



# Practical Self-Reliance - Reducing Your Dependency On Others

*John D. McCann*

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## **Practical Self-Reliance - Reducing Your Dependency On Others** John D. McCann

Whether you live in the city, suburbs, or country, you can practice self-reliant methods of living. This book is an in depth look at practical ways you can reduce your dependency on others, and work towards a life of self-reliance. It includes sections on obtaining, preserving, storing, and preparing food, recycling and repurposing, skills and tools of the trade for self-reliance, getting out of debt, the importance of water, lighting and alternative power, sanitation and hygiene, staying warm and cool, transportation options, and more. For anyone who wants to work towards being self-reliant, this book, with over 250 photos and diagrams, offers many helpful suggestions and ideas.

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