



How to Build the Perfect Minimalist, Low-Carb 72-Hour Kit: Maximum Safety and Optimum Effectiveness with Minimum Effort, Cost and Time

Otter Mannoff

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Right when you least expect it, disaster could strike. If an unexpected emergency hits, are you fucking ready to handle it? Are you prepared to handle the aftermath? Do you have the tools and the mindset to not just survive but thrive?

An EPSEK (Emergency Preparedness Seventy-Two Hour Kit) is your first, fastest and best line of defense.

Other prepper books are full of shit. And the market is fucking full of them. They offer nothing new or fresh. No new insight, no new angle. No thought, no depth. All they do is rehash the contents of the FEMA website.

Well, fuck that shit.

Any idiot can copy and paste a checklist. Some idiots can even run through a checklist. Any hoarder can accumulate dross. But the real genius, the real wisdom, is not merely in buying and stacking shit like a squirrel with OCD, but in understanding how to build a checklist, how to build the kit, and why certain items should (and most items shouldn't) be included.

Without an understanding of “why”, all of your “hows” will be misguided.

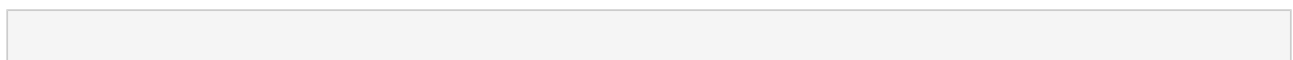
There are fans. And there is shit. And sometimes, they come into contact. Almost any idiot can survive. The real trick is in thriving.

Our fate is what we make of it. You are not a slave. You are not a robot. You are free. Being unprepared for emergency situations is irresponsible. Overpreparing for emergency situations is ineffective, counterproductive and wasteful.

An EPSEK is about quality, not quantity. When you overpack, all you do is replace quantity with quality. This is bad enough as it is, but it gets worse – the “would-be-nice-to-haves” inevitability distract you from the true “must-haves”. Result? You have an overstuffed, heavy, confusing pack that contains a whole lot of shit EXCEPT the shit that you need most.

In short, when you try to pack everything and the kitchen sink, you violate the law of the vital few. Most things do not matter. A few things matter immensely.

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Diana Ham:

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