



# **Troubled Times**

**a Nonprofit, Public Benefit, Corporation**

**This booklet presents issues which a family or individual would be presented with in the event of a global catastrophe such as a pole shift.**

**This booklet is not intended to be a survival guide, but a guide to information sources, an overview of problems, possible solutions, and options available. After such a catastrophe, there would be a loss of government and utility services such as power and clean water, volcanic gloom with dust polluting the ground and well water, and a lack of fresh food.**

**But healthy living through and after such a catastrophe is possible. Mankind has lived through these before. A family or individual can be helped to keep a cool head during troubled times, if armed with knowledge of the steps they can take to better their chances.**

**Panic should be avoided, particularly when young children are involved, and serves no good purpose. With knowledge, a family or individual can be empowered with a sense of control over their circumstances.**

**Each family or individual must think for themselves, as only they know of their special circumstances, matters particular to their environment, and their ability to prepare. Some families or individuals will find themselves on foot, with no or few belongings. Others will find themselves with a safe place to go to, which can be stocked with supplies, but even these settlements can find themselves overtaken or robbed.**

**This booklet is a work in progress, and will be updated periodically. It is the handiwork of only a few, and thus should not be construed to be an authority.**

**Troubled Times, Inc.**

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