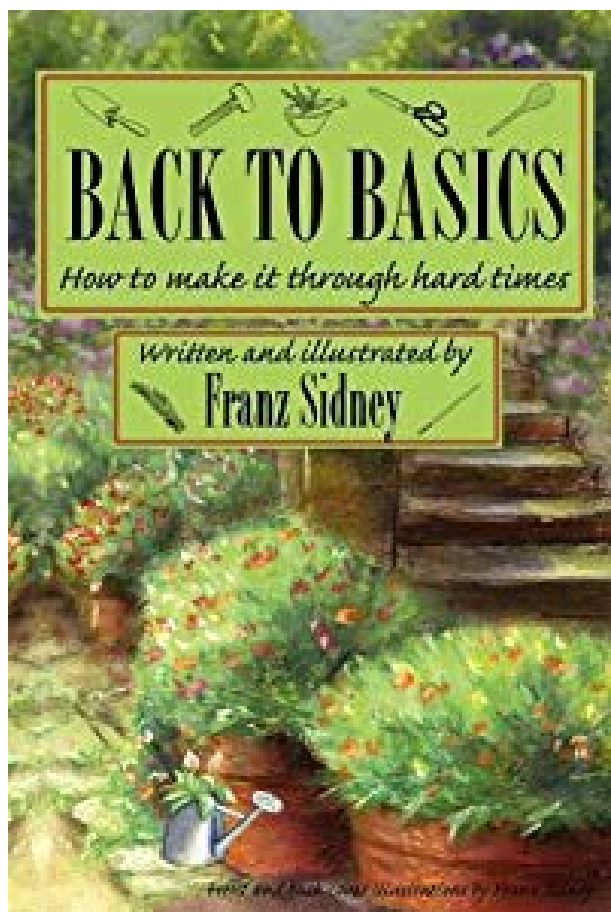


Back to Basics: How to Make It Through Hard Times



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If you desire to take control of your life and finances, but feel lost in a sea of information, this book is for you. Author Franz Sidney explains in detail how to get started right away to be self-reliant and to be in control of just about any aspect of your life that you feel needs improving. You might wonder how to make a simple but effective plan to get out of debt; or you might be trying to control your impulse buying.

"Back to Basics" will show you how to save money at home and when you are out and about, holidays included; it will give you step-by-step instructions on how to: de-clutter your home, help your kids to earn their gifts, eat healthily, cook from scratch, grow your food and much more. In a friendly, conversational tone, Franz shows you just how easy it is to sprout seeds and grains and incorporate them into your daily diet, how to use a dehydrator to enrich your food storage, and even how to make your own toiletries at home.

Add to that a strong focus on how to take charge of your own health with diet and natural medicine and you really have more than enough to get started on a satisfying journey to self-reliance.

Once you have mastered the basics you will be craving for those more in-depth books that you once found too complicated.

Franz is available to help with any questions you might have in her blog: <http://backtobasicshub.blogspot.com>