

## WHAT YOU WILL LEARN

My goal is not to tell you everything there is to know about the homesteading lifestyle. I think it would take an entire lifetime and then some. You are busy, you have a life, and while it might be great to become a 24/7 homesteader, the reality is that for most people, this is not possible or practical. The good news is that you can get started with just one small change at a time, and you can enjoy the journey to self-reliance. My goal here is to get you started on some basic skills of self-sufficiency and make the process approachable, fun, and easy to incorporate into your current life. I want to help you grow personally through your own realization of what you are capable of. In reading my advice, you will not only build your self-confidence and self-reliance, but you will also learn about what's good for your body as well as your surrounding environment. Looking inward to find what you are capable of and facing outward with that faith to take you forward. From there you can make your own choices in your own life.

I hope you enjoy reading my book, but most importantly, I hope you walk away from it feeling inspired and confident. "Let's start at the very beginning," as Maria von Trapp in the *Sound of Music* says, "it's a very good place to start!"