

# Survival 5 Primitive Cooking Methods You Still Need to Know Today

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## BOOK DETAILS

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## **BOOK SYNOPSIS**

Survival 5 Primitive Cooking Methods You Still Need to Know Today! In this book we are going to look into primitive ways of preparing foods. Knowing how to use these kinds of skills in food preparation can come in very handy. You may find yourself in a situation where you need to use these skills of meal prep to survive. In this world we live in today there is more and more natural and man-made disasters happening at an alarming rate around the world. Things that we normally would depend on suddenly become unavailable to us and we find ourselves in a situation where knowing some survival skills will definitely be to our advantage. You will be shown in this book how to prepare foods in primitive ways in a modern world, making use of the modern tools when you can in the process. I always say that it is better to be prepared than not. We cannot know what is in store for us in the future, we can guess, but there is many things we are not able to predict. Even if we do predict certain events such as natural disasters we cannot stop them. The best thing we can do is to make sure that we prepare ourselves for the worst. Preparing yourself is going to help ensure that you will be able to survive in an emergency type of situation. One of the most important things we must do is to have a food source that we can rely on and are able to prepare the foods even if we have no access to modern day power sources such as hydro. Many of us live our lives without giving much thought to the possibility that we could someday find ourselves in an emergency situation. Most of us like to think when we hear or read about these kinds of incidents in the news that they are always occurring far from home and will never happen to us. This of course is not a good way to look at things as it will leave you totally unprepared when disaster strikes in your own backyard. It is best to prepare for the worst and hope that it does not actually happen. At least you will feel confident in knowing that you have made some emergency preparations to help you and your loved ones survive those trying times. One of the ways you can help prepare yourself is learning different primitive ways of preparing and or cooking your foods.

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