

WINTER SURVIVAL

20

Tips To
Survive In The
Freezing
Wilderness

John Harrison

Winter Survival:

20 Tips To Survive In The Freezing Wilderness

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FREE Bonus Reminder

Introduction

There is something to be said for preparation. See, surviving outdoors is not an easy task. There are so many things that we take for granted and assume we 'll have access to. The mobile signals, for instance – while within city limits, we 're never short on signals, the same cannot be said for the wild. Once you 're out in the no-signal zone, your chances of obtaining immediate help drop immensely. Make that winter and you 're in the worst muck ever.

So, not only do you need to be ready whenever you 're planning for a trip to the wilderness, you need to take pre-cautions with the weather and its associated elements in mind.

We 'll begin by reviewing what we know about winter, common concerns associated with it and why preparation is necessary when you 're taking a trip outdoors. Then, we 'll move on to the practical tips you 're going to need when you 're out in the open.

Winter is the coldest season, and consists of shorter days and longer nights. Winter may be mild in some temperate areas but in polar regions, it heralds the arrival of snow and below-freezing-point temperatures.

Humans are susceptible to cold. Common health issues associated with winter include flu, hypothermia and seasonal affective disorder. In snowy areas, the issues of snow-blindness may arise, along with slipping on ice or getting injured by falling icicles.

Preparation does not ensure we will not have any problems but it will ensure we have resources available at hand and significantly up your chances of survival. With that established, we can move on to the 20 tips you need to survive the wild winter.

Chapter 1 – Basic Survival Kit

ABRAHAM MASLOW HIERARCHY OF NEEDS

Maslow, A. Motivation and
Personality (2nd ed.)
Harper & Row, 1970.



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help address these needs. It should be prepared prior to travelling. It is something to help us tide over in case of emergencies, to have some handy essentials with us.

The items which should go into your survival kit, while covering the basics, should be customized to your plans. So consider this: what type of environment are you going in? Are you going to be hiking or trekking most of the way? Are you travelling by car? I'm going to go

out a limb here and assume that when going out in the wild, we enjoy being on foot.

This means that our kit needs to be handy enough to be easily carried, around 25 to 30 % of their body weight in a backpack. It needs to be light and filled only with the basics. Instead of being elaborate, the survival kit needs to be practical and stick to the basics.

Keep the most important items in a place that's reachable at all times – our own body. Since there is only so much we can carry on our person so, if the items we're carrying are multifunctional, that's even better.

That does not mean, however, that you should not prepare a kit. It is best if you choose a case or first-aid kit or anything that suits your needs: it should be durable, waterproof and easy to carry.

So, from what Maslow said: four basic need of food, water, warmth and shelter. In that order, our kit should contain items meant for:

1. Fire
2. Water
3. Food
4. Shelter

Additionally, look at the needs right above the physiological ones – yep, need for safety. So, to address those needs, we'll have items which are meant for:

5. First aid

6. Signaling

Let ' s proceed.

Chapter 2 – Fire and Warmth

Perhaps the biggest concern in the winter wilderness is staying warm. The good thing is that you don't have to worry and can always stop and make a fire to warm yourself up. The fire in this case will serve multiple purposes: keep you warm, cook food and melt snow to provide water.

Tip # 1: Pack multiple sources of fire-setting material.

You can carry matches, tinder, lighters, flints or even some fuel, or high quality burners. The reason for this is that you don't know what kind of situation are you going need to light a fire in. Sometimes, lighters stop working due to cold; the matches may get damp etc. So it is best to have a back-up plan. One smart solution to that is to pack a magnifying glass. The magnifying glass will concentrate the light on a single spot and the heat is sufficient enough to set it on fire.

Tip # 2: Learn how to make a fire from scratch.

Yes, we 've all seen how they rubdry sticks together and it burns or how, if you hit two pebbles, it ' ll spark. But honestly, how many of us have actually tried doing it and succeeded? So, its best if you can learn to make a fire without resorting to matches or lighters. Practice makes perfect.

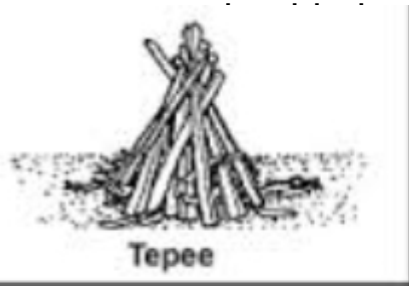
Tip # 3: Fuel the fire.

Carry some paper with you. This can serve as fuel for the fire and help get it going. It can be anything from toilet paper, newspaper, notebooks or anything else. Make sure to have some handy.

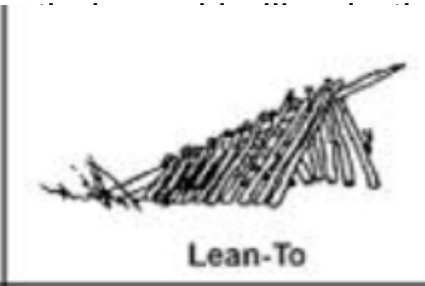
In winter landscape, there is always some debris available and dry sticks serve as excellent kindling. If the wood is hard and brittle and snaps off cleanly, it 'll burn. If it breaks but leaves splinters behind and not a clean break, then it 's not good and will smoke a lot without burning. Do not use wood lying in the snow because it 'll be damp; instead look in the lower branches of the trees.

Tip # 4: Learn to get a create different types of fire.

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Chapter 3 – Water

Staying hydrated is perhaps something we ignore in winter since we think hot when we think drinking water.

But our body is not designed to retain water; we lose water continuously by sweating or excretion processes or even breathing. We lose more fluid when we're cold; dehydration thickens the blood, raising the chances of a frostbite. So hydration is extremely important.

So it is essential to have a canteen of water on our person and additional resources in back up.

Tip # 5: Stay Hydrated.

Staying hydrated is a must – drink water, tea or whatever else it is that'll up your fluid intake. Taking high-calorie stuff like hot chocolate or frothy coffee can be also helpful as it can provide you with an energy boost to keep you going longer. Do not wait to feel thirsty but remind yourself to drink water.

Tip # 6: Don't eat snow unless you have to.

We must never forget about waterborne contaminants, which can be very dangerous. Keep a canteen of water with you; in the event you do have to eat snow, don't eat it from the ground. Try to pick the snow from tree branches which is likely to be cleaner. Also, eating snow later in the day can be dangerous as it will lower your body temperature, so be careful to stay warm.

Tip # 7: Learn how to melt snow.

You can have unlimited supply of water ... only if you know how to melt it. There are many ways of doing.

The best thing to do is to keep a bottle or any container with you, in which you can keep the snow. Carry the container inside your coat. It will melt and give you clean water. Alternatively, you can make a snow marshmallow.

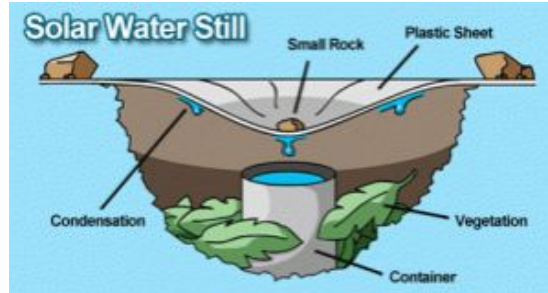
It is simple enough – take a can, making sure it holds snow. As it starts melting and you can catch the clean, drinkable water.



As you starts have

We have to be cautious in snowy terrain. If you come across a frozen body, it is best to avoid going on top of it because it can crack. The best idea is to cast a water container into the body from a safe distance and drag it back in. You can carry a Billy can for this purpose, with a rope or string.

Another smart way to melt snow and get clean water is to create a solar still. There are a variety of readymade stills available but it is still a good idea to know how to make one. The water obtained in this way is completely clean.



The solar still makes use of sunlight; it heats up the water from the foliage, causing it to evaporate; then, the cold atmospheric air lets it condense. The plastic sheet captures the drops of condensation, which slide to the dipped center, and drop into the container placed below. This is easily made but it is a good idea to practice making one beforehand.

Tip # 8: Learn basic ways clean water.

Learn how to treat contaminated water to make it safe for consumption. Drinking water that is not treated can cause water-borne illnesses and can be extremely dangerous.

So familiarize yourself with the basic chemicals which are available and can be used to clean the water. There are several types of water purifiers available, those which only treat the water, those that get rid of particles, those that do both. It is a good idea to have a supply of these chemicals handy.

Filtration is the process in which the water is run through various fine membranes; this removes the particles and larger pathogens. It doesn't, however, get rid of all the pathogens. The simplest way to filter water is to pass it through several layers of clean cloth.

Boiling water is another easy way of cleaning it up. It kills the pathogens with heat and settles the particles. In order to make it effective, boil the water for at least a minute when it bubbles.

The best method is to combine filtration and purification. So, filter the water and pour it into a can, then let it boil for a minute. That way, you have clean drinking water.

Chapter 4 – Food

Food is an essential and the thing that refuels us. Remember that in cold weather, we need to consume more calories to keep warm as our body is constantly fighting off hypothermia by keeping our body warm on the inside.

Tip # 9: Stock up.

Make sure to pack enough stuff to tide you over. However, remember that stocking up does not mean you carry so much food that can spoil or is raw. You need things that are ready to be consumed and can last days without spoiling.

Tip # 10: Dry food.

So, your best option for keeping food for long term and yet, keeping it light enough so that you 're not overburdened by it is to pack dry food. This includes things like dry fruits, nuts, granola bars, power snacks etc. This stuff is easy to carry and packs enough punch to give you the energy boost you 're going to need. The high caloric content makes sure that you have plenty of energy to burn and stay warm. Also, because you 'll be carrying your hiking gear, you 're going to need enough energy to keep going.

Tip # 11: Ration.

The first rule of traveling, perhaps, is to ration your supplies. You are not living in normal conditions where you can easily get anything you need in the event you run out. So, you need to ration your supplies and focus on eating just enough to get by.

Don't look for feasting but to survive. This means that you eat small portions when you're hungry. It doesn't mean you start starving yourself but in general, it is a good idea to decide and stick to your rationing schedule.

Tip # 12: Supplement your supplies.

The best way to gather food during your backpacking trips is to supplement your food supply with foraging and hunting. Be aware of the edibles which surround you. Familiarize yourself with the terrain you 're going in, identify which plants will be there, which of those plants can you consume and where to look for them. This will also help you avoid dangerous flora and save you from the possibility of food poisoning.

Tip # 13: Learn to hunt, fish and set traps.

Nothing big but enough to get you by. You can learn to catch small animals like rabbits and squirrels or learn to fish, so you can find yourself food if you 're running short on supplies.

Learning to hunt also means you should know which animals you should avoid, which you should stay far away from, and which to actually seek out and hunt. If you are familiar with the places these animals inhabit, you will know what to look for.

For the purpose of hunting, it is a good idea to have some equipment to assist you. An army knife, a firearm or a slingshot can be very helpful. Also, if you 're going to hunt, you should also know how to skin, filet or butcher your catch. So, learning these skills is a good idea.

For setting traps, there two of the more basic traps that I 'm going to describe. It is a good idea to practice these skills before you set out to travel, so you know what you are doing.

Squirrel snare:

What you need: Snare wire, branch.

- Make a loop in the snare wire with the help of a small stick.
- Now, pass the longer end of the wire *through* the loophole.



(Picture taken from: [wikihow.com/Make-a-squirrel-snare/](http://www.wikihow.com/Make-a-squirrel-snare/))

- The loop should be around the size of the squirrel 's head.
- In this way, make a series of loops with snare wire.
- Attach these loops to a branch or a pole.
-

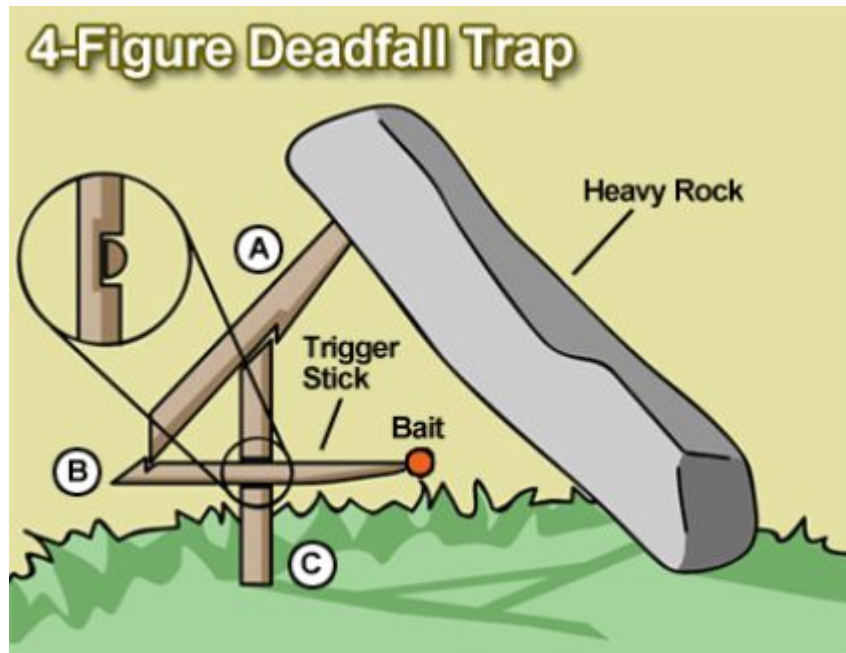
Prop this bra

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Two-Stick Deadfall Tr



wiki How to Make a Squirrel Snare



(Picture taken from: survivenature.com/jungle.php)

What you need: Sticks (3), a heavy rock or tree trunk, bait

- Gather three sticks which you 're going to use to build this trap.
- Two sticks (A & C) are going to be upright sticks while the third one (B) will be the trigger.
- Cut slight gouges on one end of the sticks.
- Now, use one hand to lift the rock up and balance sticks A and C as shown in the figure. When you leave the rock, it should balance on the sticks.
- Now, add bait on the non-notched end of the trigger stick B.
- Insert the trigger stick in the groove of stick C in such a way that stick A gets notched into stick B as shown in the picture.

- Your trap is ready. Any animal or bird that comes to eat the bait will set it off, making it collapse.

Chapter 5 – Shelter

Once out camping or stuck out in the wilderness, the most important thing is to get out of the cold and seek shelter.

Tip # 14: Pick the correct camping site.

In the winters, it is a good idea to pick a spot with plenty of sunlight. It ' s also a good idea to pick a place not directly under a tree, in the event of storm, because it can fall right over your tent. in this event, also pick a place where you can protect yourself from the wind.

So pick a place which makes the most of what little sun winter has to offer you. If you can set it in a place where the sun rays hit your spot while rising or setting, that ' s even better as it allows you longer time in sun, which means you can stay warmer, while avoiding the cold wind.

Tip # 15: Stick to tents.

Just because you 're out camping doesn 't mean you have to sleep on the cold floor or dig out a shelter for yourself. It is a good idea to have a sturdy tent that you can easily set up and sleep in. It will keep you warm and dry and protect you from the elements.

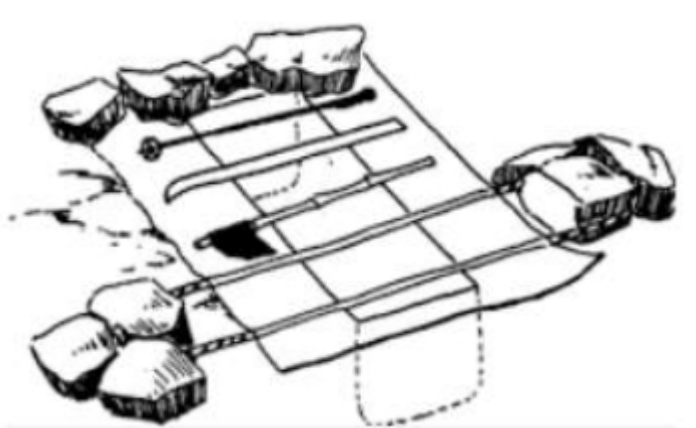
Tip # 16: Learn to build a shelter.

Yes, I just said you need to stick to tents. Doesn't mean you shouldn't be prepared. And to prepare yourself for survival, you need to be able to build shelter for yourself, in the event you don't have anything.

1. (Spruce) Tree Shelter:

The easiest way to find shelter is under a tree. It provides you a roof, which protects you from rain and snow and the trunk gives you protection from the wind while the fallen leaves will provide you escape from the cold ground, serving as carpet. Spruce trees are perfect for this purpose, as they have thick canopies and plenty of dry place. However, other trees which are in sight or even low-brushes can serve a basic purpose. The only drawback of this kind of shelter is that you can't build a large fire because the tree might catch it. You can, however, build a small one to tide you over.

2. Tarp Shelter:



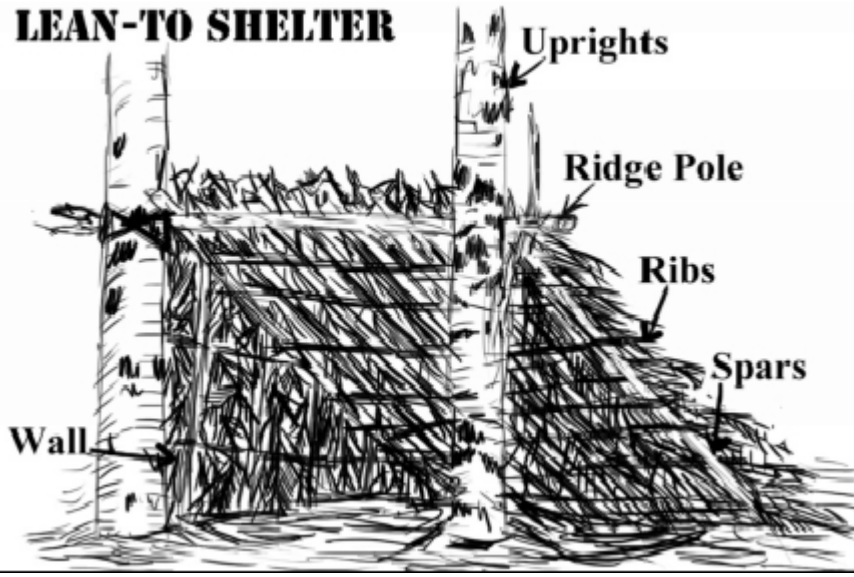
Tarp is extremely useful because it can help you fashion a variety of shelters and serve the purpose of keeping you insulated and dry. As shown in the picture above, the most basic type of tarp shelter can be made simply by digging a trench in the snow and putting tarp over it to serve as roof. The snow will serve as insulator and protect you from cold and wind, while the tarp will act as a sturdy roof, providing you with sufficient air as well.

Another way of building the tarp shelter is to take a log of wood, stand it upright and put the tarp over it, making a canopy for yourself. If you have cord, you can pin one end into the ground while using the other to lift the tarp overhead. Rocks, logs or wooden stakes can be used to pin the tarp to the ground.

If you are building this type of shelter, you need to take care that your tarp shelter is parallel to the wind, so that it doesn't get blown over.

Another smart way of using tarp is to make a lean-to shelter. This allows you to make a large fire and keeps you safe from the wind.

3. Lean-to Shelter:



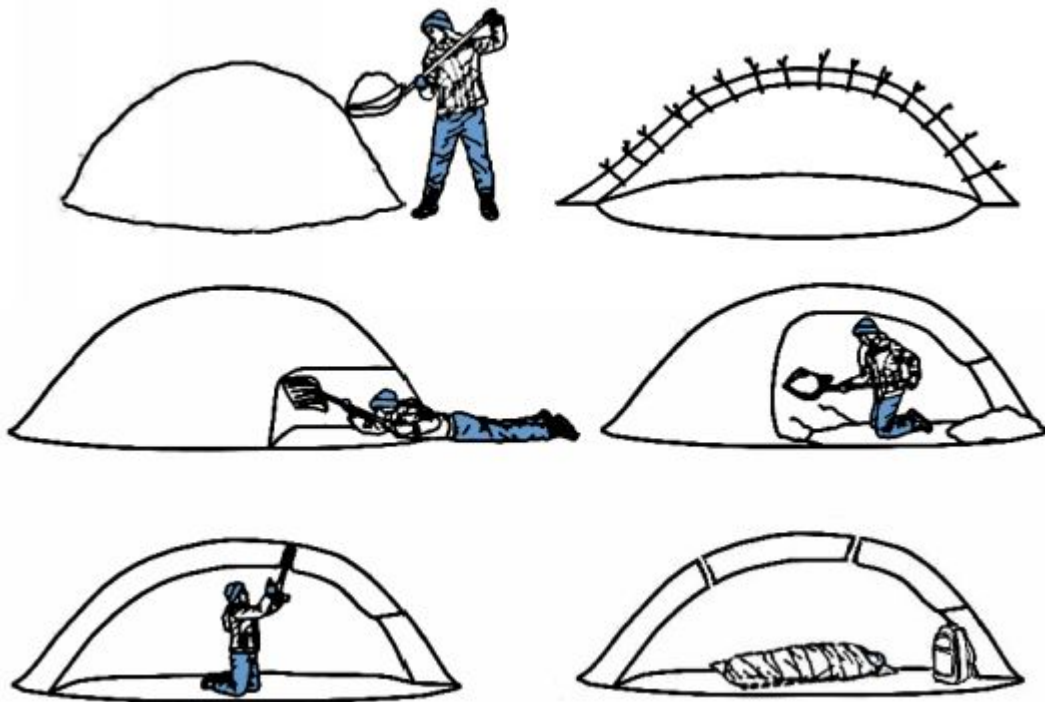
The main advantage of the lean-to shelter lies in its adaptability. You can use literally anything to build it – foliage, logs, tarp, plastic bags, parachute cloth, whatever you have handy can be used to build this shelter. Using the ground provides extra insulation from the sun. And the open side provides a good view of the surroundings while not having to worry about



4. Snow



A snow cave requires you to dig into the snow and seek shelter inside it. The snow around the cave will insulate you and keep the heat inside. You can add two or three holes if you're completely closed in as in a Quinzee hut, for air supply; otherwise, the doorway serves as a good vent.



You must, however, have a sleeping bag or enough foliage or debris, so your body doesn't touch the cold ground. You have to make sure that the snow is packed enough to be able to take your weight and stand the outside elements, otherwise the snow will collapse on you.

Chapter 6 – First-Aid

When you 're out in the wilderness, you 're exposing yourself to so many dangers that you don 't face otherwise. If you get lost or are injured during your trip, help is going to take a long time to come, especially if you 're stuck in bad weather – the rescue teams will wait for weather to settle down before sending out any parties.

This means that you 're on your own. So you need to be able to administer enough first aid to survive until proper help arrives.

Tip # 17: Educate yourself.

Two of the biggest concerns in cold weather are hypothermia and frostbite. Extremely dangerous and requiring immediate attention, in order to be able to treat these two, you need to first recognize what each situation looks like. So, familiarize yourself with the symptoms of hypothermia and frostbite.

1. Hypothermia: Hypo means low. This is the opposite of having a fever; instead of going up, the body's temperature goes down. It usually happens when a person is damp or wet. The symptoms of hypothermia include:

- Trembling, teeth-chattering
- Slow or weakened pulse
- Sleepiness
- Slowed speech
- Confusion
- Loss of memory
- Lack of body coordination

2. Frostbite: Resulting from extreme cold that freezes the water inside the tissues, turning them into crystals, resulting in tissue death. It usually happens to the parts of body which are exposed, including ears, nose and fingers. Sometimes, even when we're wearing clothes, frostbite can occur to extremities due to lack of blood flow, which is a result of dehydration. Frostbite can lead to losing the

affected body part, so it needs immediate attention. The symptoms of frostbite include:

- Loss of feeling in the exposed body parts
- Patches of skin turning white; black in severe cases
- Hardening of the skin in the ravaged part

Tip # 18: Give First-aid:

Once you 've become familiar with the symptoms of the common problems (hypothermia and frostbite), you should be able to recognize it if it starts happening to you or any of your group mates. And if you 're able to do that, the next step is to administer first aid. In many cases, early first aid can save lives.

So, going logically, the treatment of both hypothermia and frostbite simply requires individual to be warmed up. Easier said than done, though, especially in the winter wilderness.

Hypothermia: The first step to warm up is to remove the damp fabric and put on dry, warm clothes. If you don 't have spare clothes, wrap the individual up in a blanket or sleeping bag, just make sure that they are dry and getting warmed up.

Seek immediate shelter and pull them out of the range of elements like wind or snowfall or rain – basically anything that would make them even colder. If possible, start a fire and give the patient loads of warm water to drink. In the event that you cannot start a fire, you need to warm the person up by using your own body heat. Keep this up until they stop shivering and start getting more coherent. If medical help is available, seek it.



Frostbite: The areas of body which are being affected (usually tips of ears, fingers or toes) should be slowly heated up. The first step would be to move them to a drier, warmer place – near a fire, inside a dry shelter etc. You can also dip the affected area into warm water, let it slowly heat up.

However, we have to be very careful to not put anything hot on the affected parts; this is because these parts are numbed and cannot feel even if they get burned. If possible, limit the use of frost-bitten parts e.g. if toes are getting frostbite, do not walk; so it is a good idea to immobilize the patient. Special care must be taken to never rub the frostbitten parts, not even to warm them up, as they are frozen and the chance of them actually tearing off is high. Again, seek medical aid at the first possible moment.

Chapter 7 – Signaling

In case you get trapped in a snowstorm or avalanche or get lost, you should be able to get back civilization. Or have ways so that civilization can get back to you.

Tip # 19: Inform you friends and relatives.

Yup, you heard me. If you are going to be leaving for a trip into the wild, you need to have people who can realize that you are lost or are in trouble.

Now, you don't have wifi or cellphone signals in the middle of nowhere and it's hard to come by a public telephone booth or internet cafes in the midst of wildness. So, you need to prepare your social network beforehand. In many cases, the SAR missions don't even start because nobody is aware that a person is in trouble or has been lost.

This means that you should have someone trustworthy and dependable, who is aware of your plans. You should share your general plan with them, set up a check-in system with them and prepare a plan of what to do in the event you fail to check-in. They should know how long to wait before calling the rescue services and sending out people to look for you.

Tip # 20: Send signals for help.

It is a good idea to have a GPRS system in place or a cellphone which can be used to pin your location as well. Because if you 're lost, no one has any idea where to start looking. In this way, they are able to narrow down the area for their search. Having emergency numbers in your cellphone or being in contact with the local rescue services beforehand is a good idea too.

Having smoke and light flares handy is good to have. In snowy places, however, you need to be careful as the loud sounds might lead to avalanches. You have to be smart about using them.

One easy solution is to make your own smoke signals. This is easily done by putting young sappy branches or green leaves on fire. It makes enough smoke that can be seen from a distance.

This way, you 're easier to locate and can get to safety earlier.

Chapter 8 – Other Important Tips

Rather than tips, these are just general rules of good travel conduct.

Don't jump directly into surviving – go for a trip or two, learn ins and outs of the outdoors before taking a survival trip. Keep initial trips shorter before attempting longer ones.

Dressing properly, in winter, means you should be dressed in plenty of layers.

Your hands should be covered, in multiple gloves if need be – don't leave them exposed as digits can become easy targets for frostbite.

Keep your feet warm – use snowshoes and wear layers of socks so your toes are safe as well. Cover your head, forehead and nose, to keep yourself warm.

Wear clothes, even when sleeping; our body temperature drops when we sleep and really, we don't need to get any colder.

Stay positive – getting stuck in a bad situation that requires your survival skills is a stressful thing; do your best to focus on problem-solving rather than giving up and drowning in your sorrows.

Stay active – long as you 're doing something constructive, you 're both staying warm and maintaining good spirits. However, be sure not to overwork yourself, especially if you 're running low on rations and supplies. In this case, minimize your workload and conserve energy.

If you 're lost, stay where you are instead of moving about and getting even more lost.

Prioritize what you need to do in case you find yourself in an icky situation: find shelter, build fire and wait for the rescue parties to find you in the first 24 to 48 hours. If you 're stuck for longer, you can move onto the next steps of finding food and hunting and getting water.

Conclusion

So, while venturing out into the winter wonderland is a tempting idea, the best thing to do before going in is to prepare. Basing on Maslow's hierarchy of needs, the twenty tips that we've covered are designed to address them and can be summarized as follows:

1. Pack multiple sources of fire-setting material.
2. Learn how to make a fire from scratch.
3. Fuel the fire; have fuel material handy.
4. Learn to get a create different types of fire.
5. Stay Hydrated.
6. Don't eat snow unless you have to.
7. Learn how to melt snow.
8. Learn basic ways clean water.
9. Stock up on food
 10. Dry food. Have loads of it.
 11. Ration your supplies.
 12. Supplement your supplies with foraging and hunting.
 13. Learn to hunt, fish and set traps; by proxy, also learn to skin, filet or butcher.
 14. Pick the correct camping site.
 15. Stick to tents.
 16. Learn to build a shelter.

17. Educate yourself about common health concerns in winter.
18. Give First-aid:
19. Inform you friends and relatives.
20. Send signals for help.

Additionally, a few general guidelines are also added to help you.

So, the things you 're going to need if you were following these tips, you know pretty much what you need to put into your first-aid/survival kit. Items which have multiple functions, some of forms of equipment and arms (knife/axe, shovel, rope etc.) a compass so you don 't lose direction, a map to know where you 're going and other such common supplies. It is a good idea to consult multiple sources to guide you regarding survival preparation, so you know what to do.

So now you 're ready. Enjoy the winter wonderland and have fun.

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If you have not grabbed it yet, please go ahead and download your special bonus report *“Preppers Street Survival Guide: Proven Tactics For Armed Incounters”*

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