Raw Survival: Living the Raw Lifestyle On and Off the Grid

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Raw Survival **presents an approach that embraces sustainable living as a solution to meet our daily needs, even if the worst case scenario never unfolds.**

By living in the spirit of community and in balance with the natural cycles, one can live more fully and enjoy a more enriching, healthy lifestyle.

From celebrity raw food chef and educator Lisa Montgomery *Raw Survival* presents Lisa's philosophy and documents important skills and knowledge needed to answer the eternal question "What if?" What if you lose power? What if you are unable to get food? What if the technology and systems we rely on fail?

Raw Survival is an invaluable reference featuring a wealth of important sustainability tips and simple raw food recipes specially geared towards living "on or off the grid" as a vegetarian or raw foodist.

Filled with recipes and tips for "off-the-grid" living, *Raw Survival* includes everything you need to know to make your raw food diet part of a fully sustainable lifestyle. Raw Survival is the green living guide...with raw food flair!

EASY TO USE AND ACCESSIBLE TO EVERYONE. With over 80 simple, delicious recipes, Raw Survival is not just for raw foodists or vegetarians, but is suitable for anyone who wants to prepare nutritious dishes using minimal equipment and processing.

TIMELY AND INFORMATIVE. In response to the myriad of natural disasters and our increasingly hectic lifestyles, this book offers simple solutions to implementing a raw food diet in tandem with a sustainable emergency response plan.

INVALUABLE SURVIVAL GUIDE. The book features important skills to grow, gather, prepare, and store your own food as well as promote energy independence.

Knowledge and simplicity are behind the philosophy that informs *Raw Survival* . This book contains over 80 healthy recipes that can be created without exotic ingredients and extensive preparation.

Also included are helpful tips, ideas, and guidelines for surviving unexpected catastrophes or simply navigating a hectic lifestyle. *Raw Survival* also provides information to guide you towards energy independence if living "off the grid" is your ultimate dream. Raw Survival belongs in every home.

Raw Survival: Living the Raw Lifestyle On and Off the Grid Details

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From Reader Review Raw Survival: Living the Raw Lifestyle On and Off the Grid for online ebook

J. says

I'm sure there are some useful things in this book but not what I was looking for. I read it in an ebook format from the library and it did not have a good flow to it. The format was one topic after another, all a couple of paragraphs long. Nothing was discussed In depth. There was no overall narrative or segue from one topic to the next. Maybe a book for flipping through but not very readable as an ebook.

Cindy says

I purchased this book having already researched online (for free) about emergency preparedness. While the book is full of very useful information, there was nothing new for me to learn, nor was it as in-depth as the sites available online. The recipes also took up half the book, which was something I was not interested in. Overall, it is a good book for those who prefer a hard copy as opposed to staring at a computer screen for long periods of time, and those who haven't studied up on emergency preparedness will greatly benefit from reading it.