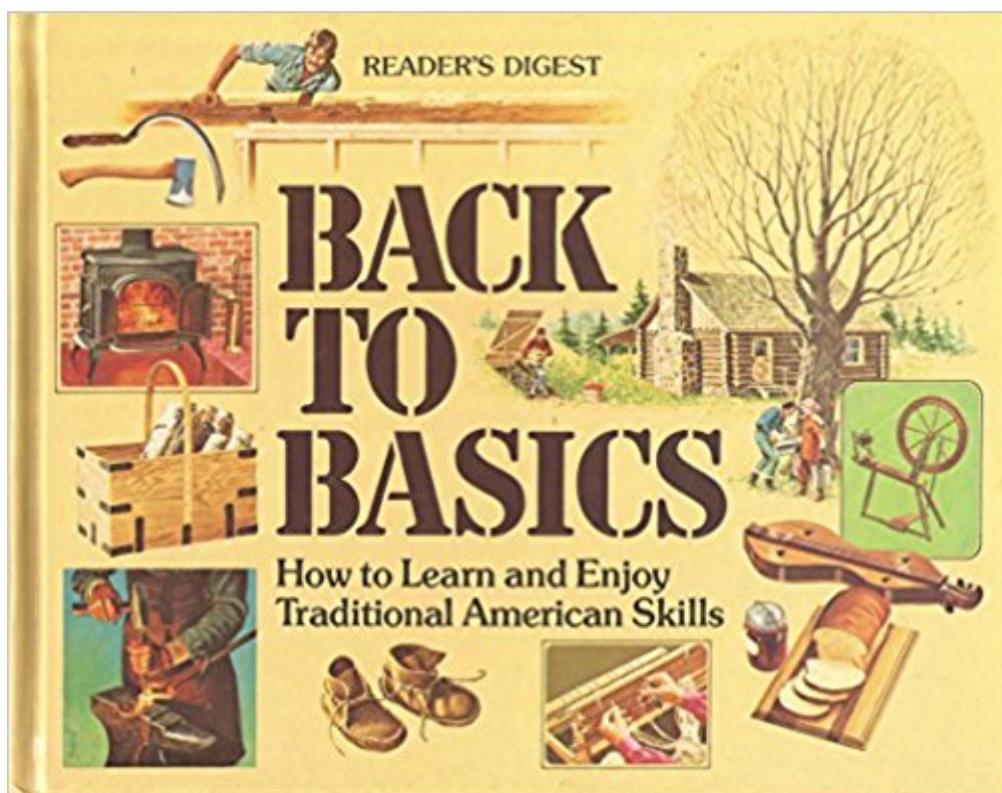


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# Back To Basics: How To Learn And Enjoy Traditional American Skills



## Synopsis

This Reader's Digest "BACK TO BASICS" handy book is a how-to, user-friendly guide that teaches self-sufficiency covering all of life's essentials: shelter; alternative energy sources; growing and preserving food; home crafts; directions for making herbal remedies; and even home-grown entertainment. [goodreads]

## Book Information

Hardcover: 456 pages

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Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (255 customer reviews)

Best Sellers Rank: #21,310 in Books (See Top 100 in Books) #20 inÂ Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Do-It-Yourself #25 inÂ Books > Crafts, Hobbies & Home > Crafts & Hobbies > Reference #1408 inÂ Books > Parenting & Relationships

## Customer Reviews

I am a survivalist by nature and always am looking for ways to prep myself for the worst. Even though I know a lot it is always good to have a reference around just in case you forget something. This book can give you all that you need for survival in North America and many other locations with little effort, great detail, and lots of pictures for easy to understand explanations. This is an older book that was recommended to me by another mountain man here on .com rather than some of the other self-sufficiency books. I found all the information here to be well documented and referenced and most importantly VERY accurate. Though this book is certainly no field guide (you can't stick in easily in your pocket) it is also VERY thorough. I would also recommend as a companion that you get the SAS survival guide only because that does fit in your pocket and was written by a well-known former British Special Ops member. Many of the books you will see hear will try to tout all the pictures they have, the wide variety of topics they cover, or some other third thing but none of them will tell you the overall quality of the knowledge provided. Some are better than others such as The Guide to Self-Sufficiency published by DK Books but all of them seem to be lacking short

concise answers and explanations. Others just ramble and others worse yet have irrelevant information. The chapters of this book are as follows:1) Land: Different types of homes that can be built, how to prepare/cut wood, use building tools/supplies, preparing land for a home, etc.2) Energy Sources: This explains how to use the natural world for a variety of tasks from grinding grain (water wheel) to using the sun and or earth for natural and continuous heating and cooling.

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