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## Survival 101 The Essential Guide to Saving Your Own Life in a Disaster

By Marcus Duke

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 56 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Survival 101: The Essential Guide to Saving Your Own Life in a Disaster is a must-have introductory guide that acquaints the reader with essential survival techniques and tactics. Knowing what to do in the event of an emergency will keep you and everyone else calm. Panic is dangerous and counterproductive. You must be organized, take an appropriate leadership role, and make sure everyone has duties assigned to them. This book won't turn you into an overnight soldier of fortune, but you'll definitely find some extremely useful tidbits on starting a fire, surviving on limited water rations, building a basic stockpile of supplies, dealing with medical issues in a crisis situation and much more! TABLE OF CONTENTS SECTION I. Prepare for The Expected SECTION II. Creating Fire SECTION III. Dealing with Dehydration SECTION IV. Securing Shelter SECTION V. Makeshift Medical Care SECTION VI. Handling Common Natural Disasters SECTION VII. A Final Review This item ships from La Vergne, TN. Paperback.



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