

10 Strategies to SURVIVE & THRIVE ECONOMIC COLLAPSE



SPECIAL REPORT

By Activist Post

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10 Strategies to Survive & Thrive In Economic Collapse

Special Report Exclusively for Activist Post Subscribers

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Introduction

The economic collapse isn't coming, it's already here. Many people are already suffering the effects of a failing economy, but the big event hasn't happened yet. Will it happen in 2016?

Intensified currency wars, recent jitters and flash crashes in global stock markets, and massive cutbacks from the energy sector and from giants like [Kraft/Heinz](#), [Target](#), and [Caterpillar](#) indicate that dramatic economic events may be imminent. At the very least, it appears that 2016 could be a very difficult year as the ripple effect of these core industry cutbacks begin to be felt across the economy.

Heading into 2016 the economy appears very unstable to say the least. Billionaire CEO Patrick Byrne of Overstock thinks there is a 10% chance of an economic zombie apocalypse. Seriously. Byrne [is prepping](#) with 90 days of food and precious metals for his employees. The growing uncertainty we face is why we're putting out this exclusive special report at this time.

Economic collapse doesn't necessarily mean that the apocalypse is upon us. Yes, events like a stock market crash or currency collapse have the potential to cause far-reaching pain, but we suspect that the economy will remain in a controlled demolition. Yet a rebalancing of the global economy is undeniably taking place with or without a single dramatic event.

We believe that this transition presents both pitfalls and opportunities, just like any economic shift. For example, people are eating healthier because of knowledge or necessity. This represents an opportunity. [Robots are replacing jobs](#). That represents a pitfall for certain people. These things are happening whether currencies collapse or not.

Thankfully, we still have time to prepare for potential economic setbacks and to take advantage of opportunities that are developing.

This guide contains the steps we are taking to protect ourselves from potential hardship. It should not be viewed as financial advice because we don't have a permit from the government cartel to offer such advice.

However, we hope you'll seriously consider these tips. We want our family to thrive during hard times, and we consider you family. So let's get busy.

1. Simplify Your Finances

Each of you reading this is in a different financial position. Some of you are trapped in debt or just getting by, while others have anxiety about how to protect your wealth. Luckily, there are effective preparation strategies for people of all financial levels. This ebook is entirely dedicated to those strategies.

The first of these strategies is to simplify your finances by concentrating on the essentials like getting out of debt and optimizing your savings with prudent investments.

Get Out of Debt:

It's hard to be of any use to yourself, let alone anyone else, during economic collapse if you are buried up to your neck in debt.

Notice this subsection isn't titled "pay off your debt" like most financial advisers say to do. It says to get out of debt. Yes, it's wise to honor your debts to banks, but not if it gets in the way of your basic survival.

Generally, being in debt is bad. Yet not all debt is created equal. Mortgages and business loans can be beneficial. For instance, if you're upper-middle class, financing a home or capital equipment and inventory for your business offer tax benefits that make these loans more desirable than just their obvious utility.

However, credit card debt, car loans and, increasingly, student loans are rarely used productively and should be paid off as quickly as possible so you can get busy creating independence. These categories are what we mean when we refer to debt going forward.

By the way, having an Xbox Live account and multiple iPads doesn't count as basic survival, just in case some of you who might be infected with first-world-problems syndrome need clarification. Food, shelter, clothing, heat, medicine and essential tools are the basics. If you cannot afford these essentials, your debt is just a number on a computer screen and you have more important things to worry about.

We published an article in 2010 titled [5 Reasons Not to Pay Your Credit Cards](#), which is still relevant today. However, since then, banks have gotten much more aggressive about garnishing wages to collect your unsecured debts like credit cards. Therefore, it's probably not a good idea to ignore your credit cards if you have normal job with a W2.

Excluding a comet smashing into Earth, your debt is likely to continue to be a ball and chain slowing you down until you pay it off. The faster the better. This may seem

daunting to some of you. The total amount may seem insurmountable. It can make you feel trapped. But you're only trapped by your belief about what is possible.

You've run the numbers a million times in your head. It'll take you *X number of years* to pay off your debt. We've all enslaved ourselves this way at some point in our lives. Do you know how to free yourself from this torture? It's really quite simple. In fact, it's so easy you won't believe it works until you try it.

The way to free yourself from this mental torture is to deliberately imagine paying off all your bad debt in 2016. Yes, in a single year. Think about it at the gym, during your commute, while at work, on the toilet, in the shower, while paying bills, while meditating or praying before bed. Think about it a million and one times. And do you know what's going to start to happen?

You'll consciously and subconsciously begin doing things to help you achieve that outcome. The significance of changing your thinking cannot be overstated. The universe will bend to your will and start to reveal opportunities. It may seem too “law-of-attraction” or faith-based for you, but indeed an invisible mechanism is at work.

Science-based folks may call it Reticular Activation. This is the effect that happens when we buy a new car and suddenly we notice that same model everywhere we go. Or, if you're in a crowded train station or night club and someone says your name, your mind immediately recognizes it within the sea of noise.

You may not pay off all your bad debt in 2016, but we'll guarantee that by scaling your thinking and setting this goal, you'll be much closer to achieving it than you were before reading this guide.

Investments:

What are appropriate investments to protect yourself from economic crashes?

Although the answer may differ depending on your financial status, some investments are universal for everyone. What's more, not all investments are financial. You can also invest your time or expertise into a project, organization, skills, etc.

Yet, for those of you with enough abundance to worry about protecting it, here are some general tips that may help insulate you from a pending collapse:

First, sell your boat, literally and figuratively. There comes a point when the “boat” becomes worse than worthless. You can't sell it and it costs you money to own it. That

day is coming. Cut the fat from your budget. Get rid of annoying expenses that no longer deliver you satisfaction or value.

Second, become independent in every feasible way. All of the wealth in the world doesn't matter if you are dependent on others for your basic needs. If you have investments in stocks, bonds or even in cash, convert some of it into alternative sources of energy and water for your home. This is crucial physical insurance against potential disruptions due to the economy or other outside forces.

Third, localize your investments. Invest in real estate and cash-flow businesses close to where you live. These are tangible assets that you can personally add value to as opposed to owning stocks of companies that are entirely out of your control.

Most of all, if you have the means, your first goal should be to secure your independence. The rest of this report focuses on strategies to achieve self-sufficiency. The good news is that many don't require large financial investments.

2. Get Healthier

This may not seem like the most obvious way to protect yourself from economic collapse, but it may indeed be the most important way to protect yourself. If you are healthy and fit, you're able to adapt to or thrive in nearly any situation.

Plus, changing the macro economy is out of your hands, but improving your health is 100% in your control. With a stronger body and a sharper mind you'll be much more prepared for anything life throws at you.

7 Simple But Powerful Hacks to Get Healthier

1. **Apple Cider Vinegar:** Take 2 tablespoons of [Bragg's apple cider vinegar](#) with 6 ounces of cool filtered water twice a day. We're learning that gut health may be the key to overall health. Drinking apple cider vinegar every day keeps the doctor away because it hacks your gut and gives it a massive natural dose of beneficial probiotics referred to as the "Mother" on Bragg's bottles. Early studies show apple cider vinegar may have prevented and even [cured smallpox](#), though they didn't know how it worked back then.

“Today we know that apple cider vinegar is a highly effective disinfectant and also alkalizes the body, which would naturally lead it to be more disease resistant. In addition, it contains potassium and numerous enzymes that aid in digestion, has antiscorbutic properties, and has been used effectively for numerous health issues since ancient times. Prebiotics that feed probiotics are also present in quantity.” Healthy gut, healthy person.

2. **More Gut Health Tips:** Don't drink chlorinated water, because chlorine kills all bacteria, good or bad. Don't eat food with pesticides or herbicides because even in small doses it could kill your beneficial gut flora. Don't eat animal products that are treated with antibiotics because they, by name and effect, kill the probiotics in your gut. Avoid heavy alcohol consumption as it may also kill your healthy bacteria. Eat fermented foods like homemade sauerkraut.

3. **Walk:** If you're not into fitness, the least you can do is take a stroll every day. Wake up early, put on your socks and running shoes, throw in your headphones, grab a bottle of water and go for a hike in the park. Get some sun on your face, soak in the glorious nature around you, listen to your favorite tunes, breathe deeply, and sweat out your toxins. You're adding years to your life and it's kind of fun. *Bonus Hacks:* Take the stairs at work or to your apartment. Park far away from store entrances and hoof it. Every bit of effort makes you stronger than you were yesterday.

4. **Drink More Water:** This is such an obvious health hack it's almost not worth including but, sadly, many of you reading this may not drink enough water. If you get frequent headaches or leg and foot cramps, it's likely due to mild dehydration. Our bodies are typically more than 60% water. We constantly need to replenish our bodies with fresh clean water. If you're uncertain about the quality of your drinking water, it's best to get it tested or get a [good water filter](#).

5. **Eat Consciously:** Too often we eat food unconsciously, whether through habits like grabbing a cinnamon bun when we get our morning coffee, or consuming a disgusting portion size because we're distracted while we eat. Who hasn't polished off an entire bag of Doritos while surfing YouTube videos? Deliberately plan your meals and snacks as meticulously as you can. Try it for one week. You'll be astounded by the results. Generally we know what's good or bad for our bodies. So it really comes down to consciously deciding to eat foods that are good for us.

6. **Productive Exercise:** Living a more Do-It-Yourself (DIY) lifestyle has amazing health benefits. Chop and stack wood for the winter. Mow your own lawn. Hoe your

own garden. Wash your own cars. Shovel your snow. Paint your barn. Clean your house. Don't pay someone else to do these tasks. Do them yourself. Not only will you be healthier for it, you'll be wealthier for it.

7. **Get More Sleep:** Getting enough sleep is critical to your health. Most research says adults should get no less than 7 hours of sleep each night to maintain good health. *Tips to get better sleep:* Schedule your bed time, get blackout curtains, turn off electronics at least 30 minutes before bedtime, no electronics near bed, charge your phone in another room, and read before bed. And don't feel guilty about napping. Power naps help us operate at peak levels and keep all systems running smoothly.

3. Diversify Your Income

After the unemployed, the most vulnerable people during economic downturns are those with only one income source. Even if you have a good job, it's still smart to diversify your skills and opportunities during uncertain times.

Luckily, creating multiple streams of income has never been easier. The Internet is teeming with potential, even in a slowing economy. Whether you want to create a news blog, make music or a movie, develop a product, offer your services, or bring customers to your local farm stand, there are countless free resources at your fingertips. And the barrier to entry for most business models is practically nothing.

We live in an age where there are countless ways to make money from your hobby or passion. Even the smallest niches have huge potential when you tap the power of the Internet. In fact, small niches may be more profitable because it's easier to stand out in the crowd.

6 Resources to Help Turn Your Passion into Side Income

Social Media: Most people don't need to build their own platform anymore. Mastering YouTube, Instagram, Twitter or Facebook can provide a very handsome side income or even a full-time salary no matter what type of product, service or message you're selling. These channels are massive networks which you can tap into immediately and leverage for free. No barrier to entry.

Are these platforms being spied on by the NSA? Sure, but do they care about your hobby account? Probably not. Don't let paranoia paralyze you from taking action and being successful. Use these channels to your benefit.

Blogs: Did you know that Activist Post started as a free Blogger site? We now have over 100 million page views thanks to you! It shows that anyone can build a basic blog and become successful. We knew nothing when we began. We just had a passion for the ideas of freedom and a strong desire to share them.

Today, blogs are very simple to set up. [Use Blogger](#) if you need something basic to start. It's free and you can point a premium domain name to it (i.e. yourblog.blogspot.com can be changed to yourblog.com easily on Blogger). If you envision needing a more flexible website in the future, you'll want to begin with [WordPress](#) which comes with some minimal costs like hosting and tech support. If you treat your blog like most people treat their Facebook pages (post lots of content), you'll soon be the one making money from your work, not Zuckerberg.

Online Store: [Shopify](#) has made it simple to set up a professional looking ecommerce website with a blog. It's a turnkey solution. They have a 14-day free trial and it's as low as \$9/month after that. It's slightly less than you'd pay in rent for a brick-and-mortar storefront, wouldn't you say?

Amazon FBA (Fulfillment By Amazon): In times of uncertainty, find the “channels” demonstrating abundance. Amazon is one of those channels. Even in a bad economy, Amazon [reported a 23% increase](#) in sales in the third quarter of 2015. Amazon is the 3rd most visited website in the United States and they have around half-a-billion credit cards on file ready for one-click purchasing worldwide. If you sell products, you must use Amazon FBA.

The FBA program allows you to send physical products to Amazon's warehouses for them to handle sales, processing, delivery, returns and customer service. Three strategies people are using to make money on Amazon are retail arbitrage, private label products, and custom products. The first month of FBA is free and then it's \$40 per month. Plus, Amazon takes a commission and pick-and-pack fees when you sell something. Here's a good [quick-start guide to Amazon FBA](#).

Kindle Publishing: Writers and authors must consider publishing directly to Kindle whether you write books, newsletter special reports like the one you are reading now, or

even shorter article pamphlets. The Amazon Kindle sales channel is massive and you can make good money if you provide quality content and market it well. Learn more [here](#).

Peer-to-Peer Economy: As some technology is disrupting certain occupations, other technology is enabling more opportunities. Peer-to-peer apps like Uber and Lyft match drivers with people who need transportation. If you have a vehicle, you can make money with Uber or Lyft. If you like to cook or throw parties, check out the [EatWith app](#). If you're a handyman, babysitter, or have any other skills, [TaskRabbit](#) can match you with people in your neighborhood seeking your services. If you have technical or artistic skills, check out [Elance](#) or [Fiverr](#) to find customers. If you're into finance, check out [Bitcoin](#). Craigslist for everything else. All of these networks, or channels, are thriving.

4. Bank Food

Having extra food in your pantry or basement is better than having paper money in the bank, especially if you have limited savings.

As food prices continue to skyrocket, having a bulk supply of food is a great investment. It also provides security and peace of mind during uncertain economic times and potential emergencies. It's like physical insurance.

By now most people are aware that grocery stores only have about 3 days of food in stock. So if anything disrupts the food supply chain for an extended period of time, there would likely be untold chaos in most communities.

Any number of events could trigger mass disruption to our fragile food system, many of which are well documented. Even NASA has warned its staff to prepare for potential disasters with survival foods and other precautions in their “Family Preparedness Program.”

Prepping for potential disasters can seem overwhelming with so many aspects to be considered. However, for those just beginning to recognize how perilous these times are, you can find many great storable or survival foods at your local grocery store.

There are also many freeze-dried food companies offering light-weight [storable meals](#). These are cost effective and great for new preppers. But if you don't have \$1000 laying

around to buy a large supply, it may be better to pick up a few key food items each week at the supermarket to build up your food bank gradually.

It's best to keep your storable food bank list simple and concentrate on common foods that you already consume regularly. This list below is geared toward foods that have long shelf lives but are also practical for most diets.

10 Best Storable Foods Found at Your Local Grocery Store

Rice: Rice is a great storable food that is useful for daily cooking. You can find 10-pound bags for as little as \$7 at most supermarkets. Rice will stay in good condition for 10 years or more if stored properly.

Beans: Beans are known to be one of the best all-around survival foods. They're high in protein, and if sealed in food-grade buckets with a small amount of dried ice, they'll stay for up to ten years. All dry beans are good to store: black beans, red beans, pinto beans, lentils, etc. Make sure to store them in a cool, dry, dark location.

Cornmeal: All-purpose flours are good to store, but cornmeal may be the best overall. Cornmeal is packed with dense carbohydrates and contains oils that helps extend its shelf life. Additionally, if the power grid is down during a mega disaster, it is much easier to make good corn breads and tortillas with cornmeal in a simple skillet or solar oven, where refined flour will need yeast and oil to make decent bread or biscuits.

Oil & Lard: If you're a health-conscious reader, hydrogenated lard does not sound very appetizing, but in survival situations you can't afford to be picky. Animal lard or vegetable shortening both act as cooking oil for multiple uses, and it will keep longer than liquid oils. Store in a cool, dry, and dark place and it will stay good for 2-3 years or longer.

Salt: Salt is one of the most useful storable food items. It's used for preserving food, curing beef, and flavoring most meals. Salt will stay forever.

Fruits & Vegetables: Canned fruits and vegetables are another obvious storable food. Buy green vegetables and fruits like peaches and pears for long-term storage; but, more importantly, buy what you already eat so you can rotate them into your diet before they go bad. Most canned food is good for 5+ years.

Canned Meat: Canned meats like ham, tuna, and chicken are excellent to store. They typically will keep for 6-10 years and they're an excellent source of protein.

Sugar: Brown and white sugar will add much-needed flavor and calories to a survival diet and they'll keep for ten years or more if stored properly. Honey is also excellent as it will store forever.

Pasta: Pasta is a good light-weight storable food that is also a great source of carbohydrates. Pasta will not keep as long as rice, but it can stay for 5 years or more in good conditions.

Peanut Butter: Peanut butter is a terrific source of protein, fat, and calories. Plus, it's just a great treat to have on hand. Peanut butter can last up to five years in root cellar conditions.

5. Produce Food

In times of economic uncertainty, producing some of your own food is an immensely rewarding process. There's nothing like eating food that you cultivated with your labor and love. The only thing that beats that feeling is sharing the food with your friends.

From a practical sense, [producing your own food](#) ensures better quality food for better health. It also saves you money. And it is so much easier than you may think.

There are many amazing food production methods if you live in a suburban neighborhood or even an apartment in urban areas.

Apartment (Urban) Food Production Methods

If you live in an apartment, you probably think you can't produce much food, but you'd be wrong. First, you should view producing any bit of your food as a huge success. However, if you put a little work into it using the strategies outlined below, we're confident you'll produce abundance.

Sprouting: Sprouts are one of the healthiest things you can eat. The new life bursting from seeds is loaded with vitamins and nutrients. Sprouting seeds is a simple process

that can be done on any shelf. There are [great videos on YouTube](#) explaining how to do it.

Non-circulating hydroponics: Mike Adams of Natural News recently released an innovative self-contained unit for growing a wide variety of vegetables using non-circulating hydroponics. These systems are affordable and will fit on almost any balcony. See more at [FoodRising.org](#).

Container garden: You may only have a small front stoop or back porch to work with, but that's enough space to have a half-dozen crops growing in containers. Best items for limited spaces might be hardy plants like tomatoes, potatoes, or peppers. Whatever gives you the most value or pleasure.

Fruit trees: You'll be surprised how easy it is to sprout your own indoor lemon tree or apple tree. Again, there are excellent tutorial videos on YouTube for how to grow fruit trees from seed.

Community garden patch: With a small amount of effort, you will be able to find community garden plots to lease. Or you can go rogue like Johnny Appleseed and plant food on empty urban lots, in nearby parks, or any green space you can find.

Foraging: There is an endless bounty of food in nature. Form foraging parties with your foodie friends. Study and search for local mushrooms, nuts, roots, flowers, and fruit. This is a really fun way to learn about local edible plants and enjoy nature while providing for your dinner plate.

Trapping, hunting and fishing: Living in an apartment doesn't prevent you from securing your meat by trapping, hunting, and fishing. A few well-planned trips to the country per year could easily yield all of your meat needs.

Food Strategies for a Suburban Home

Several urban homesteaders have proven that full self-sufficiency is possible on less than a ¼-acre lot. The [Urban Homestead](#) in Pasadena California is one inspirational example. They produce much more abundance than they need on their carefully planned edible landscape of only 1/10th of an acre.

Annual garden: If you have any yard whatsoever, you can have an abundant food garden. Plan out what you want to grow. Learn about easy no-till gardening methods like the [Back to Eden](#) technique of using heavy wood-chip mulch or straw mulch.

Orchard and perennial food forest: Take your apartment trees to the next level. Note that even large families don't need much more than a few fruit trees. Diversity is better than quantity. Get some fruit and nut trees. Plant some grape vines and berry bushes. Other popular food perennials include asparagus, rhubarb, horseradish and Jerusalem artichokes. See more [here](#).

Small livestock: Get a few egg-laying chickens. They're one of the [easiest animals to take care of](#) and they provide a lot of food. On average, six hens will give you about 5 eggs per day. Another productive creature to keep in a suburban yard are [honeybees](#).

Greenhouse: A small greenhouse can keep producing salad all year round. Lettuces, tomatoes, cucumbers, and peppers are hardy enough to produce though the winter in a greenhouse in most climates. With a greenhouse you can also help start spring plants a month before your neighbors who don't have a greenhouse.

Aquaponics: [Aquaponics](#) is an innovative closed-cycle food system that incorporates edible fish fertilizing water for hydroponically grown vegetables. The vegetables then return the water to the fish, filtered and clean. Instead of buying hydroponic chemical fertilizer, you buy organic fish food and let them do all of the work. [Basic systems](#) are fairly easy for anyone to build. And some turnkey systems are being made available.

Hunting, trapping or fishing: As in the apartment example above, you don't need to live in the country to secure your meat needs. Hunting, trapping and fishing can fill your freezer for the entire year if you're determined to make it happen.

6. Make Your Own (DIY)

Do you know that you can make an entire year's worth of your own natural laundry soap for about \$15-20? Do you know that you can replace almost all of your household cleaning products with just baking soda and distilled vinegar?

Making things yourself, whether food from scratch, furniture, clothes or homemade soap, can reduce your expenses and establish valuable skills. DIY projects are not just for

handy people anymore, as YouTube's multiple "How-To" videos on nearly any subject teaches you new skills in minutes.

There is no limit to the DIY projects that would benefit you and your family during economic collapse. However, most of us are more comfortable moving in baby steps.

Below are two simple recipes that we use to make natural laundry soap and dish soap. Start with these and you'll save a few hundred dollars each year while reducing your family's exposure to harmful chemicals.

DIY Natural Laundry Detergent Recipe (Liquid)

Making your own natural laundry detergent is easy and a great way to save money. Best of all, it's better for you and the environment.

Ingredients Needed:

½ cup Washing Soda

½ cup Baking Soda

1 cup Borax

1 bar Organic Soap

Essential Oils (optional)

Washing Soda, Baking Soda and Borax are available at your local grocery store in the laundry aisle. Natural bar soaps are in the health, beauty, or organic sections of the store, or online.

Borax is a naturally occurring mineral made up of sodium, boron, oxygen, and water. It is an ingredient in most of the natural soaps available now.

Washing Soda, sometimes called sodium carbonate or soda ash, is made from common salt and limestone or found as natural deposits.

[Dr. Bronner's bar soaps](#) are made with vegetable Castile soap and pure organic oils. They are exceptional quality and come in several different natural scents like lavender, tea tree, peppermint, almond and others.

Recipe Instructions:

1. Grate the bar soap completely with a cheese grater.
2. Put grated soap in sauce pan with 2 quarts water and gradually heat, stirring constantly until soap is completely dissolved.
3. Put 4.5 gallons of really hot tap water in a 5-gallon bucket and stir in 1 cup of borax, ½ cup of washing soda, and ½ cup baking soda until completely dissolved.
4. Pour soap mixture from pan into 5-gallon bucket. Stir well.
5. Cover and leave overnight. Occasionally stir with whisk.
6. Shake or stir until smooth before pouring into containers.
7. Use ½ to 1 cup per load.

Natural Dish Soap (liquid)

Ingredients Needed:

- 1 ¾ cups boiling water
- 1 Tbsp borax
- 1 Tbsp grated organic bar soap
- Essential oil or Vitamin E (optional)

Recipe Instructions:

1. Heat water on stove to boiling.
2. Combine borax and grated bar soap in a medium bowl. Pour hot water over the mixture. Whisk until the grated soap is completely melted.
3. Allow mixture to cool on the countertop for approximately 8 hours, stirring occasionally. Dish soap will gel upon standing.
4. Whisk vigorously before transferring to a squirt bottle. Add essential oils.

7. Turn Fiat Paper into Precious Metals

If you are fortunate enough to have several thousand dollars in savings above your emergency reserves of a few months of expenses, you may want to consider turning those devaluing dollars into physical metals to keep in your possession. Again, during times of economic uncertainty, it's best to keep your wealth where you can directly control it - as local as possible.

There are three practical metals to consider.

As fiat currency wars rage on between central banks, [silver and gold](#) will likely hold their value or even increase in value relative to paper currencies. If things go apocalyptic, gold and silver may become money again.

For Americans, ammunition will also be extremely valuable, possibly even as a currency as well if the economic collapse gets ugly. The cost (value) of ammunition has skyrocketed, especially as further [governmental restrictions](#) loom.

Gold and silver have also gone up in value over the years. Yet, at the time of this writing in late 2015, silver and gold remain way undervalued.

To summarize, it's probably a good idea to convert some of your extra cash into gold, silver or lead (ammunition). These metals will likely hold their value better than fiat money and they're easily tradable with your immediate neighbors or someone thousands of miles away.

8. Self Development

Improving yourself may be more important than anything else in this guide. Of course the strategy "Getting Healthy" falls under the same general category. But your health is just one way to improve yourself.

When you're constantly making yourself stronger, smarter and more skilled, it's unlikely that you'll have to fear for your economic survival. Remember, you don't have to be the *fastest* runner to survive the economic wolves; you just mustn't be the *slowest* runner.

But we expect more from our subscribers. We don't merely want you to *survive* turbulent economic times. We want you to *thrive*. We want you to be strong and capable of helping others. **Adopt the mindset to always strive for improvement in all areas of life.**

Investing in your personal development may include going to seminars or taking courses to improve your skills or knowledge, by reading books, or practicing your craft. Strengthen your mind. Consider journaling and meditation to increase your focus and to help harness your emotions.

Here are 10 Incredible Books for your Self Development

1. *Write It Down, Make It Happen: Knowing What You Want And Getting It* by Henriette Anne Klauser. Excellent goal-setting guide.
2. *The Miracle Morning: The Not-So-Obvious Secret Guaranteed to Transform Your Life (Before 8AM)* by Hal Elrod. Great book for accomplishing more.
3. *Mastery* by Robert Greene. This book distills the wisdom of the ages to reveal the secret to greatness.
4. *The Go-Giver, Expanded Edition: A Little Story About a Powerful Business Idea* by Bob Burg. Story of an ambitious young man who yearns for success.
5. *The Slight Edge: Turning Simple Disciplines into Massive Success and Happiness* by Jeff Olson. MUST READ book on the compounding effects of small decisions.
6. *The ONE Thing: The Surprisingly Simple Truth Behind Extraordinary Results* by Gary Keller. People are using this simple, powerful concept to focus on what matters most.
7. *Essentialism: The Disciplined Pursuit of Less* by Greg McKeown. Get more done in less time by focusing on the things that matter. Teaches how to decide what matters most to you.
8. *The Success Principles: How to Get from Where You Are to Where You Want to Be* by Jack Canfield. Teaches you how to increase your confidence, tackle daily challenges, live with passion and purpose, and realize all your ambitions.
9. *How to Win Friends & Influence People* by Dale Carnegie. Time-tested advice to find success in business and your personal life.
10. *The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change* by Stephen R. Covey. Habits are everything. They define you. This book is a classic for a reason.

An investment in yourself will last forever and it is the one thing nobody can ever take away from you.

9. Tools for Independence

Dependence is the enemy of survival during difficult economic times. If the people or organization that you depend on for your survival experiences a downturn, you are in grave danger. Incidentally, all of the previous strategies on this list are intended to strengthen your independence.

In this section we'll outline some investments that are essential to your physical independence.

Land: As soon as you can afford to do so, move out of your apartment and find a home with a little more land. If you're in a place of abundance, buying productive land will be significantly more valuable than most paper assets when the economic reset hits. Putting a fence and cattle on that land makes it even more valuable.

Off-grid Power: One of the best investments you can make is to produce your own electricity with solar panels or wind mills, or a combination of both. Having a grid-tied system is better than nothing, but having a battery bank is where the true value is.

In fact, it may be wise to start by investing in a [battery bank](#) first, charge them at night when grid rates are much cheaper, and then use that power during the day. The batteries will pay for themselves quickly and you can add solar panels as you can afford them.

Water Purification: Do not depend on one water source. At the very least have a [good water filter](#) that can clean water brought in from untrusted sources. Some of us think municipalities are untrusted sources (ahem, fluoride and chlorine).

If you're not lucky enough to live in a rural area near rivers and lakes, you can get a good-sized rainwater collection system for less than \$1500. Also, you can get a few dehumidifiers which can pull gallons of water out the air in areas with over 30% humidity.

Hand Tools: You'll want to accumulate basic survival tools like weapons, garden tools, food preservation supplies, and any tools and supplies that you need to sustain your specialty skills for at least a year.

Bitcoin: Barring an EMP/CME attack or a meteor strike that would take out the Internet, Bitcoin will likely become a *de facto* international reserve currency. It's simply better money, and efficiency will always win. We want our readers to be on the winning side of the coming collapse. Additionally, if the fiat system begins to crumble, adopting Bitcoin now means you'll have an alternative already in place. Get started with [Bitcoin here](#).

10. Build a Tribe

Last, but not least, invest in your relationships. The more people you have in your close network, the greater chance you'll thrive during an economic collapse.

This doesn't mean that you have to go around and convince everyone you know that an economic collapse is coming and then try to get them to join your prepper's club. Haven't we all tried that strategy on close friends and family? How did that go for you?

Plus, the point is to meet *new* people. To expand your network. Meeting people happens naturally when you pursue your interests out in the world. So you don't have to force it. Just make the effort to engage in groups and communities that you would normally.

When you deliver value to people's lives, they'll be there for you if help is ever needed. Reminder to read the book recommended above [How To Win Friends and Influence People](#).

7 Simple Ways to Connect With Like-Minded People

Classes: Taking classes is one of the best ways to meet new people. Whether it is yoga class at the gym, cooking classes, or ceramic tile class at Home Depot, they are good places to meet good people because everyone is there to better themselves. Stick close to people like that. And if you're a moderate-to-expert at something, teach a class.

Food Cooperatives: Join a local food cooperative immediately. Contribute your time, ideas, and money. These people are focused on the right solutions. Solutions that are especially valuable during economic hardship.

Meet-Ups: Go to [MeetUp.com](https://www.meetup.com) and start your own get together for whatever interest excites you the most. Might just be to watch and discuss Sci-Fi movies. Might be a book club. Or an entrepreneur mastermind group.

Church: One of the most valuable things about church is community. It's too bad secular society doesn't have more fellowships for mutual benefit. If you even loosely belong to a church, attend services and shake hands with people afterwards. You'll be glad you did.

Craigslist: Go to the “Community” section on your local Craigslist board. Check out the events, classes, activities, groups and volunteers. If you don't see something interesting for you to engage in, create your own listing.

Volunteer: If you want to meet people who share your values and beliefs but you don't go to church, volunteer to help organizations that you believe in. This might be a political candidate, a homeless shelter or food kitchen, organic farm, or coaching youth sports.

Events: Go to events about your hobbies, business, or personal growth. These are always a good investment, not least because of the networking opportunities.

Summary and Schedule

In this section we summarize the key points from this guide into a simple schedule based on where you may stand financially.

It is a simple schedule for prioritizing investments to protect you against economic collapse starting with your first \$1000 in savings right up until when you can afford to do much more.

- Your first \$1000 in savings put in your food pantry.
- The next \$1000 in savings keep as cash in your possession.
- Pay down your bad debt.
- Build up 3-6 months of living expenses in your bank account as a cushion.
- Turn your next level of savings into metal: gold, silver, and ammunition.
- Invest in your self-development and side businesses.
- Invest in independence tools: solar panels, water filters, guns, etc.
- Invest in local farms via co-ops, livestock sharing, or actual ownership.
- Invest in local real estate and businesses.
- Volunteer for and give to local charities.

If you are looking to secure your wealth beyond that, talk to the experts. And everyone must remember to get healthy and improve themselves because that is free.

We truly hope this guide was useful to you. Please tell us what we can do to make this guide even better. We look forward to your feedback.

Thank you for your readership and support. Now go thrive!