hodgson, Ed.	A Collection of Wild Stories From Wild People It all started out as a reckless but innocent ritual of some Western United States raft guides...so began the idea for this book of sometimes outrageous, sometimes irreverent, but always entertaining tales of outdoor gonzo. Item Number: 0934802971 ISBN: 0-934802-97-1 or Item Number: 0570340315 ISBN: 0-57034-031-5 \$11.99 ** another funny one but not so educational **
<b>One Acre &amp; Security: How to Live Off the Earth Without Ruining It</b>	Bradford Angier	Willow Creek Press is proud to bring back to print Bradford Angier's classic One Acre & Security: How To Live Off the Earth without Ruining It. First published in 1972, Angier (deceased) is one of the pre-eminent voices of the back-to-the-earth movement. One Acre & Security is a book for all those who have dreamed of living close to the earth, not in the wilderness, but on land within easy driving distance of the city or suburbs. It begins by explaining what sort of land to look for, where to look and how to make sure of land titles. It goes on to discuss organic gardening on one acre of land, raising herbs for money and bees for honey, growing grapes, making wine, juice and jellies, and drying raisins. For the more serious back-to-the-earthier, there are sections on how to build a house, keep cows, goats, sheep, pigs and poultry, raise rabbits, earthworms, fish, frogs and turtles, and how to find the best hunting and fishing. Angier's text is as useful and thorough today as it was 30 years ago, and deserves to be on the shelves of a new generation of back-to-earthers.
<b>Ozone, UV And Your Health</b>	Buck Tilton And Roger G. Cox	\$6.99
<b>Pale Moon</b>	edited by John Long	\$11.95 Item Number: #ICS-014-5 Price: \$11.95 Supplier:ICS Books The American Indians loved to share stories around the campfire, both as a major form of entertainment and as the means for passing on tribal history, culture and beliefs. The modern reader has found their ageless creations myths, legends, war ceremonies, trickster and hero tales no less enchanting than those who first told and heard them centuries ago.
<b>Pocket Guide to Weather Forecasting (Spiral-bound)</b>	Ron Cordes	Have fun and be safe outdoors. Learn to forecast the weather. High-tech laser printing on hard vinyl sheets make this pocket-sized 'how to' guide virtually indestructible and completely portable. Waterproof. Dirtproof. You can even mark up pages with a grease pencil then wipe clean. Spiral binding allows you to fully open the book anywhere and lay it flat. Fully illustrated with easy-to-follow instructions. Index-tabbed pages allow you to quickly access the information you need. 'What you really need to know, when you really need it!' Tabbed sections include: Frequently Used Terms, Quick Forecasting Guidelines, Reading Nature's Signals, Cloud Formations, Forecasting By The Clouds, Forecasting By Cloud Types, Weather Fronts, Forecasting Weather Fronts, Barometric Pressure, Forecast By Wind Direction, Beaufort Wind Velocity and Effects of Terrain. Pocket Guides are jam-packed with critical information from field experts. World renowned Pocket Guides have had an international almost cult-like following for over ten years. Virtually indestructible and completely indispensable, Pocket Guides are perfect for enthusiasts and gift giving. Join the experts and carry Pocket Guides. Select from 28 Sports/Hobbies, Fishing and Emergency Assistance titles.
<b>Prepper's Home Defense: Security Strategies to Protect Your Family by Any Means Necessary</b>	Jim Cobb	DETER . DELAY. DEFEND! Does your disaster preparation plan include security measures? When civilization fails and the desperate masses begin looting, they will come for your food, water and life-sustaining supplies. This book shows you how to implement a complete plan for operational security and physical defense, including: <ul style="list-style-type: none"> <li>• Perimeter Security Systems and Traps</li> <li>• House Fortifications and Safe Rooms</li> <li>• Secured and Hidden Storage</li> <li>• Firearms and Defensive Combat Techniques</li> <li>• Gathering Intelligence and Forming Alliances</li> </ul>

Title	Author	Comments
<b>Prepper's Long-Term Survival Guide</b>		<p>The deadly danger of disasters doesn't end when the waters recede or the earth stops shaking; it has just begun. The Prepper's Long-Term Survival Guide goes beyond the basics of surviving in the immediate aftermath of catastrophe and teaches readers how to cope with the problems and challenges that can continue for weeks, months and even years.</p> <p>Including everything from pre-disaster prepping tips to post-catastrophe instructions for making life easier on the whole family, the book is a bible for anyone who hopes to stay alive. Prepper's Long-Term Survival Guide balances hard-core planning (such as purifying water and building emergency food storage that doesn't require a power source) with simple ideas that can make all the difference (such as having portable solar panels to charge cell phones for vital communication and laptops for much-needed family entertainment). 12.76</p>
<b>Preserving Food without Freezing or Canning</b>	The Gardeners & Farmers of Terre Vivante	<p>Traditional techniques using salt, oil, sugar, alcohol, vinegar, drying, cold storage and Lactic Fermentation.                      Publisher: Chelsea Green Publishing (April 4, 2007) ISBN-10: 1933392592 ISBN-13: 978-1933392592</p> <p>Typical books about preserving garden produce nearly always assume that modern "kitchen gardeners" will boil or freeze their vegetables and fruits. Yet here is a book that goes back to the future—celebrating traditional but little-known French techniques for storing and preserving edibles in ways that maximize flavor and nutrition.</p> <p>Translated into English, and with a new foreword by Deborah Madison, this book deliberately ignores freezing and high-temperature canning in favor of methods that are superior because they are less costly and more energy-efficient.</p> <p>As Eliot Coleman says in his foreword to the first edition, "Food preservation techniques can be divided into two categories: the modern scientific methods that remove the life from food, and the natural 'poetic' methods that maintain or enhance the life in food. The poetic techniques produce... foods that have been celebrated for centuries and are considered gourmet delights today."</p>
<b>Preserving the Harvest</b>	Carol W. Costenbader	150 recipes for freezing, canning, drying and pickling fruits and vegetables.
<b>Projects to Get You Off the Grid</b>	Instructables community of do-it-yourselfers	<p>With Projects to Get You Off the Grid, the Instructables community of do-it-yourselfers have pooled their knowledge into a compact book focused on a series of projects that will get you thinking creatively about thinking green. This collection of 20 projects illustrate just how simple it can be to make your own backyard chicken coop, or turn a wine barrel into a rainwater collector.</p> <p>Illustrated with dozens of full-color photographs per project as well as easy-to-follow instructions, this Instructables collection uses the best that the online community has to offer, turning a far-reaching group of people into a mammoth database churning out ideas to make life better, easier, and in this case, greener. 11.96</p>
<b>Ragnar's Action Encyclopedia of Practical Knowledge and Proven Techniques</b>	Ragnar Benson	<p>A Do-It-Yourself Guide to Choosing the Right Weapon, Assembling a Sniper Rifle, Making Improved C-4, Taking Out Tanks and Apcs, Acquiring New Id, by Roger Benson. Paladin Pr,1997</p> <p>This reference book may be the most valuable weapon you have in your survival arsenal. Included among its 80 chapters are precise instructions, diagrams and photographs showing you how to build, choose, store and use weapons, explosives and incendiaries; select, build, stock and defend a retreat; change you ID and drop out of sight completely--or find someone who has; defend your family and property; trap deer, fish, fowl or anything that moves; provide medical care at a fraction of the cost; avoid costly mistakes when standing up to big government and nosy do-gooders; use dozens of other proven techniques to take control of your life and live better than ever!</p>
<b>Ragnar's Big Book Of Homemade Weapons: Building And Keeping Your Arsenal Secure</b>	Ragnar Benson	(Mar 1992) All the info needed to build your own heavy weapons and explosives is now under one cover. Includes reprinted material on C-4, grenade launchers, flamethrowers and more, as well as new info on claymores, grenades and mortars. For information purposes only.
<b>Ragnar's Guide to Home and Recreational Use of High Explosives</b>	Ragnar Benson	(1988) Who else but Uncle Ragnar could write this down-home guide? How to obtain commercial high explosives, safely storing and transporting them, detonation techniques, improvised explosives and more are woven in with tales of Ragnar's explosive adventures. For information purposes only.

Title	Author	Comments
<p><b>Ragnar's Guide to Interviews, Investigations, and Interrogations: How to Conduct Them, How to Survive Them</b></p>	<p>Ragnar Benson</p>	<p>Most Paladin readers know Ragnar Benson as a survivalist, a powder monkey, a trapper, a hunter and a dispenser of survival medicine, but how many know that he has been involved in the PI business for more than 25 years? In this, his first book on the subject of investigations, Ragnar offers readers two books in one. He reveals how PIs, cops and military interrogators conduct interviews, investigations and interrogations, and he also shows prospective witnesses how to survive them. For investigators, he shares his professional secrets and real-life scenarios for creating effective pretexts for any situation, opening up a witness and keeping him talking, recognizing and "listening" to nonverbal clues, and deciding whether to use honey or vinegar to get the desired results. Then he turns the tables on his fellow investigators and gives potential witnesses specific tips for avoiding - or at least surviving - the tactics, techniques and tricks favored by skilled investigators. Whether you want to be an investigator or avoid one, you won't want to miss this book.</p>
<p><b>Ragnar's Guide To The Underground Economy</b></p>	<p>Ragnar Benson</p>	<p>Through detailed case studies Ragnar shows you how carpenters, woodcutters, farmers, housecleaners, computer consultants, mechanics, lawyers, vendors, locksmiths and others are cashing in on today's booming economy - and keeping what they earn by not paying taxes. From these undergrounders you'll learn how to locate work, get paid without supplying identifying numbers, prepare a realistic budget, advertise your services or product and finance your project when you can't go to the bank. You'll also learn the pitfalls of working off the books and what you can do to prepare for them.</p>
<p><b>Ragnar's Ten Best Traps and a Few Others That Are Damn Good Too</b></p>	<p>Ragnar Benson</p>	<p>Catch even the craftiest critters with the trap lore perfected over generations. Ragnar has culled his all-time favorite traps that are easy to build, easy to maintain and guaranteed to work! Detailed illustrations show you how to build a floating duck snare, den trap, live-mouse set, campfire set and fish trap, to name just a few. And with Ragnar's expertise at hand, you can avoid the baits and sets that don't work and never have.</p>
<p><b>Ragnar's Urban Survival: A Hard-Times Guide to Staying Alive in the City</b></p>	<p>Ragnar Benson</p>	<p>The tap's run dry, the supermarkets have been ransacked, the power is off and the low rumble of tanks can be heard in the distance. The unprepared who refused to believe that such a thing could happen here will live as wretched refugees--if they live at all. But for the prepared--for the city survivors--life will go on. America's leading survival author debunks the myth that the only way to survive is to stock a retreat in the mountains. He tells urban dwellers how to find water; trap and butcher game; preserve food; position a retreat for maximum safety; avoid troops; and barter with other survivors. You'll learn which weapons are absolute necessities and which aren't worth having, and confront the all-important topic of survival nursing care. Ragnar gives you the solid information you will need to make it if the worst-case scenario becomes a reality.</p>
<p><b>Rawles on Retreats and Relocation Book</b></p>	<p>James Wesley, Rawles</p>	<p>Expands on SurvivalBlog's editor James Wesley online web page on this subject (<a href="http://survivalblog.com/retreatareas/">http://survivalblog.com/retreatareas/</a>). Here Rawles gives his detailed recommendations on where to select a retreat property, and how to stock it for TEOTWAWKI.</p> <p>This well-researched 226 page book includes the following: Introduction Chapter 1: Population Density and The Golden Horde Chapter 2: The Self-Sufficient Retreat Chapter 3: Climate and Growing Season Chapter 4: Water, Power, and Fuel Sources Chapter 5: Property, Income, and Sales Taxes Chapter 6: Weapons Laws Chapter 7: Zoning Laws and Other Nuisances Chapter 8: Terrorist Target Structures Chapter 9: World War Three Target Structures Chapter 10: Offshore Options Chapter 11: Privacy is Paramount Chapter 12: Narrowing Your Search Chapter 13: Making The Purchase Chapter 14: Building (or Remodeling) a Retreat Chapter 15: Stocking Your Retreat Chapter 16: Food Storage Chapter 17: Friends, Relatives, and Neighbors Appendix A: Retreat Owner Profiles Appendix B: Sources, Suppliers, and Consultants Appendix C: References Appendix D: Acronyms and Terms Index</p> <p>Paperback: 226 pages; Binding: Wire-O          Publisher: The Clearwater Press (January 2007)          Product Number: 030-112255104</p>

Title	Author	Comments
<b>Recommended Retreat Areas</b> (online)	James Wesley Rawles	SurvivalBlog.com Criteria for Choosing a Retreat Locale in the Continental United States (CONUS) State Level Data and Rankings Very special thanks to "Wise Tioga", who out of the goodness of his heart laboriously converted my data on 19 western states into a handy Excel (.xls format) spreadsheet. Detailed Retreat Locale Data
<b>Rodale's All-New Encyclopedia of Organic Gardening: The Indispensable Resource for Every Gardener</b>	Fern Marshall Bradley	Over 400 entries of the most practical, up-to-date gardening information ever, collected from garden experts and writers nationwide! "Gardens are places to renew yourself in mind and body, to reawaken to the truth and beauty of the natural world, and to feel the life force inside and around you. And the organic way to garden is safer, cheaper, and more satisfying. Organic gardeners have shown that it's possible to have pleasant and productive gardens in every part of this country without using toxic chemicals. They make their home grounds an island of purity." Robert Rodale
<b>Root Cellaring</b>	Mike and Nancy Bubel	Natural cold storage of fruits and vegetables. Keep you produce "harvest fresh" in your own basement, porch, garage or closet hideaway. Root cellaring, as many people remember but only a few people still practice, is a way of using the earth's naturally cool, stable temperature to store perishable fruits and vegetables. Root cellaring, as Mike and Nancy Bubel explain here, is a no-cost, simple, low-technology, energy-saving way to keep the harvest fresh all year long. In Root Cellaring, the Bubels tell how to successfully use this natural storage approach. It's the first book devoted entirely to the subject, and it covers the subject with a thoroughness that makes it the only book you'll ever need on root cellaring. Publisher: Storey Publishing, LLC; 2 edition (January 9, 1991) ISBN-10: 0882667033 ISBN-13: 978-0882667034
<b>Saving Seeds, The Gardener's Guide to Growing and Storing Vegetable and Flower Seeds</b>	Marc Rogers	Try saving seeds, it is a time-honored tradition—one that more and more gardeners are rediscovering. It can be as simple as growing a few extra peas or beans for next year's use or as challenging as wintering over cabbage heads, or waiting for the flower stalks to poke up in the spring
<b>Secrets of Native American Herbal Remedies: A Comprehensive Guide to the Native American Tradition of Using Herbs and the Mind/Body/Spirit Connection for Improving Health and Well-being</b>	Anthony J. Cichoke	The modern techniques of holistic and alternative healing and natural remedies have been alive in the "old ways" of Native American medicine for centuries. This comprehensive guide introduces the Native American concept of healing, which incorporates body, mind, and spirit and stresses the importance of keeping all three in balance. Dr. Anthony Cichoke explains the philosophy behind American Indian healing practices as well as other therapies, such as sweat lodges, used in conjunction with herbs. He examines each herb in an accessible A-to-Z format, explaining its healing properties and varying uses in individual tribes. Finally, he details Native American healing formulas and recipes for treating particular ailments, from hemorrhoids to stress.
<b>Secrets of Plant Propagation, Starting Your Own Flowers, Vegetables, Fruits, Berries, Shrubs, Trees, and Houseplants</b>	Lewis Hill	Grow plants from seed and learn how to start your own shrubs and trees with clearly explained grafting techniques. The results will be bountiful, healthy plants and great-tasting fruits and vegetables.
<b>Seed Sowing and Saving</b>	Carole B. Turner	Step-by-step techniques for collecting and growing more than 100 begetables, flowers and herbs. Publisher: Storey Publishing, LLC (January 2, 1998) ISBN-10: 1580170013 ISBN-13: 978-1580170017 Those pricey transplants set out on display every spring are so tempting with their leafy faces pleading, "take me home!" But beware, you never know where those seedlings have been – Crammed in a pest-infested greenhouse? Packed for days in a sweltering truck? Start your plants from seeds and you know that's your precious vegetable, herb, or flower has been nurtured with tender loving care every day of its life. And better yet, when you harvest seeds for next year's crop, you'll get even more plants absolutely FREE! In this book you'll find everything you need to know to successfully harvest seeds from more than 100 common vegetables, annuals, perennials, herbs, and wildflowers, then dry and store them for maximum viability. You'll also learn how to start seeds indoors to get a jump start on the season, and to prepare your soil beds for planting.

**Personal Library Considerations - continued**

Title	Author	Comments
<b>Sex in the Outdoors-</b> A Humorous Approach to Recreation	Robert Rose, M.D. & Buck Tilton, M.S.	A humorous and fun look at a common camping skill. Everything you wanted to know about sex in the outdoors, but were afraid to ask. From the history of sex to the reasons for sexual contact in tents, this book is thoughtful and provocative. Item Number: 0934802866 ISBN: 0-934802-86-6 \$6.99 ** another great laugh **
<b>Shelters, Shacks and Shanties and How To Build Them,</b> 2nd Ed.	D.C Beard forward by Noel Perris	Shelters, Shacks and Shanties, Second Edition presents lively, step-by-step tutelage on building all types of temporary and long-term accommodations from both natural and man-made materials. Originally published in 1914, this practical classic is as essential a guide for today's modern homesteader as it was at the turn of the 20th century. Included are instructions for dozens of worry-free shelters for you to choose from, including a sod house for the lawn, a treetop house, over-water camps, a bog ken and much more. Satisfying the builder's need for the creature comforts of home, it also provides tips on how to build hearths and chimneys, notched log ladders, and even how to rig a front door with a secret look. Illustrated throughout with a bounty of helpful line drawings, Shelters, Shacks and Shanties, Second Edition harkens back to the can-do spirit of the American frontier that still thrives today. 11.96
<b>Special Operations Forces Medical Handbook</b>	Department of Defense	The newest edition of the Special Operations Forces Medical Handbook is perfect and practical for both soldiers and civilians. Nearly 140 comprehensive illustrations show the proper techniques for medical care, from basic first-aid and orthopedics to instructions for emergency war surgery and even veterinary medicine. Questions are listed so that the medic can obtain an accurate patient history and perform a complete physical examination. Diagnoses are made easier with information on the distinctive features of each illness. This straightforward manual is sure to assist any reader faced with a medical issue or emergency.
<b>Starting a New Life in Rural America,</b> 21 Things You Need to Know Before You Make Your Move	Ragnar Benson	Has the threat of urban terrorism, debacles such as the disastrous response to Hurricane Katrina in New Orleans or just the general hassle of city life got you thinking about moving to the country? Good idea, but before you pull up stakes, here's a chance to learn about some of the realities of rural living that you might never have faced in your city or suburban home. Ragnar Benson grew up on a farm and has lived in the sticks for decades, and he has helped dozens of transplants settle into their new homes in the country. Now he has gathered his advice into this handy familiarization manual to introduce you to some of the issues you need to know about life in rural communities. Get an informed head start on the adventure, independence and tranquility of a new life in rural America. 16.00
<b>Storey's Basic Country Skills</b>	John and Martha Storey	A practice guide to self-reliance. Small farmsteading, etc. Publisher: Storey Publishing, LLC (September 1, 1999) ISBN-10: 1580172024 ISBN-13: 978-1580172028

Title	Author	Comments
<p><b>Strategic Relocation: North American Guide to Safe Places</b>, 3rd Edition</p>	<p>Joel M. Skousen, Andrew Skousen (Author, Illustrator), Audrey Butler (Editor), Elizabeth Lindsey (Illustrator)</p>	<p>This is the long-awaited update of Mr. Skousen's classic book on relocation for security. Nearly 3/4 of this 3rd Edition is rewritten and it is expanded to 400 pages. In the process, the authors created all new graphics, charts and tables. There is also a new section on international retreat potential and 200 additional pages of analysis on every state and province of the US and Candada, complete with color maps.</p> <p>The maps are chock full of detail, including private and public land use, satellite terrain features, military target areas, roads and graphic depictions of population density---one of our major threats to security in a crisis.</p> <p>Despite the ongoing illusions of peace and prosperity, our world is getting less stable, not more. The economic foundations of the US and the world are all based on fiat money and are crumbling. Earthquakes, Hurricanes, War and terrorism are ever present threats, and the secondary effects of social unrest in large metropolitan areas will be disruptive and dangerous if there is a shortage of essential commodities that cause people to panic.</p> <p>When you relocate or retire your prime concern should be long-term security, not recreation. Sometimes you can have both. This book is designed to help you relocate around serious threats and to develop contingency plans when you can't relocate due to work or family ties.</p> <p>Strategic Relocation is more than just pointing out safe areas--simply because the safer the area, the harder it is, generally, to make a living and have access to the conveniences of life. For these reasons, relocation decisions are fairly complex, and Mr. Skousen walks you through all of the difficult choices and compromises that are inevitable in finding safety, without being totally isolated. This book has answers for nearly every situation.</p>
<p><b>Street Smarts, Firearms, And Personal Security: Jim Grover's Guide To Staying Alive And Avoiding Crime In The Real World</b></p>	<p>Kevin Steele (Foreword), Jim Grover (Author)</p>	<p>Jim Grover's professional credentials in the art of crime avoidance and self-defense are as good as it gets: on-site security specialist in the world's hottest of hot spots, combatives instructor to ultrahigh-speed military and police units and hands-on security trainer to international corporations, among other sensitive assignments. Here is a compilation of the best of his wildly popular "Personal Security" columns in Guns &amp; Ammo magazine. It covers the entire spectrum of personal security issues, with street-savvy ideas and twists you will find nowhere else. Learn how to vastly improve the physical security of your home; develop alert street smarts; stay safe while traveling in your vehicle, out of town or abroad; recognize and avoid crimes of the new millennium; keep your children safe; choose and use effective nonlethal weapons; engage in nasty unarmed combat; and utilize radically practical shooting skills that have been perfected in real-life situations. From spotting trouble before it happens to surviving a riot to handling a firearm like a pro, this book has it all!</p>
<p><b>Stressfire</b></p>	<p>Massad Ayoob</p>	<p>Learn how stress and adrenaline affect the mind and body, ruining conventional shooting techniques under pressure... and how new techniques actually feed off that pressure to make you perform better under stress!</p>
<p><b>Stressfire II: Advanced Combat Shotgun</b></p>	<p>Massad Ayoob</p>	<p>Learn to control the most destructive, but toughest to handle, of all close-range antipersonnel weapons.</p>

Title	Author	Comments
<b>Survival MD</b>	Dr. Radu Scurto	<p>Is a downloadable eBook, also in hardcopy, with 206 pages of information about medical preparedness. Chapters include – 1. Why Prevention and Practice Make Sense, 2. Specific Disease Preparedness, 3. Dental Preparedness, 4. Preparedness for Women: Sanitation and Hygiene, 5. List of Medications to Stockpile, 6. Buying Medical Response Kits, 7. Alternative Medicine, 8. Preparing for First Aid, 9. Emergency Sanitation, 10. What To Do When There Is No Doctor Around, 11. Medical Emergency Protocol, 12. Understanding CPR, 13. Common Illnesses in a Crisis, 14. Non-traumatic Illnesses, 15. Infectious Diseases, 16. Climate Specific Diseases, 17. How to Survive Without Prescription, 18. Prepper’s Medical Reading List...</p> <p>Each chapter and topic is covered in great detail including illustrations, with subheads and topics like; The Most Valuable Tool, Respiratory System Diseases, Digestive System Diseases, Recurrent Urinary Tract Infections, Natural Dental Remedies, The Response Pack, Herbal Medicine, Elements of a Comprehensive First Aid Kit, Simple and Effective First Aid Techniques that You Need to Learn, Treatment of a Bullet Wound, Making Homemade Hand Sanitizer, How to Recognize the Signs of Medical Distress, How to Perform a Body Check, Self-Diagnosis, Top Five Injuries during a Crisis, Stop Bleeding Now, Types of Trauma, When Your Internal Organs Cry For Help, Foodborne, Waterborne and Airborne Infections and Diseases, Top 5 Infections in a Disaster or Crisis, just to name a few.</p> <p>Survival MD. is both well written, and professionally put together and would be a great study asset now for your family or group and a great addition to your medical library and aid after a disaster, when a medical emergency is almost guaranteed to happen.</p> <p>There is also a great free bonus product that comes with Survival MD. entitled “How to Live Without Prescription Medications” this is something that’s not covered in most survival orientated medical health books and will be a great asset for those currently on prescription meds like pain killers and anti-inflammatories, statins, blood pressure meds and meds for Type-2 Diabetes.</p>
<b>Survival Poaching</b>	Ragnar Benson	<p>Tells the survivalist how to collect wild game under any circumstances, using Indian secrets. Shows specific poaching methods for deer, elk, bear, moose, beaver, mink, muskrat, trout, salmon, grouse, pheasant, duck and dozens more. Includes detailed plans for many traps, snares, deadfalls, etc.</p>
<b>Survival Wisdom &amp; Know-How</b>	The Editors of Stackpole Books	<p>A jam-packed and large-scale guide, Survival Wisdom &amp; Know-How offers information on every aspect of outdoor life and adventure.</p> <p>Survival Wisdom &amp; Know-How provides the most complete, all-in-one volume on every aspect of outdoor adventure and survival ever, from orienteering to campfire cooking to ice climbing and beyond. Culled from dozens of respected books from Stackpole Books, the industry's leader in outdoor adventure, this massive collection of wilderness know-how leaves absolutely nothing to chance when it comes to surviving and thriving in the wilderness-and appreciating every minute of it.</p> <p>Topics include:</p> <ul style="list-style-type: none"> <li>• Building outdoor shelter, winter camping and surviving in the desert</li> <li>• Tracking animals, hunting and trapping</li> <li>• Identifying edible plants and berries</li> <li>• Tying knots, orienteering and reading the weather</li> <li>• Wild animals and bird watching</li> <li>• Fishing and ice fishing</li> <li>• Canoeing, kayaking and white-water rafting</li> <li>• First aid</li> <li>• Cookery</li> <li>• And much more!</li> </ul> <p>Useful illustrations and photos throughout make this guide easy to browse and use. With contributions by the experts at the National Outdoor Leadership School (NOLS) as well as the editors of Stackpole's Discover Nature series, Survival Wisdom &amp; Know-How is the definitive, must-have reference for the great outdoors.</p> <p>15.96</p>
<b>Survivalist's Medicine Chest</b>	Ragnar Benson	<p>From his years helping Third World natives, Ragnar Benson brings you this handbook for doctoring humans with readily obtainable, cheaply priced vet that are often identical to prescription drugs and cost only a fraction as much. Tetanus, typhoid and gun-wound infections will never again strike fear in the hearts of survivalists who pack this illustrated handbook in with their antibiotics, syringes, sulfa drugs, sewing needles and sutures.</p>
<b>Suvivalist's Little Book of Wisdom</b>	David Scott	<p>Learning a few tricks will increase your chance of survival in the event something goes wrong. Consider this a “Cliff Notes” series on survival, a book that’s trimmed the fat and delivers 355 interesting tips that will help you on your next trip.</p> <p>Item Number: 1570340641 ISBN: 1-57034-064-1</p>



Title	Author	Comments
<b>Tactical Medicine: An Introductory To Law Enforcement Emergency Care</b>		An experienced street paramedic gives a detailed crash course in the administration of emergency care under the most life-threatening conditions. Tactical Medicine is an excellent introduction to providing critical medical care when lives hang in the balance - both yours and your patients'. Learn the three stages of tactical medicine; the vital priorities of administering first aid under fire; the realities of setting up an efficient triage system; the must-have equipment and supplies for a tactical medical kit; the best methods for transporting your gear while on the scene; the differences between law enforcement and military field care; and much more. Whether you are a medic assigned to a SWAT team or military unit, an EMT thinking of entering police work or just someone who is interested in this dynamic field of medicine, you will benefit from this book.
<b>The "Have-More" Plan</b>	Ed and Carolyn Robinson	"A Little Land - A Lot of Living" How to Make a Small Cash Income Into the Best and Happiest Living a Family Could Want by Ed and Carolyn Robinson One of Jackie Clay's reference books! This 1943 back-to-the-land classic explains how to find land, build a homestead, grow fruits and vegetables, raise livestock, build farm structures, and more.
<b>The \$50 Dollar and Up Underground House Book: How to Design and Build Underground</b>	Mike Oehler, Chris Royer (Illustrator)	Mike Oehler has created a visionary style of underground architecture that is unparalleled to any before him in this timeless book.Great how-to instruction. Mike has lived underground in his self made house for over twenty years. He is a brilliant man that lives a simple life in a very much confused world.
<b>The American Red Cross First Aid and Safety Handbook</b>	American Red Cross, Kathleen A. Handal	Published in 1992 it covers the first moments after an injury occurs are the most critical. This authoritative guidebook, based on course materials used by Red Cross chapters across the United States, shows you how to handle every type of first aid emergency.
<b>The Backcountry Classroom: Lessons, Tools, and Activities for Teaching Outdoor Leaders</b>	Bruce F. Bonney & Jack K. Drury	This unique collection of lessons represents not only the fundamentals but the very foundation of leadership and outdoor skills. No outdoor students, educators, or leaders should be without a copy. \$24.99
<b>The Backyard Homestead</b>	Edited by Carleen Madigan	With just a ¼ acre of land, you can feed a family of four with fresh food year-round. Simple instructions make it easy to enjoy canned, frozen, dried, and pickled produce all winter; use your own grains to make bread, pasta, and beer; turn fresh milk into delicious homemade yogurt, butter, and cheese; make your own wine, cordials, herbal teas; and much more. With just a quarter acre of land, you can feed a family of four with fresh, organic food year-round. This comprehensive guide to self-sufficiency gives you all the information you need to grow and preserve a variety of vegetables, fruits, herbs, nuts and grains; raise chickens for eggs and meat; raise cows, sheep and goats for meat or milk; raise pigs and rabbits; and keep honeybees. Simple instructions make it easy to enjoy canned, frozen, dried and pickled produce all winter; use your own grains to make bread, pasta and beer; turn fresh milk into delicious homemade yogurt, butter and cheese; make your own wine, cordials and herbal teas; and much, much more. It truly is possible to eat entirely from your backyard. Recommended Product for Wiser Living by Mother Earth News: Today, more than ever before, our society is seeking ways to live more conscientiously. To help bring you the very best inspiration and information about greener, more sustainable lifestyles, MOTHER EARTH NEWS is recommending books and products to readers. For more than 40 years, MOTHER EARTH NEWS has been North America's "Original Guide to Living Wisely," creating books and magazines for people with a passion for self-reliance and a desire to live in harmony with nature. 15.16
<b>The Backyard Lumberjack, The Ultimate Guide to Felling, Bucking, Splitting &amp; Stacking</b>	Frank Philbrick & Stephen Philbrick	The first must-have complete wood-cutting reference. On subjects from choosing the perfect chainsaw to safely felling, bucking, splitting, and stacking woods, the authors share their enthusiasm for the pleasures and rigors of bringing down trees.
<b>The Beginner's Guide to Preserving Food at Home, Enjoy Local Produce Year-Round</b>	Janet Chadwick	Discover the best and quickest methods for preserving every common vegetable and fruit, arranged in a friendly food-by-food format. Readers will find freezing, drying, canning, brining, and storage instructions thorough enough to encourage complete beginners.
<b>The Book of Honey</b>	Claude Francis & Fernande Gontier	Over 200 sugar free recipes and more Publisher: Robert Hale Ltd (April 3, 1981) ISBN-10: 0709186479 ISBN-13: 978-0709186472

Title	Author	Comments
<b>The Complete Book of Butchering, Smoking, Curing, and Sausages, How to Harvest Your Livestock &amp; Wild Game</b>	Philip Hasheider	This is a must-have book for all hunters and small-scale farmers who plan to process meat of any kind. Everything you need to know about how to dress and preserve meat is right here, from slaughtering to processing to methods of preservation. Detailed step-by-step instructions and illustrations guide you through the entire process.
<b>The Complete Book of Pickling</b> 250 Recipes from Pickles and Relishes to Chutneys and Salsas	Jennifer MacKenzie	Pickling is one of the oldest and most inexpensive methods of preserving foods. These wonderfully inventive recipes feature modern methods and equipment in accordance with the latest food-safety standards. This book also includes classic and unusual international ingredients.
<b>The Complete Book of Small-Batch Preserving, Over 300 Recipes to Use Year-Round</b>	Margaret Howard	The easiest and safest methods for making delectable preserves in small batches -- all year long.
<b>The Complete Guide to Herbal Medicines</b>	Charles W. Fetrow, Pharm.D.; Juan R. Avila, Pharm.D.	<p>Comprehensive herbal guide by clinical pharmacists. Details what happens when herbs interact with drugs.                      Publisher: Pocket Books (September 1, 2000) ISBN-10: 0743400704 ISBN-13: 978-0743400701</p> <p>Details what happens when herbs interact with drugs. The Complete Guide to Herbal Medicines is the first scientific quick-reference book compiled by two trained, experienced clinical pharmacists. In clear, everyday language, they share the most up-to-the-minute, reliable, and accessible information available on more than three hundred herbal medicines. You'll find:</p> <ul style="list-style-type: none"> <li>* a complete, dependable overview of herbal medicines</li> <li>* what the scientific research shows</li> <li>* a glossary of medical terms</li> <li>* what happens when herbs interact with drugs</li> <li>* references to key scientific studies</li> <li>* and much, much more.</li> </ul> <p>No other guide gives you such a complete directory of herbal medicines, or such detailed, practical advice about each one. To expand your knowledge and interest in herbal medicines, you should have The Complete Guide to Herbal Medicines.</p>
<b>The Dehydrator Bible, Includes over 400 Recipes</b>	Jennifer MacKenzie, Jay Nutt, & Don Mercer	Dehydrating is one of the most effective ways to preserve food for maximum nutrition at very low cost. Easy-to-follow instructions with specific time guidelines and best practices and the latest data on food safety make this the ideal dehydrating guidebook and cookbook.
<b>The Encyclopedia of Country Living</b>	Carla Emery	<p>40th Anniversary Edition: The Original Manual of Living Off the Land &amp; Doing It Yourself.</p> <p>The bestselling resource for modern homesteading, growing and preserving foods, and raising chickens, The Encyclopedia of Country Living includes how to cultivate a garden, buy land, bake bread, raise farm animals, make sausage, can peaches, milk a goat, grow herbs, churn butter, build a chicken coop, catch a pig, cook on a wood stove, and much, much more. This comprehensive resource is the most authoritative guide available to a sustainable lifestyle and living off of the land.</p> <p>Carla Emery started writing The Encyclopedia of Country Living in 1969 during the back-to-the-land movement of that time. She continued to add content and refine the information over the years, and the book went from a self-published mimeographed document to a book of 928 pages.</p> <p>This 40th Anniversary Edition reflects the most up-to-date resource information and the most personal version of the book that became Carla Emery's life work. It is the original manual of basic country skills that have proved essential and necessary for people living in the country, the city, and everywhere in between.</p> <p>Carla Emery's The Encyclopedia of Country Living contains 1,000,000 words, 2,000+ recipes, and 1,500+ mail-order sources (for everything she tells you how to do, she also tells you where to get the supplies to do it). This book is so basic, so thorough, so reliable, that it deserves a place in every home.</p> <p>Table of Contents</p> <ol style="list-style-type: none"> <li>1 Oddments</li> <li>2 Introduction to Plants</li> <li>3 Grasses, Grains &amp; Canes</li> <li>4 Garden Vegetables</li> <li>5 Herbs &amp; Flavorings</li> <li>6 Tree, Vine, Bush &amp; Bramble</li> <li>7 Food Preservation</li> <li>8 Introduction to Animals</li> <li>9 Poultry</li> <li>10 Goats, Cows &amp; Home Dairying</li> <li>11 Bee, Rabbit, Sheep &amp; Pig</li> <li>12 Appendix</li> </ol>

Title	Author	Comments
<p><b>The Extreme Survival Almanac:</b> Everything You Need To Know To Live Through A Shipwreck, Plane Crash, Or Any Outdoor Crisis Imaginable</p>	<p>Reid Kincaid</p>	<p>A major outdoor survival book, The Extreme Survival Almanac is unlike anything else on the market. It's written specifically for regular folks who may be suddenly forced to survive in the wilderness without assistance ... and with no planning, specialized training nor equipment. This remote-area survival manual provides clear decision-making guidelines to walk you step-by-step from the first signs of trouble all the way through to rescue. It outlines specific courses of action for every type of survival scenario imaginable, including thousands of useful tips, directions and suggestions that can be understood and followed by the panicked and possibly injured layman stranded in the woods, in a vehicle or at sea.</p> <p>Sections are devoted to topics like surviving in land-locked settings, including in the desert or in the tundra, as well as surviving at sea. Each section covers the basics for survival in detail, including how to create shelter and find water or food in each scenario. Also included are appendices with navigation tools and maps detailing unique information such as prevailing ocean current patterns, prevailing wind patterns and common commercial flight routs. 48.00</p>
<p><b>The Great Outdoors Games &amp; Puzzles</b> (For Kids)</p>	<p>Helene Hovanec, Patrick Merrel</p>	<p>Bring the Outdoors Inside with 100 Mazes, Word Games, Picture Puzzles, Jokes &amp; Riddles, Brainteasers, and Fun-packed Activities for Kids by Helene Hovanec and Patrick Merrell A fun variety of activities stimulates children's imaginations and puzzle-solving skills. Connect-the-dots pictures, mazes, word searches, sudokus, and many more puzzles keep kids busy for hours.</p>
<p><b>The High Security Shelter - How to Implement a Multi-Purpose Safe Room in the Home</b></p>	<p>Joel Skousen, Andrew Skousen</p>	<p>When catastrophe strikes and the power is out, do you have quick access to basic backup power: When a storm is bearing down and the roads are blocked with traffic do you have a safe place to ride things out? If the unthinkable happens and a nuclear, biological or chemical weapon detonates nearby do you have a safe, filtered place to live until the threat passes? Can you communicate if internet, cell phones, local radio and TV broadcasting services are all down? Recent natural disasters and local crises have caused havoc by halting even a few of these conveniences and even larger threats are looming on the horizon. No one knows when the "big one" will hit-whether that means hurricane, earthquake or war. This is the all-new edition of Joel Skousen's do-it-yourself guide to help you plan, construct and outfit a high security shelter within your own house. It includes updated plans for easier construction, updated details and new source information for these aspects of your shelter: High security rooms, doors and locks; Fire-resistant barriers and materials; Hardened reinforced structure; Dense materials for radiation protection; Backup electrical power; Filtered air systems; EMP and surge protection; Tunnels and emergency escape routes; Concealment strategies; Recommended equipment; Water storage; Plumbing and electrical systems; Resources for products and suppliers; Barter and stockpile lists... and much more. [Previous editions released under the title: How to Implement a High Security Shelter in the Home]</p>
<p><b>The Home Creamery, Make Your Own Fresh Dairy Products</b></p>	<p>Kathy Farrell-Kingsley</p>	<p>Easy Recipes for Butter, Yogurt, Sour Cream, Creme Fraiche, Cream Cheese, Ricotta, and More! by Kathy Farrell-Kingsley Butter, yogurt, ricotta, and other fresh dairy products have been made in kitchens around the world for centuries. They are not difficult to make, require no complicated aging techniques, and offer the home cook a wonderful range of tart, sweet, nutty, silky, and creamy textures and flavors. With the growing availability of local organic milk, now is the perfect time to bring fresh dairy products back to the home kitchen.</p>
<p><b>The Home Water Supply</b></p>	<p>Stu Campbell</p>	<p>If you live in the country or suburbs, you've had water problems. Not enough water? Too much? Tastes terrible? The pump quits? The water's contaminated? No matter what, this book offers down-to-earth solutions in language understandable to all of us who aren't plumbers.</p>
<p><b>The Homestead Builder: Practical Hints for Handy-Men</b></p>	<p>Charles P. Dwyer</p>	<p>This practical classic is filled with handy advice on the best ways to plan and construct dwellings in any location, using wood, earth, and gravel. Includes instructions on erecting log cabins, slab houses, farm houses, as well as outdoor ovens, cellars, and more.</p>

Title	Author	Comments
<p><b>The Joy of Jams, Jellies, and Other Sweet Preserves</b> 200 Classic and Contemporary Recipes Showcasing the Fabulous Flavors of Fresh Fruits</p>	<p>Linda Ziedrich</p>	<p>This comprehensive primer covers all the basics of making sweet preserves, including equipment, techniques, procedures, safety, and storage. With this authoritative volume at hand, anyone can stock a pantry with colorful, nutritious, delicious, and economical preserves of all kinds.</p>
<p><b>The Lazy Gardener</b></p>	<p>Mara Grey (Author), Vasily Kafanov (Illustrator)</p>	<p>The Lazy Gardener tells us how to decrease the effort and increase the enjoyment of having a garden, in an amusing but practical way. ISBN-10: 0028622170   ISBN-13: 978-0028622170 Readers can get right to the heart of their problems by starting with a fun, hands-on quiz called HELP I'm Too Busy to Read This Book, or spend a leisurely afternoon reading the book from cover to cover. The author covers everything from choosing the right plants for your environment to designing a manageable garden and paring down chores. The book is illustrated with beautiful drawings by Vasily Kafanov. Mara Grey has been a professional gardener for over 20 years. Her weekly radio show, The Lazy Gardener, is broadcast in Washington, and she has a newspaper column by the same name. Grey writes for such publications as Horticulture Magazine, and teaches classes on gardening and landscape design this year she will be teaching a Lazy Gardener course.</p>
<p><b>The Medicine Wheel Garden</b></p>	<p>E. Barrie Kavasch</p>	<p>Creating sacred space for healing, celebration and tranquillity. Covers full range of North American Native Medicine Wheels.</p>
<p><b>The Mini Farming Bible: The Complete Guide to Self-Sufficiency on 1/4 Acre</b></p>	<p>Brett L. Markham</p>	<p>When Brett Markham published a small black and white handbook about how to run a successful mini farm—he never dreamed how popular the book would soon become. In 2010 Skyhorse Publishing Inc. published Brett’s book in full color with over a hundred of the author’s own photographs—and Mini Farming became an instant bestseller spawning four additional Mini Farming books on everything from fermenting to composting. Now for the first time all 5 Mini Farming titles are collected together in one massive volume: Mini Farming Maximizing Your Mini Farm Mini Farming Guide to Composting Mini Farming Guide to Vegetable Gardening Mini Farming Guide to Fermenting Learn how to make your own compost, save seeds, start a compost pile, ferment your own wine, get the most out of your vegetable garden—and more! And all on just ¼ acre or less. Learn why tens of thousands of readers across North America have chosen Mini Farming for all their self sufficiency needs. This is the must have guide for any farmer—whether they’re beginners or experienced mini farmers looking for new ideas.</p>
<p><b>The Modern Survival Retreat: A New and Vital Approach to Retreat Theory and Practice</b></p>	<p>Ragnar Benson</p>	<p>Modern retreaters have a new enemy to fear - our own government. In this companion to the classic book The Survival Retreat, Ragnar answers such vital questions as how to identify exactly who threatens your freedom, when to occupy your retreat and how to fight the government when it goes hard-core against you.</p>

Title	Author	Comments
<b>The Natural Navigator</b>	Tristan Golley	<p>Natural navigation is the art of finding your way by using nature, without the aid of tools and instruments. (lacks detailed illustrations)</p> <p>Natural navigation is an ancient art, and you will be given a lot of examples and fascinating stories from the history how people at different places of the earth have found their way by using information from the nature. They had no other alternative then to study what the nature provided.</p> <p>The book contains 8 main chapters:</p> <ul style="list-style-type: none"> <li>• The Land - Navigating naturally on land is about learning to take note of the things that do not always appear on maps and sensations which are not easily recorded. A lot of practical and useful tips for finding direction on land are described.</li> <li>• The Sun - Of course, the sun is the obvious first choice of naturally navigation aid to use. However, there a more to learn about how to use the sun to find direction than the average outdoor enthusiast know.</li> <li>• The Firmament - We all know that it's possible to navigate by the stars. After reading this chapter you definitely have a basic understanding of the concept.</li> <li>• The Fickle Moon - Understanding the orbit of the moon and its phases is important to get help to finding direction.</li> <li>• The Sea - For the maritime navigator the sky should be the first place to look. However, learning to read the sea to find direction was an important skill for ancient voyager.</li> <li>• The Elements - The wind holds an important place for the natural navigator. Do you know that there are three levels of wind?</li> <li>• Creatures of habit - The list of navigational clues that the animals can offer can be very long.</li> <li>• Where am I - Navigation is not just about working out which way you need to go, it is also about understanding where you are.</li> </ul>
<b>The Natural Soap Book, Making Herbal and Vegetable-Based Soaps</b>	Susan Miller Cavitch	The definitive resource for making vegetable-based soaps from scratch.
<b>The Not So Big House: A Blueprint for the Way We Really Live</b>	Sarah Susanka, Kira Obolensky, Susanka Studios	<p>Architect Susanka believes that the large homes being built today place too much emphasis on square footage rather than on current lifestyles. Here she shows how homes can be designed to feature "adaptable spaces open to one another, designed for everyday use." She describes how to examine occupants' lifestyles, how to incorporate the kitchen as the focal point of the home, how to give the illusion of space, and how, with storage, lighting, and furniture arrangement, a smaller home can be comfortably livable. Photographs of contemporary homes as well as those by Frank Lloyd Wright and other modern architects illustrate Susanka's ideas and show the timelessness of the style she advocates. This thought-provoking book will be a good addition to architectural and interior design collections.</p> <p>Ten years ago, Sarah Susanka started a revolution in home design with a deceptively simple message: quality should always come before quantity. Now, the book that celebrated that bold declaration is back in a special anniversary edition. In this landmark home design book, America's superstar residential architect provides homeowners the guidance and language to get what they want: a house that is better not bigger and one that emphasizes comfort, beauty, and a high level of detail no matter how small it is. Featuring a new package and introduction by Susanka as well as 16 additional pages that explore three new Not So Big Houses, this 10th anniversary edition is very big news.</p>
<b>The One Pan Gourmet Cooks Lite- A Low-Fat Guide to Outdoor Cooking</b>	Don Jacobson & Don Mauer	<p>The word is out! Low-fat is in! Healthy trekkers have been hitting the road for years to get fit &amp; have fun. They need to prepare meals that will give energy without fat that will destroy diets. Now you can do it with fresh foods the One Pan Way.</p> <p>Item Number: 1570340331 ISBN: 1-57034-033-1</p>

Title	Author	Comments
<b>The Poor Man's Wilderness Survival Kit</b>	James Ballou	<p>You don't need to spend hundreds of dollars on the latest and greatest emergency survival gear for your outdoor adventures when you can assemble a functional, well-stocked kit for little or no money! Best-selling preparedness author Jim Ballou shows you exactly how to do it with this guide to collecting no-nonsense, get-the-job-done-in-an-emergency gear ... and packaging it in self-contained, portable kits that are always ready to grab and go. Instead of expensive tents, sheath knives, sleeping bags, and other conventional outdoor gear, Ballou focuses on compact, lightweight and even disposable, use-once-and-discard emergency equipment, and all of it dirt cheap! Learn how to:</p> <ul style="list-style-type: none"> <li>• Find standard survival kit components at the lowest prices</li> <li>• Create a poor man's survival kit for free from common household items</li> <li>• Collect or create your own edged tools, water containers, cookware, fire- and shelter-making gear, and weapons for very little money</li> <li>• Assemble a complete kit of new gear for under \$10</li> </ul> <p>Dozens of photos show examples of inexpensive but functional wilderness survival kits, as well as step-by-step instructions for creating your own poor man's gear. If you are a hiker, hunter, camper, preparedness type, homeless nomad or other wilderness adventurer operating within a narrow budget, The Poor Man's Wilderness Survival Kit is the book for you! 12.00</p>
<b>The Practical Guide to Container Gardening</b>	Susan Berry and Steve Bradley	<p>Along with comprehensive information on planting techniques, as well as care and maintenance, this book includes a fully illustrated A-Z directory of more than 100 plant species.</p>
<b>The Prepper's Cookbook: 300 Recipes to Turn Your Emergency Food into Nutritious, Delicious, Life-Saving Meals</b>	Tess Pennington	<p>Nobody knows when the next disaster will hit, whether hurricane, earthquake or civil unrest. To survive these inevitable catastrophes, every family must be able to feed itself for days, weeks, maybe even months. The Prepper's Cookbook shows how to fully prepare an emergency food supply that does just that. This lifesaving book teaches how to maintain a family's diet using jarred, canned and dried goods, as well as common emergency staples. The book first details how to stock, organize and maintain a proper emergency food supply. There are also tips on home canning and other do-it-yourself techniques for making high-quality, shelf-stable foods. Next, The Prepper's Cookbook presents 101 recipes that turn these stored foods into delicious meals the entire family will enjoy eating. It teaches readers how preserves that last a lifetime can maintain their flavors and how even the most basic items can be turned into solid meals. 13.56</p>
<b>The Renewable Energy Handbook</b>	William H.Kemp	<p>A guide to rural energy independence, off-the-grid and sustainable living. Azrex Press ISBN 0-9733233-2-9</p>
<b>The Secure Home</b>	Joel Skousen	<p>This is the long awaited update of Mr. Skousen's original and popular work, The Survival Home Manual, last printed in 1982. It has a new title and is a near total rewrite--expanded from 300 pages to 700 pages. This book is intended to give you all the information you need to implement a high security and self-sufficient residence or retreat, from initial design strategy to shelter construction details. Mr. Skousen's design specialty is building high security, totally self-sufficient homes that are completely off-the grid. This massive volume shows you how to accomplish the complex process of integrating all of the security and self-sufficiency systems into a conventional structure. His unique multi-purpose, high security shelter designs allow a person to install a concealed safe room within a conventional home that offers complete live-in protection from tornadoes, hurricanes, fire, intrusion and nuclear fallout. These are self-contained with independent electrical power, water, food storage and communications and compact living facilities--all with convenient access from inside your own home. His voluminous lists of specific product and equipment recommendations, along with sources, will save you months of research. These lists are updated regularly on his website so that your copy of The Secure Home will never be out of date.</p>
<b>The Self-Reliant Homestead: A Book of Country Skills</b>	Charles A. Sanders	<p>A hands-on text for country living, this book contains detailed advice on everything from selecting a piece of land to raising livestock, from making wine from home-grown fruits to making fences strong and durable. Here is abundant advice from a real country homesteader, a book equally valuable for lifelong farm-dwellers or for the new-to-the-country city folks looking to set down roots.</p>

Title	Author	Comments
<p><b>The Self-Sufficiency Handbook: A Complete Guide to Greener Living</b></p>	<p>Alan Bridgewater</p>	<p>Anyone considering a shift to a greener way of living must get this inspirational and practical guide. With easy-to-read layouts and simple text, it runs the full ecological gamut, from geothermal heating to crop rotation to soap making. The Bridgewaters, well-regarded garden writers, help readers answer questions such as how much land they really require, whether or not to depend entirely on natural forms of energy, and which farm animals will best meet their needs. There's practical information on building an insulated flue-pipe chimney, identifying edible wild plants, and composting with worms. In addition to recipes for jams, rhubarb wine, and other delicious foods, three A-Z sections offer planting and harvesting instructions for vegetables and salad crops, fruits, and herbs.</p>
<p><b>The Self-Sufficient Life and How to Live It</b></p>	<p>John Seymour</p>	<p>The Self Sufficient Life and How to Live It is the only book that teaches all the skills needed to live independently in harmony with the land harnessing natural forms of energy, raising crops and keeping livestock, preserving foodstuffs, making beer and wine, basketry, carpentry, weaving, and much more. Our 2003 edition included 150 new full-color illustrations and a special section in which John Seymour, the father of the back to basics movement, explains the philosophy of self-sufficiency and its power to transform lives and create communities. More relevant than ever in our high-tech world, The Self Sufficient Life and How to Live It is the ultimate practical guide for realists and dreamers alike.</p>
<p><b>The Survival Group Handbook: How to Plan, Organize and Lead People For a Short or Long Term Survival Situation</b></p>	<p>Charley Hogwood (Author), Dr. Joe "Bones" Alton (Preface), Amarilis Hernandez (Cover Design)</p>	<p>The Survival Group Handbook (formerly known as MAGS: The People Part of Prepping, see here for additional book reviews: <a href="http://bit.ly/magsreviews">http://bit.ly/magsreviews</a>) is the first and most comprehensive book ever written on the subject of survival with others. It is designed to walk you through all the steps required to safely and securely find, and work with other people just like you who realize that going it alone in a dark world is not an option. This guide is the instruction manual and reference textbook for the solo survivor, family or national organization regardless of size or mission. By employing the hard learned lessons carefully researched in cooperation with many active groups, and applying sociology, history, law and threat analysis, the survivor will understand what makes a group work, how to build one from scratch, how to fix one that has become dysfunctional and where to put your group in a hurry. If you want to put a razor's edge on your team, understand how to effectively lead people, increase participation, correct poor group dynamics, and be able to successfully operate under a multitude of conditions, this book holds all the keys to your success.</p>

Title	Author	Comments
<p><b>The Survival Medicine Handbook: A Guide for When Help is Not on the Way</b></p>	<p>Joseph Alton, Amy Alton</p>	<p>The Survival Medicine Handbook(tm) is a guide for those who want to be medically prepared for any disaster where help is NOT on the way. This book is written by Joe Alton, M.D. and Amy Alton, A.R.N.P., the premiere Medical Preparedness Professionals from the top ten survival website <a href="http://www.doomandbloom.net">www.doomandbloom.net</a>. This book is available in print and kindle, and print book buyers can take advantage of Kindle's matchbook program to also buy the digital version for just \$2.99 (normal retail \$24.99). The expanded second edition of the 3 category Amazon bestseller (Survival Skills, Disaster Relief, Safety/First Aid) is geared to enable the non-medical professional to deal with all the likely issues they will encounter in catastrophic scenarios. The Survival Medicine Handbook (tm) is not your standard first aid book. It assumes that no hospital or doctor is available in the aftermath of a catastrophic event. This book will give you the tools to handle injuries and illness for when YOU might be the end of the line with regards to your family's medical well-being. In circumstances where medical personnel are overwhelmed and access to modern technology is limited or non-existent, The Survival Medicine Handbook(tm) is the essential reference book for every library. Written in plain English, you'll find step-by-step instructions on how to identify and treat over 100 different medical issues. The second edition also covers alternative remedies for almost every possible medical condition in situations where modern healthcare is inaccessible. Here's just some of the topics covered: · MEDICAL PREPAREDNESS BECOMING A MEDICAL RESOURCE · THE EFFECTIVE SURVIVAL MEDIC · FACTORS TO CONSIDER WHEN PREPARING · LIKELY MEDICAL ISSUES YOU WILL FACE · MEDICAL SKILLS YOU WILL WANT TO LEARN · MEDICAL SUPPLIES · NATURAL REMEDIES · ESSENTIAL OILS · THE MEDICINAL GARDEN · THE PHYSICAL EXAM · THE MASS CASUALTY INCIDENT · PATIENT TRANSPORT · HYGIENE-RELATED MEDICAL ISSUES · LICE, TICKS, AND WORMS · DENTAL ISSUES · RESPIRATORY INFECTIONS · FOOD AND WATER-BORNE ILLNESS · DIARRHEAL DISEASE/DEHYDRATION · DEALING WITH SEWAGE ISSUES · FOOD POISONING · APPENDICITIS/ABDOMINAL PAIN · URINARY TRACT INFECTIONS · HEPATITIS · PELVIC AND VAGINAL INFECTIONS · WOUND INFECTIONS · ABSCESSES · TETANUS · MOSQUITO BORNE ILLNESS · FUNGAL INFECTIONS · HYPERTHERMIA (HEAT STROKE) · HYPOTHERMIA · ALTITUDE SICKNESS · WILDFIRE PREPAREDNESS · TORNADO PREPAREDNESS · HURRICANE PREPAREDNESS · EARTHQUAKE PREPAREDNESS · ALLERGIC REACTIONS ASTHMA · POISON IVY, OAK, AND SUMAC · RADIATION SICKNESS · BIOLOGICAL WARFARE · MINOR WOUNDS · MAJOR AND HEMORRHAGIC WOUNDS · SOFT TISSUE WOUND CARE · WOUND CLOSURE/OPEN WOUNDS · LOCAL ANESTHESIA AND NERVE BLOCKS · HOW TO SUTURE/STAPLE SKIN · BLISTERS, SPLINTERS, AND FISHHOOKS · NAIL BED INJURIES · BURN INJURIES · ANIMAL BITES · SNAKE BITES · INSECT BITES AND STINGS · HEAD INJURIES · SPRAINS AND STRAINS · DISLOCATIONS · FRACTURES · AMPUTATION · THYROID DISEASE · DIABETES · HIGH BLOOD PRESSURE · HEART DISEASE AND CHEST PAIN · ULCER AND ACID REFLUX DISEASE · SEIZURE DISORDERS · JOINT DISEASE · KIDNEY AND GALL BLADDER STONES · SKIN CONDITIONS · VARICOSE VEINS · CPR · HEADACHE · EYE PROBLEMS · NOSEBLEED · EARACHE · HEMORRHOIDS · BIRTH CONTROL, PREGNANCY, AND DELIVERY · ANXIETY AND DEPRESSION · SLEEP DEPRIVATION · ESSENTIAL OVER THE COUNTER DRUGS · A PRIMER ON PAIN MEDICATIONS · NATURAL PAIN RELIEF · STOCKPILING MEDICATIONS HOW TO GAIN ACCESS TO AND USE VARIOUS ANTIBIOTICS, ANTI-FUNGALS AND ANTI-VIRAL DRUGS · EXPIRATION DATES</p>
<p><b>The Survival Nurse: Running an Emergency Nursing Station Under Adverse Conditions</b></p>	<p>Ragnar Benson</p>	<p>One of the most overlooked topics in the field of survival medicine is nursing. Doctors or medically trained survivors can patch up a patient after an injury or accident, but it is the survival nurse who provides extended long-term care as well as the dozens of related activities that support the healing process under less-than-ideal conditions. This timely companion to Ragnar Benson's best-selling books on survival medicine tackles the many issues that every serious survival nursing program must face. You will learn the ins and outs of the "big five" considerations of survival nursing; the must-have supplies to keep in stock and how to obtain them; tricks for handling the mountains of laundry generated by a nursing station; how to maintain a low profile with your survival nursing station and why it's important; how to sew up wounds, pull teeth, deliver babies and provide physical therapy under primitive conditions; and more.</p>
<p><b>The Survival Retreat: A Total Plan For Retreat Defense</b></p>	<p>Ragnar Benson</p>	<p>(1983) Win the battles of defending your retreat by avoiding them! Learn how to harden your city or rural refuge by locating it well and disguising it. "The best defense is obscurity, unobtrusiveness and silence," Benson writes. Chapters are Who Is the Enemy?, What If It Comes to a Fight?, Beyond Firepower and more.</p>
<p><b>The Trapper's Bible: Traps, Snares &amp; Pathguards</b></p>	<p>Dale Martin</p>	<p>The traps, snares and pathguards detailed in this book can be constructed out of the most basic materials, keeping your expenses down and your net profits up. Throughout the text there are detailed diagrams including close-ups and labels for all trap settings. There are instructions on pest snares, large animal snares and transplant traps, plus camp alarms that alert you to intruders and deadly pathguards that could save your life. 14.40</p>
<p><b>The Travelers' Medical Resource</b></p>	<p>William W. Forgey, M.D.</p>	<p>\$19.95</p>
<p><b>The Travelers' Self Care Manual</b></p>	<p>William W. Forgey, M.D.</p>	<p>\$6.95</p>



Title	Author	Comments
<p><b>The Ultimate Guide to Self-Reliant Living</b></p>	<p>Jay Cassell (Editor)</p>	<p>Being a homesteader today may seem difficult; the world is full of so many gadgets and conveniences, many of which most of us consider necessary to live a full and happy life. In this collection, edited and arranged by Jay Cassell, you'll see that going off the grid, adapting to your surroundings, and depending on yourself and your land is not as challenging as one may think. With the information and tips you learn in this book, you'll easily find success as a modern-day homesteader.</p> <p>The essays featured in The Ultimate Guide to Self-Reliant Living were written by some of today's most respected outdoorsmen and outdoorswomen, nature enthusiasts, agricultural professionals, and successful homesteaders. Through the information on these pages, you will learn the best techniques and approaches concerning:</p> <ul style="list-style-type: none"> <li>• Hunting, fishing and trapping</li> <li>• Foraging</li> <li>• Growing and preparing your own food</li> <li>• Animal husbandry</li> <li>• Living off the grid</li> <li>• Building barns and outbuildings</li> <li>• Green living</li> <li>• Country skills</li> <li>• Alternative energy, such as solar panels and windmills</li> <li>• Primitive survival skills, such as making fires and finding shelter</li> </ul> <p>19.96</p>
<p><b>The Ultimate Self-Sufficiency Handbook: A Complete Guide to Baking, Crafts, Gardening, Preserving Your Harvest, Raising Animals and More</b></p>	<p>Abigail Gehring</p>	<p>Are you drawn to a lifestyle that is greener, cleaner and more authentic? Are you inspired by the thought of building things with own your hands and feeding your family and friends with food you've grown yourself. Would you like to present your family and friends with items lovingly made by hand? If you are interested in a living a life that embraces simplicity and greater self-sufficiency, this is the book for you. The Ultimate Self-Sufficiency Handbook will inspire and direct you as you learn how to lead a life of greater self sufficiency.</p> <p>If you are interested in a living a life that embraces simplicity and greater self-sufficiency, The Ultimate Self-Sufficiency Handbook will inspire and direct you as you discover how to become achieve self sufficiency in your own life. This compact guide provides advice, tips, and step-by-step instructions for hundreds of projects, offering the entire family the tools they need to make the shift toward self-sufficient living.</p>
<p><b>The Urban Homestead (Expanded &amp; Revised Edition): Your Guide to Self-Sufficient Living in the Heart of the City</b></p>	<p>Kelly Coyne</p>	<p>(Process Self-reliance Series) The expanded, updated version of the best-selling classic, with a dozen new projects.</p> <p>This celebrated, essential handbook shows how to grow and preserve your own food, clean your house without toxins, raise chickens, gain energy independence, and more. Step-by-step projects, tips, and anecdotes will help get you started homesteading immediately. The Urban Homestead is also a guidebook to the larger movement and will point you to the best books and Internet resources on self-sufficiency topics.</p> <p>Written by city dwellers for city dwellers, this copiously illustrated, two-color instruction book proposes a paradigm shift that will improve our lives, our community, and our planet. By growing our own food and harnessing natural energy, we are planting seeds for the future of our cities.</p> <p>Learn how to:</p> <ul style="list-style-type: none"> <li>Grow food on a patio or balcony</li> <li>Preserve or ferment food and make yogurt and cheese</li> <li>Compost with worms</li> <li>Keep city chickens</li> <li>Divert your grey water to your garden</li> <li>Clean your house without toxins</li> <li>Guerilla garden in public spaces</li> <li>Create the modern homestead of your dreams</li> </ul>

Title	Author	Comments
<b>The Vegetable Gardener's Bible</b>	Edward C. Smith	<p>The invaluable resource for home food gardeners! Ed Smith's W-O-R-D system has helped countless gardeners grow an abundance of vegetables and herbs. And those tomatoes and zucchini and basil and cucumbers have nourished countless families, neighbors, and friends with delicious, fresh produce. The Vegetable Gardener's Bible is essential reading for locavores in every corner of North America!</p> <p>Everything you loved about the first edition of The Vegetable Gardener's Bible is still here: friendly, accessible language; full-color photography; comprehensive vegetable specific information in the A-to-Z section; ahead-of-its-time commitment to organic methods; and much more.</p> <p>Now, Ed Smith is back with a 10th Anniversary Edition for the next generation of vegetable gardeners. New to this edition is coverage of 15 additional vegetables, including an expanded section on salad greens and more European and Asian vegetables. Readers will also find growing information on more fruits and herbs, new cultivar photographs in many vegetable entries, and a much-requested section on extending the season into the winter months. No matter how cold the climate, growers can bring herbs indoors and keep hardy greens alive in cold frames or hoop houses.</p> <p>The impulse to grow vegetables is even stronger in 2009 than it was in 2000, when Storey published The Vegetable Gardener's Bible. The financial and environmental costs of fossil fuels raise urgent questions: How far should we be shipping food? What are the health costs of petroleum-based pesticides and herbicides? Do we have to rely on megafarms that use gasoline-powered machinery to grow and harvest crops? With every difficult question, more people think, "Maybe I should grow a few vegetables of my own." This book will continue to answer all their vegetable gardening questions.</p>
<b>The Vegetable Gardener's Container Bible: How to Grow a Bounty of Food in Pots, Tubs, and Other Containers</b>	Edward C. Smith	<p>By growing vegetables in containers, even novice gardeners can reap a bounty of organic food in very small spaces. Anyone can harvest tomatoes on a patio, produce a pumpkin in a planter, or grow broccoli on a balcony — it's easy! Ed Smith shows you how to choose the right plants, select containers and tools, care for plants throughout the growing season, control pests without chemicals, and much more. He even includes plans for small-space container gardens that are perfect for urban and suburban gardeners.</p>
<b>The Wilderness First Aid Handbook</b>	Grant S. Lipman	<p>The Wilderness First Aid Handbook is a handy, quick-reference guide easily accessible with basic wilderness first aid knowledge, but it does not require advanced degrees or experience with medicine and prehospital care. Recognizing that certain knowledge and procedures are outside the scope of a layperson's training, Dr. Grant Lipman limits the use of technical terms and advanced techniques that may be unfamiliar to some readers or beyond their comfort zone. This system-based, easy-to-follow guide assists the first aid provider when encountering most wilderness emergencies, from cold and heat concerns and blister treatments to high-altitude illness and lightning injury prevention-and much more.</p> <p>Typically the most challenging decision in the wilderness environment is when to evacuate a sick or potentially sick person, and as such, each section has detailed decision-making steps to inform you of when to be concerned and when to get out. This guidance is based upon the recent evidence-based consensus statement published by the Wilderness Medical Society on the scope of practice of wilderness first aid. Filled with original, full-color artwork illustrating the techniques and procedures described and with internal-spiral binding and waterproof pages handy for travel into extreme environments, The Wilderness First Aid Handbook is a must-have for every back pocket or backpack. 11.96</p>
<b>The Wilderness First Responder</b>	Buck Tilton, M.S.	<p>This guide contains expert, step-by-step instructions, clear illustrations, and "Signs and Symptoms" sidebars designed to help you provide care in wilderness and urban settings- whenever you are more than an hour away from an ambulance or a hospital.</p> <p>Item Number: 076270392X ISBN: 0-7627-0392-X</p>

Title	Author	Comments
<b>Tips for the Lazy Gardener</b>	Linda Tilgner	<p>What's a lazy gardener? Anyone who enjoys the pleasures of gardening but doesn't want to be chained to their garden – in other words, all of us!                      Publisher: Storey Publishing, LLC; 2 Sub edition (January 2, 1998) ISBN-10: 1580170269 ISBN-13: 978-1580170260</p> <p>In this delightful but oh-so-practical book, Linda Tilgner offers hundreds of timesaving tips and routines to produce better vegetables and herbs with less work and more pleasure. You'll find ideas and instructions for planning gardens, building soil, sowing and transplanting, beating weeds and pests, and harvesting – all designed to reduce maintenance and make gardening more leisurely and enjoyable. And isn't that why we garden in the first place?</p>
<b>Underground Homes</b>	Louis Wampler	<p>The classic guide to creating an underground dwelling. By reducing energy loss or gain and regulating extreme temperature fluctuations, underground homes are both energy- and cost-efficient. With numerous illustrations and diagrams, this how-to book offers tips on the planning, construction, and habitation of a subterranean lodging.</p> <p>High energy costs have spurred the search for new and better ways to increase energy in family dwellings throughout America. One exciting solution is to reduce our energy needs by building underground.</p> <p>"Underground Homes" offers the layman a complete and thoughtful approach to planning, building, and inhabiting an earth-sheltered home. Author Louis Wampler takes the reader step by step through a potential maze of construction problems. He uses simple language and numerous diagrams and illustrations to answer the questions people ask most about an underground home.</p> <p>The book offers information and guidance on such key factors as</p> <ul style="list-style-type: none"> <li>Planning interior and exterior design</li> <li>Choosing the proper site</li> <li>Insulating for maximum energy savings</li> <li>Waterproofing the structure</li> <li>Deciding which roof will work best on your house</li> <li>Selecting appropriate heating and cooling systems</li> </ul> <p>"Underground Homes" also addresses specific problems associated with subterranean homes-- determining the local water table, reinforcing concrete with steel, and using skylights and windows. It also discusses the common psychological barriers to living underground, presenting solutions and insights into these problems. best on your house</p> <ul style="list-style-type: none"> <li>Selecting appropriate heating and cooling systems</li> </ul> <p>"Underground Homes" also addresses specific problems associated with subterranean homes-- determining the local water table, reinforcing concrete with steel, and using skylights and windows. It also discusses the common psychological issues of living underground.</p>
<b>Veterinary Guide for Animal Owners, Caring for Cats, Dogs, Chicken, Sheep, Cattle, Rabbits, and More (Second Edition)</b>	C. E. Spaulding and Jackie Clay	<p>Caring for Cats, Dogs, Chicken, Sheep, Cattle, Rabbits, and More (Second Edition) Jackie Clay revised and updated this classic on veterinary care.</p> <p>Included are ways to diagnose and treat diseases and injuries in livestock and pets. This book helps you to know when to treat your animals or what to check before you call the vet.</p>
<b>When Disaster Strikes: A Comprehensive Guide for Emergency Planning and Crisis Survival</b>	Matthew Stein (Author), James Wesley Rawles (Foreword)	<p>Disasters often strike without warning and leave a trail of destruction in their wake. Yet armed with the right tools and information, survivors can fend for themselves and get through even the toughest circumstances. Matthew Stein's When Disaster Strikes provides a thorough, practical guide for how to prepare for and react in many of life's most unpredictable scenarios.</p> <p>In this disaster-preparedness manual, he outlines the materials you'll need— from food and water, to shelter and energy, to first-aid and survival skills—to help you safely live through the worst. When Disaster Strikes covers how to find and store food, water, and clothing, as well as the basics of installing back-up power and lights. You'll learn how to gather and sterilize water, build a fire, treat injuries in an emergency, and use alternative medical sources when conventional ones are unavailable.</p> <p>Stein instructs you on the smartest responses to natural disasters—such as fires, earthquakes, hurricanes and floods—how to keep warm during winter storms, even how to protect yourself from attack or other dangerous situations. With this comprehensive guide in hand, you can be sure to respond quickly, correctly, and confidently when a crisis threatens. 19.96</p>

Title	Author	Comments
<b>When Technology Fails</b>	Matthew Stein	<p>A manual for self-reliance, sustainability, and surviving the long emergency. Publisher: Chelsea Green Publishing; 2nd edition (August 18, 2008) ISBN-10: 1933392452 ISBN-13: 978-1933392455</p> <p>There's never been a better time to "be prepared." Matthew Stein's comprehensive primer on sustainable living skills--from food and water to shelter and energy to first-aid and crisis-management skills--prepares you to embark on the path toward sustainability. But unlike any other book, Stein not only shows you how to live "green" in seemingly stable times, but to live in the face of potential disasters, lasting days or years, coming in the form of social upheaval, economic meltdown, or environmental catastrophe.</p> <p>When Technology Fails covers the gamut. You'll learn how to start a fire and keep warm if you've been left temporarily homeless, as well as the basics of installing a renewable energy system for your home or business. You'll learn how to find and sterilize water in the face of utility failure, as well as practical information for dealing with water-quality issues even when the public tap water is still flowing. You'll learn alternative techniques for healing equally suited to an era of profit-driven malpractice as to situations of social calamity. Each chapter (a survey of the risks to the status quo; supplies and preparation for short- and long-term emergencies; emergency measures for survival; water; food; shelter; clothing; first aid, low-tech medicine, and healing; energy, heat, and power; metalworking; utensils and storage; low-tech chemistry; and engineering, machines, and materials) offers the same approach, describing skills for self-reliance in good times and bad.</p> <p>Fully revised and expanded--the first edition was written pre-9/11 and pre-Katrina, when few Americans took the risk of social disruption seriously--When Technology Fails ends on a positive, proactive note with a new chapter on "Making the Shift to Sustainability," which offers practical suggestions for changing our world on personal, community and global levels.</p>
<b>When There Is No Doctor: Preventive and Emergency Healthcare in Challenging Times</b>	Gerard S. Doyle	<p>The fifth title in Process' Self-Reliance series demystifies medical practices with a practical approach to twenty-first-century health and home medicine, particularly helpful in a financial downturn.</p> <p>When There Is No Doctor is smartly designed and full of medical tips and emergency suggestions. At a time when our health system has become particularly susceptible to strain, it should be no further than an arm's reach away in your household.</p> <p>This is a book about sustainable health, primarily having to do with your health and what you can do to protect it--in bad times certainly, but also in good. I will help you ensure the health of those you love, yourself and, should you so choose, your community, if and when the world changes. World may come to mean your little town or the whole globe. It could change for a few days or weeks, or for a few years. It could change because of a flood, financial crisis, flu pandemic, or failure of our energy procurement, production or distribution systems.</p> <p>I will not teach you to be a lone survivalist who anticipates doing an appendectomy on himself or a loved one on the kitchen table with a steak knife and a few spoons, although I will discuss techniques of austere and improvised medicine for really hard times.</p> <p>Gerard S. Doyle, MD, teaches and practices emergency medicine at the University of Wisconsin, Madison, where he also plans the hospital's response to disasters.</p>
<b>Where There Is No Dentist</b>	Hesperian Health Guides	This basic dental manual uses clear language and step-by-step instructions to discuss preventive care of teeth and gums, diagnosis and treatment of common dental problems, and oral health and HIV.
<b>Where There Is No Doctor</b>	Hesperian Health Guides	The most widely-used health care manual for health workers, educators, and others involved in primary health care and health promotion around the world. Current edition includes updated information on malaria, HIV, and more.
<b>Wild Animals of North America (for kids)</b>	Karl Meyer	<p>A Poster Book</p> <p>North America's most majestic animals are captured in 30 breathtaking images that emphasize their wild natures. The back of each poster features a map indicating the animal's habitat, interesting historical facts and lore, and a description of how the animal survives.</p>

**Personal Library Considerations - continued**

Title	Author	Comments
<b>Wilderness and Remote First Aid Pocket Guide</b>	American Red Cross	<p>Based on the 2010 Boy Scouts of America Wilderness First Aid Curriculum and Doctrine Guidelines. The official course guide, Rev. 9/14, for the American Red Cross Wilderness and Remote First Aid course is available in hardcopy.</p> <p>Great for scouts, outdoor enthusiasts, or people who work in a remote environment</p> <p>Learn how to respond to over 25 first aid emergencies when help may be delayed</p> <p>Includes skills sheets for performing CPR, and responding to both conscious and unconscious choking</p> <p>Wilderness and Remote First Aid Emergency Reference Guide is a 113 page manual for use in the course and serves as an important emergency reference guide after training is complete.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> <li>Altitude Illnesses</li> <li>Hypothermia</li> <li>Shock and Heart Attack</li> <li>Poisoning</li> <li>Snow Blindness</li> <li>Wounds and Wound Infection, and many more</li> </ul> <p>The accompanying Pocket Guide is a handy 8-panel (front and back), fold-out first aid reference specifically designed for use in the field.</p> <ul style="list-style-type: none"> <li>Compact and lightweight</li> <li>Fits easily into a pocket of a shirt, cargo pants, or a backpack</li> <li>Weather- and tear-resistant</li> </ul>
<b>Wilderness and Survival Medicine 2014: 2nd Edition</b>	Chris Breen, Dr Craig Ellis	<p>This 2nd Edition contains a wealth of new material and 46 expanded chapters including information on Minor Injuries and Illness, Lifesaving Surgery, Environmental Problems and Tactical Considerations Life is uncertain, people who are involved in survival situations, disasters and accidents are often unprepared both in knowledge and supplies. This book is intended to give you grounding in medical care and encourage you to prepare supplies suitable to your level of knowledge and likely situations you may encounter. It is hoped it will be useful to those who partake in extreme and wilderness sports and activities as well as those who are interested in survivalism and preparedness. Chris Breen is a Registered Nurse who served with the RAMC, a Paramedic and Clinical Tutor with additional qualifications in Trauma and Remote Medicine. He has had a long term interest in Survival medicine and is the Medical Advisor for a Preparedness group and runs courses in Survival Medicine. Craig Ellis is a Medical doctor who trained as a Specialist Emergency Physician. He has a special interest in austere medicine and medical practice during prolonged disasters. He has both worked and taught austere medical practice. The contents of this book are derived from a number of articles which have been published online and the syllabus of Wilderness and Survival Medicine Course they run. The aim of this work is to provide the lay person with the knowledge and skills to deal with a variety of medical conditions and traumatic injuries usually dealt with by Health Care Professionals. Equipment, medical supplies and initial first aid treatment is covered, if the injury or illness would benefit from more advanced measures then these are detailed as well as any skills needed to carry them out. We will also look at aftercare and the limitations of care without the benefit of a modern health service. Contents</p> <p>INTRODUCTION CHAPTER 1 EXAMINATION OF PATIENTS CHAPTER 2 ENVIRONMENTAL PROBLEMS CHAPTER 3 BITES AND STINGS CHAPTER 4 DEALING WITH PARASITES CHAPTER 5 FOOT CARE CHAPTER 6 FRACTURES CHAPTER 7 SPINAL TRAUMA AND IMMOBILISATION CHAPTER 8 DISLOCATIONS CHAPTER 9 WOUNDS AND BURNS CHAPTER 10 LOCAL ANAESTHETIC CHAPTER 11 HEAD, CHEST AND ABDOMINAL TRAUMA CHAPTER 12 MANAGING ROAD TRAFFIC COLLISIONS (RTCS) CHAPTER 13 MINOR INJURIES CHAPTER 14 ALLERGIC REACTION CHAPTER 15 RESPIRATORY &amp; CARDIAC CHAPTER 16 ABDOMINAL ASSESSMENT &amp; ILLNESSES CHAPTER 17 NEUROLOGICAL PROBLEMS CHAPTER 18 DIABETES CHAPTER 19 PRIMITIVE MEDICINE CHAPTER 20 THE SCIENCE AND ART OF WATER PURIFICATION CHAPTER 21 POISONING CHAPTER 22 SHOCK CHAPTER 23 EAR, NOSE AND THROAT (ENT) CHAPTER 24 EYE PROBLEMS CHAPTER 25 DERMATOLOGY CHAPTER 26 MINOR MEDICAL PROBLEMS CHAPTER 27 MEDICATION CHAPTER 28 VACCINES (IMMUNISATION) CHAPTER 29 ROUTES OF DRUG ADMINISTRATION CHAPTER 30 CLINICAL SKILLS CHAPTER 31 MEDICAL KITS &amp; SUPPLIES CHAPTER 32 EMERGENCY DENTISTRY CHAPTER 33 SEXUALLY TRANSMITTED DISEASES (STD) CHAPTER 34 OBSTETRICS AND GYNAECOLOGY CHAPTER 35 PLANNING FOR FUTURE MEDICAL NEEDS CHAPTER 36 ESTABLISHING A MEDICAL CLINIC MILITARY MEDICINE SECTION CHAPTER 37 INFECTIOUS DISEASES, NUCLEAR BIOLOGICAL &amp; NERVE AGENT WARFARE CHAPTER 38 GUNSHOT WOUNDS, EXPLOSIONS &amp; TACTICAL CONSIDERATIONS CHAPTER 39 TRIAGE CHAPTER 40 NUTRITION CHAPTER 41 LEGAL ISSUES CHAPTER 42 PSYCHOLOGICAL PROBLEMS CHAPTER 43 SURGERY AND ANAESTHESIA WITH MINIMAL TRAINING CHAPTER 44 HOME LABORATORY CHAPTER 45 MEDICAL ASPECTS OF ISOLATED OR SHELTER LIVING APPENDIX 1 GCS APPENDIX 2 MEDICAL TERMINOLOGY APPENDIX 3 FURTHER READING INDEX</p>
<b>Wilderness Medical Society Practice Guidelines</b>	edited by William W. Forgey M.D.	\$12.95
<b>Wilderness Medicine 4th edition: Beyond First Aid</b>	William W. Forgey, M.D.	\$14.99

Title	Author	Comments
Woodstove Cookery	Jane Cooper	Want to save money, and believe that a stove should do more than cook food? Learn how to buy a stove, set it up, fuel it for various uses, keep it clean and in peak operating condition. Dozens of recipes—bread that tastes as good as it smells, stews that gain goodness in hours on the back of the stove, roasting meats

“Without self-reliance, there is no independence.

Without independence there is no freedom.

Without freedom, there is no self.”

Anonymous

TNTCrazyLady

FormerlyNMUrbanHomesteader.weebly.com