



## Grid Going Down!: Be Prepared Not Scared (Paperback)

By MR Hugh Simpson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is a step-by-step workbook for both individuals and group leaders in preparing for when the electric grid goes down due to natural causes or man-made scenarios. These same procedures can be used for other preparedness scenarios. Here are some of the topics covered: 1. BugOut Backpack 2. Getting Your Body Physically Fit 3. Food Choices 4. Preparing You Your Family 5. Preparedness Mindset 6. Preparedness Audit 7. Gting to Your Safe Area.



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