



# The Five-Year Guide to Self-Sufficiency: Simple Living Made Simpler

*Amelia Barrows*

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For decades, Americans have embraced the consumer mindset and ignored the consequences of their inaction. Now, however, with prices rising and more preservatives than foods in the grocery store, families are starting to take notice. The return to sustainable living is long overdue, but many are so intimidated by the amount of work involved that they never even start. "The Five-Year Guide to Self-Sufficiency" follows a logical progression to move your homestead forward every year in an organized and affordable manner. Over the course of five years, you will learn how to get the most from your land, whether it be half an acre or 100. You'll grow everything from a basic garden bed to a fruitful orchard, pick from a wide variety of livestock ranging from chickens to alpacas, and lead a simpler life with less reliance on fossil fuels. The road may be long and arduous, but there's no need to overwhelm yourself. By taking everything at a rational pace, you too can remove yourself from a meaningless culture and improve your quality of life one day at a time.

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