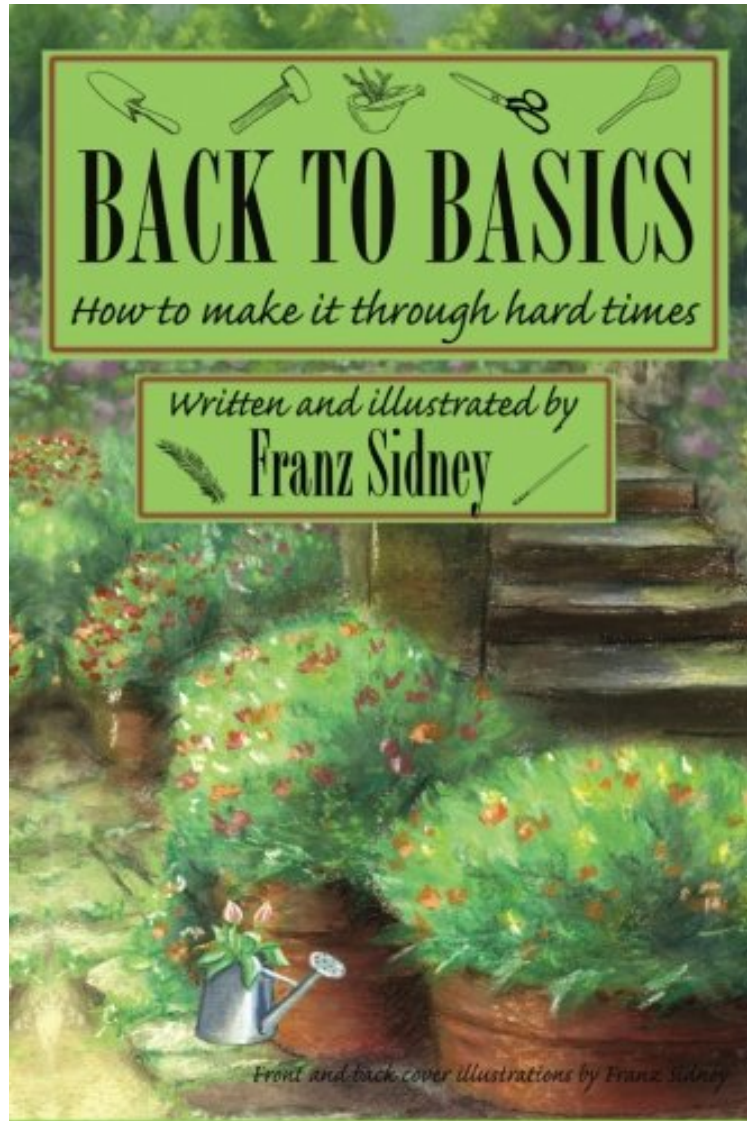


[PDF] Back to basics: How to make it through hard times

## Back to basics: How to make it through hard times

*Franz Sidney*

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**Franz Sidney : Back to basics: How to make it through hard times** before purchasing it in order to gage whether or not it would be worth my time, and all praised Back to basics: How to make it through hard times:

1 of 1 people found the following review helpful. Across the Board Primer on Self-Reliance and Frugality By Dave (D.J.) Butler Ms. Sidney exhorts her readers to live lives of self-reliance and frugality. In the best of times, such a life is a freer life, less shackled by cupidity for the illusory pleasures of unnecessary things and crippling frivolous debt, but if, as she suggests, our global economic downturn is only beginning, her advice may be truly essential. Ms. Sidney

gives broad, across-the board advice, ranging from economic gift-giving to physical uncluttering of personal space to food storage even to making one's own hygiene products. Her slightly offbeat sense of humor shines through both in her illustrating cartoons and in many charming asides. The book is in the nature of an invitation and also an introduction, and one of its great virtues is the way it consistently invites the reader forward to learn more. Whether by identifying other books to study (the writings of John Seymour) or listing useful online resources, Ms. Sidney welcomes the reader into an ongoing process of learning more and living better. Few readers will follow her to every destination she reaches, but all of us could surely benefit by following her to some.

1 of 1 people found the following review helpful. Thanks...By Leslie Craig Jr I gave 5 stars considering the fact that I am usually a book reader unless I am interested in the readings. Being able to read is also easier on the electronic tablet since I do not have some bulky object to hold and flip through. I am wanting to learn more than I know so I can see that my seizures are not giving me less memory. Sometimes, it feels like I am becoming less intelligent, but that could also be the fact of a lot I learned in this book and the lack of reading educational texts, etc. Thank you for the excellent information Franz.

3 of 3 people found the following review helpful. Common sense approach to modern day life By jim Life today can be complicated, sophisticated and largely technology based, so much so that we often get swept along in a fast flowing stream that can be hard to escape. "Back to Basics" brings us back to a down-to-earth reality that many of us miss - I certainly do. The language is easy to understand and basic principles and ideas are set out in a common sense way that makes us feel that life can be enjoyed in simple ways within our income and with peace of mind. It would be a great asset to every household.

If you desire to take control of your life and finances, but feel lost in a sea of information, this book is for you. Author Franz Sidney explains in detail how to get started right away to be self reliant and to be in control of just about any aspect of your life that you feel needs improving. You might wonder how to make a simple but effective plan to get out of debt; or you might be trying to control your impulse buying. Back to Basics will show you how to save money at home and when you are out and about, holidays included; it will give you step by step instructions on how to: de-clutter your home, help your kids to earn their gifts, eat healthily, cook from scratch, grow your food and much more. In a friendly, conversational tone, Franz shows you just how easy it is to sprout seeds and grains and incorporate them into your daily diet, how to use a dehydrator to enrich your food storage, and even how to make your own toiletries at home. Add to that a strong focus on how to take charge of your own health with diet and natural medicine and you really have more than enough to get started on a satisfying journey to self-reliance. Once you have mastered the basics you will be craving for those more in-depth books that you once found too complicated. Franz is available to help with any questions you might have in her blog: <http://backtobasicshub.blogspot.com>

About the Author Franz Sidney was born in Italy in the last century and has lived in Italy, Greece, the U.S.A. and now the U.K. Franz holds qualifications in Fashion Design, Graphic Design, Language teaching, Family Herbalism and British Sign Language. She has been involved in food storage and preparedness for almost twenty years. She is a correspondent for the online mag "Meridian Magazine", and runs several blogs on preparation, raw food, nutrition and herbal medicine.