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Thriving During Challenging Times: The Energy, Food and Financial Independence Handbook

Cam Mather

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Most of us have never lived through times as tough as these. The economic crisis, peak oil, rising food costs, climate change and water shortages all converge to make it a very challenging time. This book provides a road map to allow you to return to the independence of previous generations. Independence in how you power your home, where you get your food from and how you control your financial destiny. The amazing thing is that the recommendations are not only good for you; they're good for the planet. Showering with water heated by the sun and eating a "100 foot diet" with food grown in your backyard will help you to reduce your carbon footprint. They also give you back control of your budget. By providing a step-by-step guide on how to get the fastest payback and invest the money you save, you'll discover the joy of being in control again. From where you live, to how you heat and power your home, to producing your own food, controlling water and getting your financial house in order, this book proves that money doesn't buy happiness, but using what you have wisely helps. The fact that most of the recommendations are good for your health, good for the health of the planet and good for protecting yourself financially, sets out a win/win/win scenario. Challenging times provide a tremendous opportunity for personal growth while giving your soul the joy a return to a saner pace in your life provides.

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