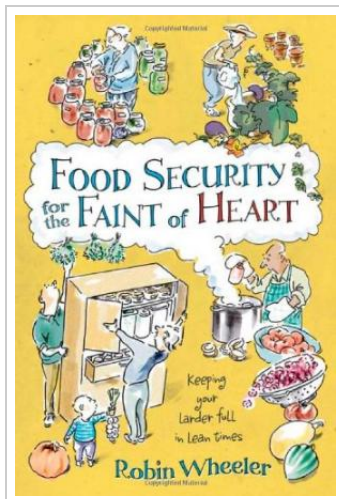




Food Security for the Faint of Heart (Paperback)

By Robin Wheeler

New Society Publishers, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. There are books you merely read. There are books you read, recommend to others and pass along. Then there are those books you read, lay aside, jump to your feet, throw your hands in the air, and holler, Yes!! Food Security for the Faint of Heart is one of the latter. Robin Wheeler has managed to extract logic from hysteria, package it with a strong environmental perspective, an abundance of practical suggestions and enough good humour to make this a must-have for every soul interested in surviving whatever natural disaster comes along. Wheeler wastes no time in addressing the central theme of her book: Anything can happen so you better be prepared--and here's how. In her impressive list of Good Things to Have in an Emergency, she catalogues essential items, including lesser-touted items such as cooking oil and salt. If Wheeler has done anything by writing this book, she's pulled the proverbial rug from under our feet when it comes to excuses for not eating well through any disaster. Reviewed by Linda Wegner, Country Life in BC Where would you find...



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