



Book Information

Self Reliance A Recipe for the New Millennium By John Yeoman

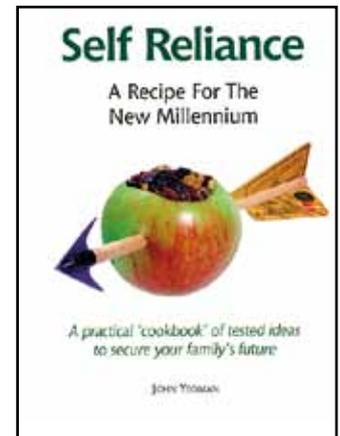
Still popular, *Self Reliance*, first published in 1999, is a book of recipes in the broadest sense. It is full of essential information for anyone who wants to live a more independent, self reliant lifestyle or plan for surviving a disaster scenario.

“This is not a ‘black book’ of survival. It is intended as an introduction to self reliance, showing tested, practical and often entertaining ways to escape the mindset of helplessness and the chains of habit forged for all of us by the consumer society. It guarantees not only an improvement in the odds but also, if you follow its suggestions and experiments, a vast improvement in your own self-confidence. Because in the worst scenario, you will endure – and endure well.” *John Yeoman*

Reading *Self Reliance* you will discover...

- Ideas for freeing yourself from the expense and nuisances of consumer society
- How to become personally stronger, more self-reliant and more fulfilled
- Ideas that are entertaining, often highly unusual, but always practical
- How to make money – or gain valuable use – from even the unlikeliest household scrap
- How to get out of debt – and avoid getting into it
- Suggestions for saving 30% or more on household fuel bills without costly home improvements
- Where to buy everything at low trade prices, or even below them
- How to cut your commuting costs dramatically
- Recipes for even the cheapest shop bought, or home made, cosmetics, household goods, foods and drinks – which are indistinguishable from the most luxurious prestige products
- How to collect and purify drinking water – even during a drought!

And much, much more...



2nd edition published 2003
(first published 1999)

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drawings; 70 diagrams

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File:

Finance

Cooking

Self Help

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inspiration for self reliance

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What people are saying about SELF RELIANCE

I have just picked this book up again for a quick read and I think it may yet have it's day. John yeoman, the author is a frank talking self-made man by the looks of things and he seems to enjoy himself in this survival book. It is just about the most contemporary 'practical' doomsday cookbook you will find.

Review on GreenBuildingPress.co.uk

This book lives up to its subtitle. It really is 'a practical 'cookbook' of tested ideas', full of useful, fascinating, enjoyable and sometimes wacky tips (though we're not sure we agree with John Yeoman's favourable opinion of dandelion root coffee!). In four sections, Self Reliance draws you gently into the world of the scrounger (in the positive sense of the word!), the cook and preserve maker, the home brewer (and distiller!) and, finally, the doomsday survivor (plus family). The book draws together all manner of ways to save money, live healthily and enrich you and your family's lives. Most of the ideas have been tested, if not used regularly, by the author, and this is where much of the book's value lies. It's perhaps worth mentioning one omission and one practical drawback. Firstly, it's a shame there isn't a little more emphasis on the importance of community in the book. And secondly, because of the plethora of tips and ideas included in the book, the index can only guide you to general subject areas rather than specific items, so be sure to mark the pages you want to find again!

Andy & Angie Polkey Permaculture Magazine 23

I am greatly impressed! It's a vast encyclopaedia of tested , unusual but practical ideas to help any individual or family become self-reliant (even self sufficient) and free of the consumer rat-race - while still working 'within' the consumer society.

Nigel J. Robinson

This is a GREAT book. With the way the world is going at the moment there are some very real issues, that we all must become more self reliant. This book is a great start and has really encouraged me to prepare myself and my little family to be a little more aware of what is on offer around us! I recommend this book to anyone who is a little nervous of the future.

Reader review on Amazon

ABOUT THE AUTHOR:

John Yeoman is the pseudonym of a well-known UK business consultant and author who has lead a shameless double life since 1975. Finding that an Oxford MA (Hons) degree and a 'good' job – working for others – guaranteed him a lifetime only of penury and serfdom, he set out to create his own security.

By day, he was a consultant to blue chip corporations. By night, he secretly cooked comfrey, brewed moonshine and made his own tooth powder. Using the principles of self-reliance, he became financially independent and retired with his family to an organic smallholding where he daily practises the ideas outlined here.

Today he runs the Village Guild – a resource he created to share the tested skills of self-reliance with everyone who truly wishes to escape the bondage and nuisances of the consumer society and discover reliable prosperity.

