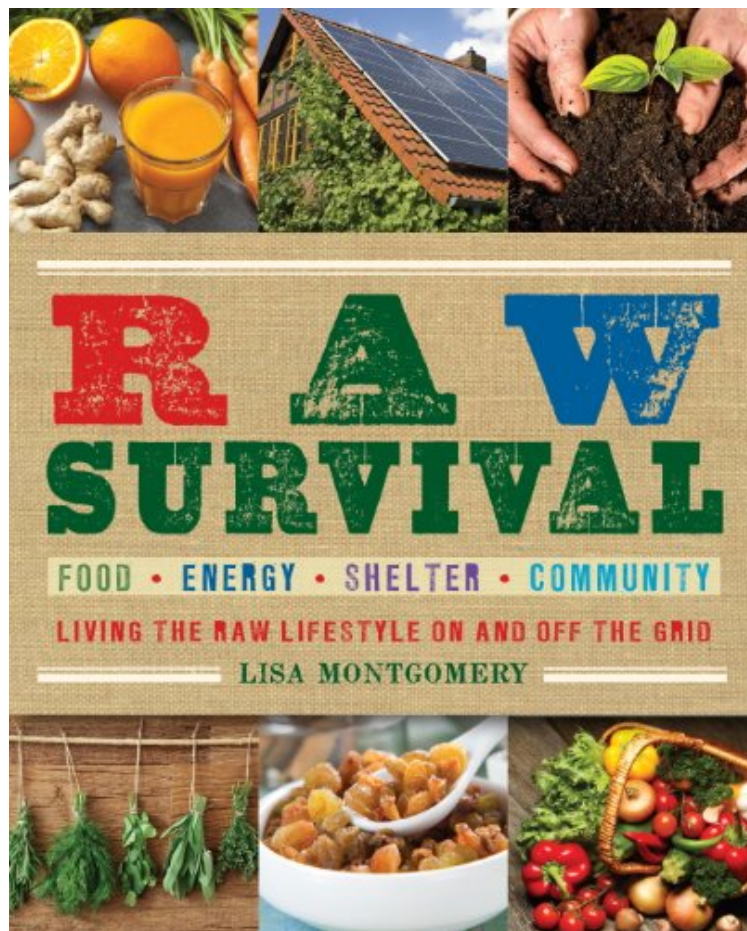


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Raw Survival: Living the Raw Lifestyle On and Off the Grid (The Complete Book of Raw Food Series)

Lisa Montgomery

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Lisa Montgomery : Raw Survival: Living the Raw Lifestyle On and Off the Grid (The Complete Book of Raw Food Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Raw Survival: Living the Raw Lifestyle On and Off the Grid (The Complete Book of Raw Food Series):

4 of 4 people found the following review helpful. A fast readBy Carmen FashehWith so much rapid machine-gun fire information to process coming at us on all fronts these days, it's nice to find a book that you can gain good info easily and quickly and be ready for action without saying, HUH? I read this book in half a day which from my point of view is a plus. From working on emotional to health aspects of survival and giving suggestions and helpful hints, directives with lists and recipes, and links to further information and/or survival products, it is worth the money you pay to have it in your library. Perhaps I feel this way because as a semi-raw foodist, I know what she is talking about in this field, but the other pointers in being prepared for any apocalypse, personal tragedy or otherwise (such as hurricane Sandy of 2012), are a bonus read. You need not be a raw vegan to read it as it includes, among other issues, the necessary items

for making a quick getaway in your car, how to deal with no power, kinds of tools that can be used manually, first aid kits and generators and of course, back to the ancient arts of fermenting, sprouting and dehydrating. I give it a two-thumbs up. 0 of 0 people found the following review helpful. Don't waste your money on this one! By Thankful Helpmeet! Just a mish mash of info that even a novice already knows about. Don't waste your money on this one. 0 of 0 people found the following review helpful. Raw Survival! By leeny All of the survival type cookbooks I have seen have been very time consuming. This book is very fresh and different.

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.

About the Author Lisa Montgomery graduated with a degree in Business in 1979, and soon developed a passion for health and nutrition. Today, she is a Holistic Health Care Practitioner, and has graduated from the Living Light Culinary Arts Institute as an associate/chef instructor. She is also the author of Raw Garden, Liquid Raw, and Raw Challenge. For more information about Lisa, visit www.livingdynamically.com.