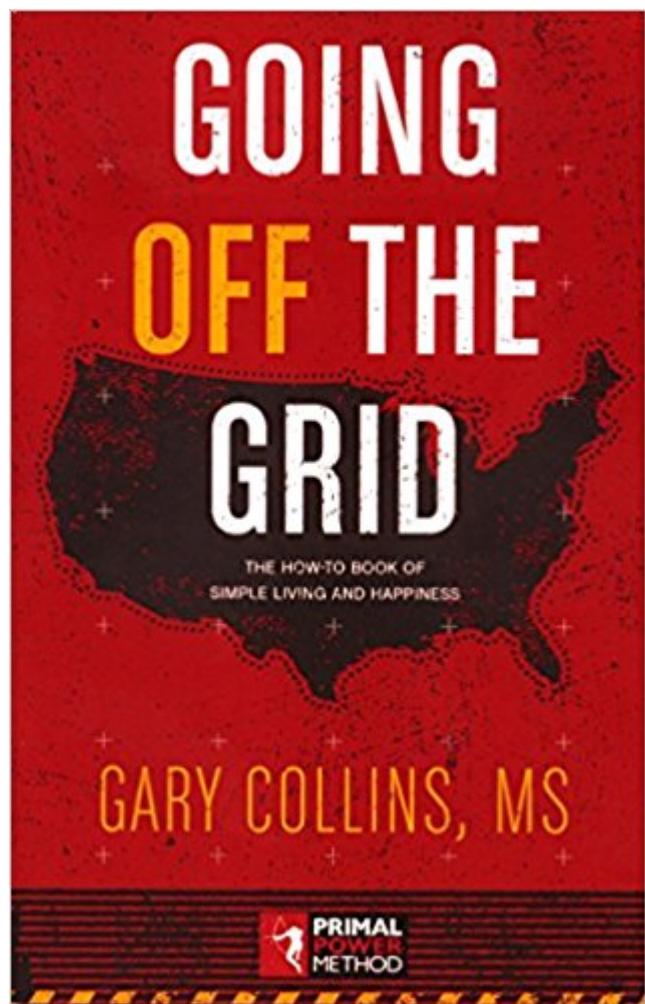


The book was found

Going Off The Grid



Synopsis

Discover how to get off the consumer treadmill and enjoy a simpler lifestyle. Gary Collins documents his firsthand experience in this comprehensive guide on how to find property and build a self-sustaining home to achieve happiness through simplicity. Included are tips for how to deal with general contractors and a review of common types of off-the-grid home construction (standard, straw bale, logs, and green cinder block) that highlights energy efficiency and insulation. All the basics are thoroughly covered, such as well water, septic and sewage disposal, and off-the-grid energy options (solar, wind, hydro, and geothermal). Factored in are contemporary concerns, including access to internet and cell phone service and the importance of an effective security system. Chapter summaries drive home key points for success, and a list of resources directs readers to key information.

Book Information

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Customer Reviews

Collins' background is very unique and brings a much-needed perspective to today's fields of health, nutrition, and being more self reliant. He holds an AS degree in Exercise Science, BS in Criminal Justice and a MS in Forensic Science. After an exciting career in military intelligence Collins worked for the U.S. State Department, U.S. Department of Health and Human Services and U.S. Food and Drug Administration as a Special Agent. His career took him around the world and gave him a unique perspective on not only how the United States, but the world is affected by our food, drug and healthcare policies. The highlights of his career took him from protecting some of the

most powerful people in the world to investigations involving the biggest tainted pet food death case in the U.S. to the intricate dealings of one of the largest counterfeit prescription drug rings in the world. He has often said, "If Americans really knew what was going on in the area of healthcare and nutrition in this country, they would be appalled." It can be safely said no one in the health and fitness industry has the inside knowledge and background that Collins has. He is a hybrid of a high intensity health expert, self- sufficiency advocate and an investigator rolled into one. An author and college professor, Mr. Collins advises specialists and is a consultant for high-level organized sports programs and gyms. He is currently an exercise and nutrition consultant for the San Diego City College Men's Basketball team, one of the most successful Junior College sports programs in California. Some of his other clients include college football players for high profile programs that include Purdue and Kansas State University. In addition to his "Off The Grid Project" and published articles the Primal Power Method Series, (his total lifestyle reboot), blows the lid off of conventional wellness expectations and is essential for every American seeking better health. Collins is also a contributor to the Brink of Freedom online magazine, Paleo Magazine, and a member of the The Survival Podcast Expert Council. Collins is a Master level personal trainer (only a few people in the world hold such a designation) with specialized training in fitness nutrition, exercise therapy, strength and conditioning, youth fitness, and senior fitness.

I really enjoyed this book. I wish I could go off the grid but too many people are counting on me. Gary really lays out his journey and his mistakes. I learned a lot.

This book is well written and is full of helpful information. The author is also interesting to listen to on Podcasts and You Tube videos.

Kindle FREE BOOK order. Excellent book on the subject and the right price to add to my Kindle Library!

Great book full of good information!

Very knowledgeable and entertaining writer. Covers all the bases. Would recommend to anyone thinking about doing the same.

Very clear guide with great insight for building in the woods.I am greatful for you sharing your

experience.

The author presents a first-hand account of buying property and building an off-grid home. So it is not theory or plans made in a vacuum. The information presented is from real world experience. You'll appreciate his straightforward nonsugar coated words: he tells it like it is and doesn't attempt to sell readers on a "unicorn" one-size-fits-all solution. The author's candor about dealing with building contractors alone is worth the price of the book.

Gary has written the definitive book on going off the grid. There are not many books on the subject and most are lacking in depth. Just touching on parts or omitting them. Others simply do some research and throw out an ebook to make a buck. In going off the grid he walks the talk. He documents his actual journey to go off the grid. With all the ups and downs. It is a definite must have book for anyone wanting to go off the grid.

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