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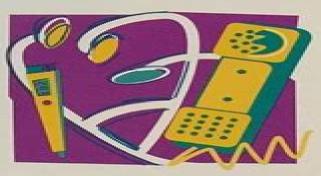
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practical wisdom James Howard Kunstler author of The Geography of Nowhere Matthew Stein's comprehensive primer on sustainable living skills from food and water to shelter and energy to first aid and crisis management skills prepares you to embark on the path toward sustainability But unlike any other book Stein not only shows you how to live green in seemingly stable times but to live in the face of potential disasters lasting days or years coming in the form of social upheaval economic meltdown or environmental catastrophe When Technology Fails covers the gamut Inside you ll learn The basics of installing a renewable energy system for your home or business How to find and sterilize water in the face of utility failure How to keep warm if you ve been left temporarily homeless Practical information for dealing with water quality issues Alternative health and first aid techniques Each chapter describes skills for self reliance in good times and bad Chapters Include A survey of the risks to the status quo Supplies and preparation for short and long term emergencies Emergency measures for survival Prepping water food shelter and clothing First aid low tech medicine and healing Securing energy heat and power Metalworking Utensils and storage Low tech chemistry engineering machines and materials Fully revised and expanded When Technology Fails ends on a positive proactive note with a chapter on Making the Shift to Sustainability which offers practical suggestions for changing our world on personal community and global levels When Technology Fails is a massive project done well First the book gives a superb presentation of WHY one should be more aware and prepared and then HOW one should go about this The scope of this book is thorough John McPherson author Primitive Wilderness Living and Survival Skills Manual of School Health Keeta DeStefano Lewis, Bonnie J. Bear, 2008-06-23 Completely updated the 3rd edition of this practical highly portable manual offers quick access to the most relevant health and wellness information for children from birth through age 21 in the school setting You ll find valuable guidance on developmental stages learning domains acute and chronic illnesses first aid medical syndromes special education and emergency illness. This edition also addresses the growing array of issues affecting today s children including mental health disorders disaster management substance abuse and school violence as well as new threats such as West Nile virus dermatological conditions and the reemergence of tuberculosis Ideal for use in school and community settings this manual is a must have resource for anyone who works with children A best practice approach to health issues and concerns helps you provide the best possible care to students A clear consistent outline format and straightforward writing style make it easy to locate and apply essential information Updated content includes important contemporary issues in schools such as body piercing backpack syndrome and computer ergonomics Brain Findings section offers relevant information about recent brain and neurology research with insights on how it relates to childhood development and health Numerous appendices including the latest growth charts and immunization schedules provide essential information for assessing school age children English Spanish translation guide for common health terms and phrases helps you communicate more effectively with Hispanic students Web site resources at the end of each chapter provide reliable sources for further information and research A convenient Glossary familiarizes you with

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