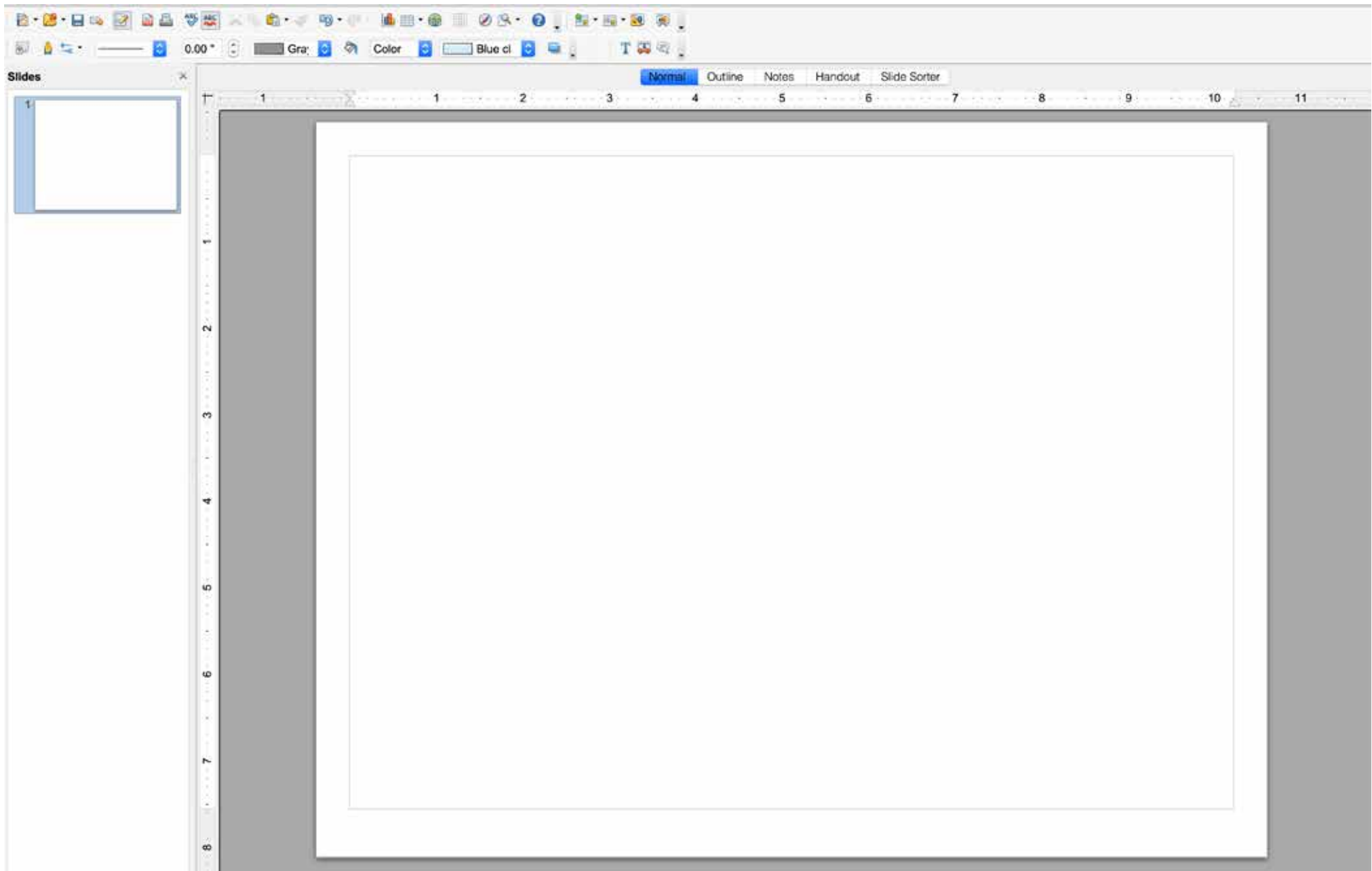


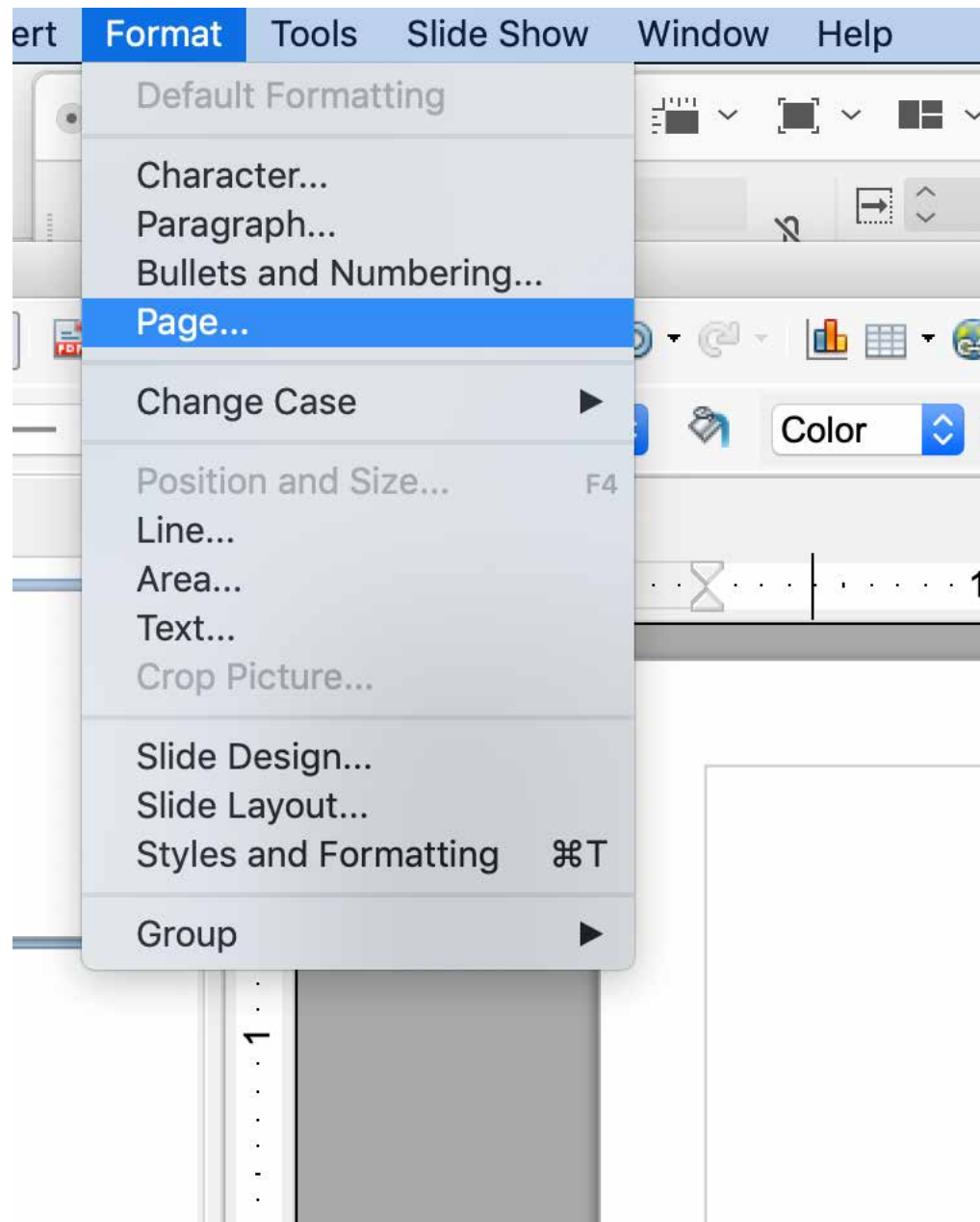
# HOW TO MAKE A 6" X 9" BOOK COVER BACK & FRONT IN OPEN OFFICE

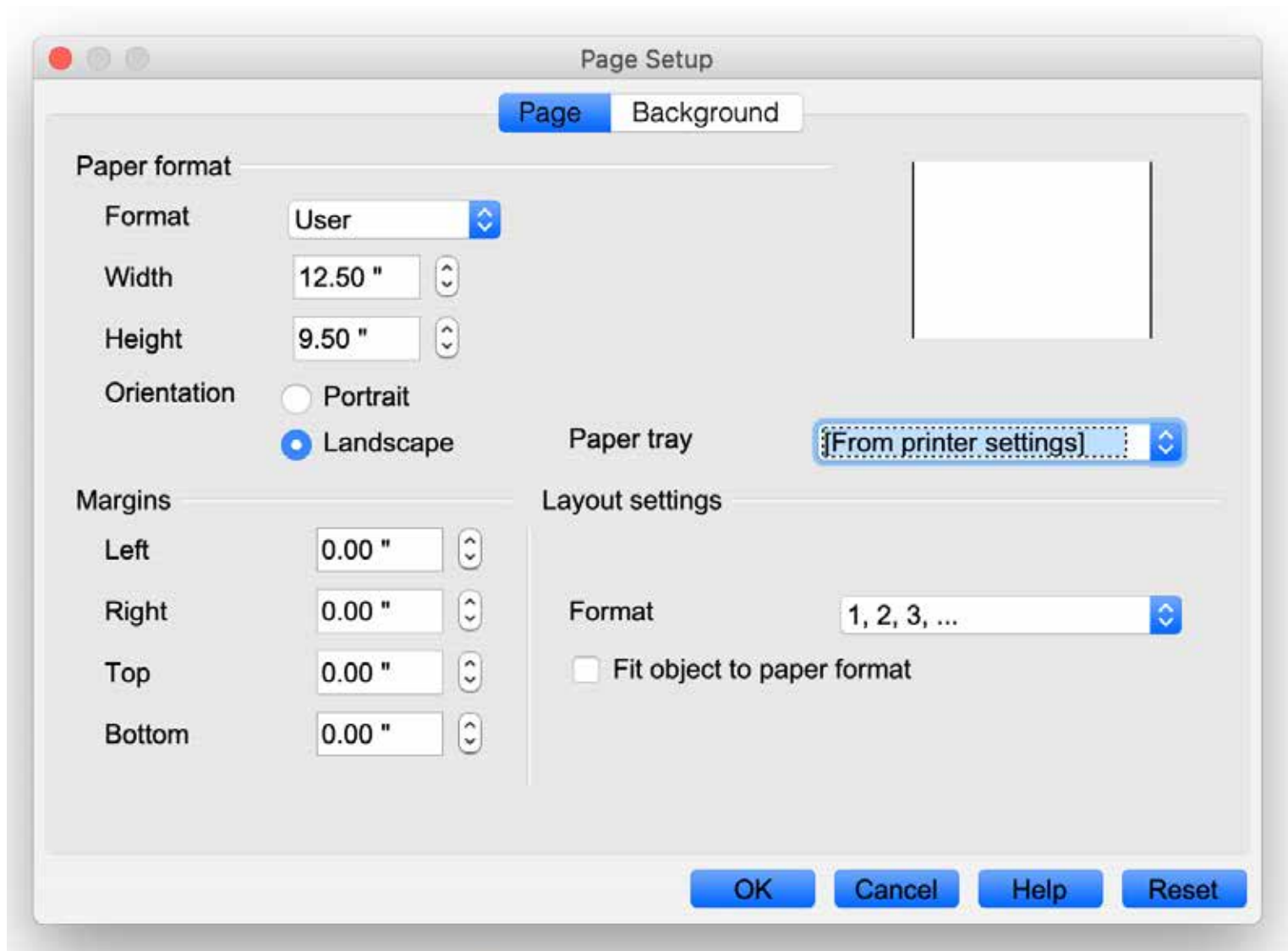
The  
Build Your Book Course

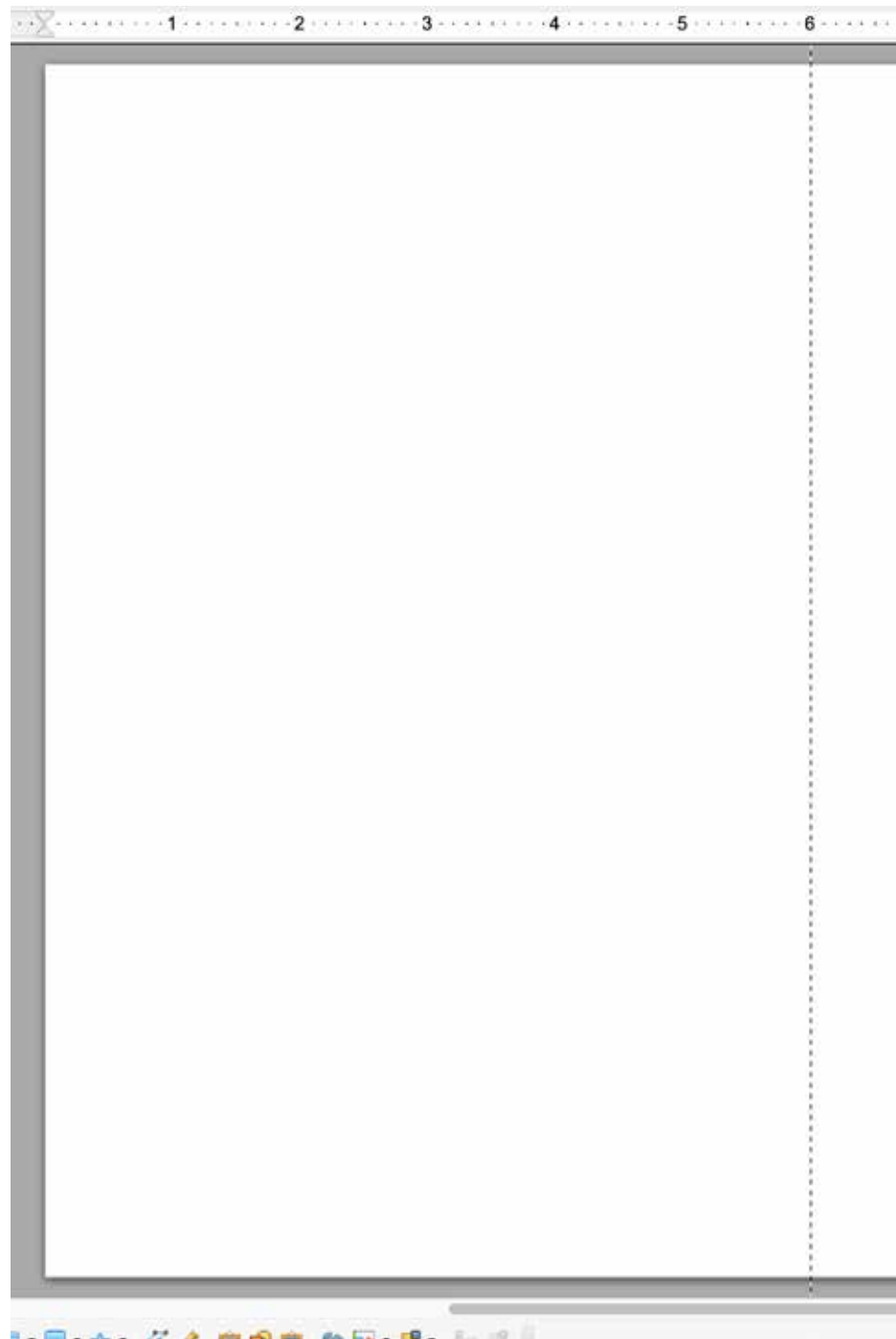


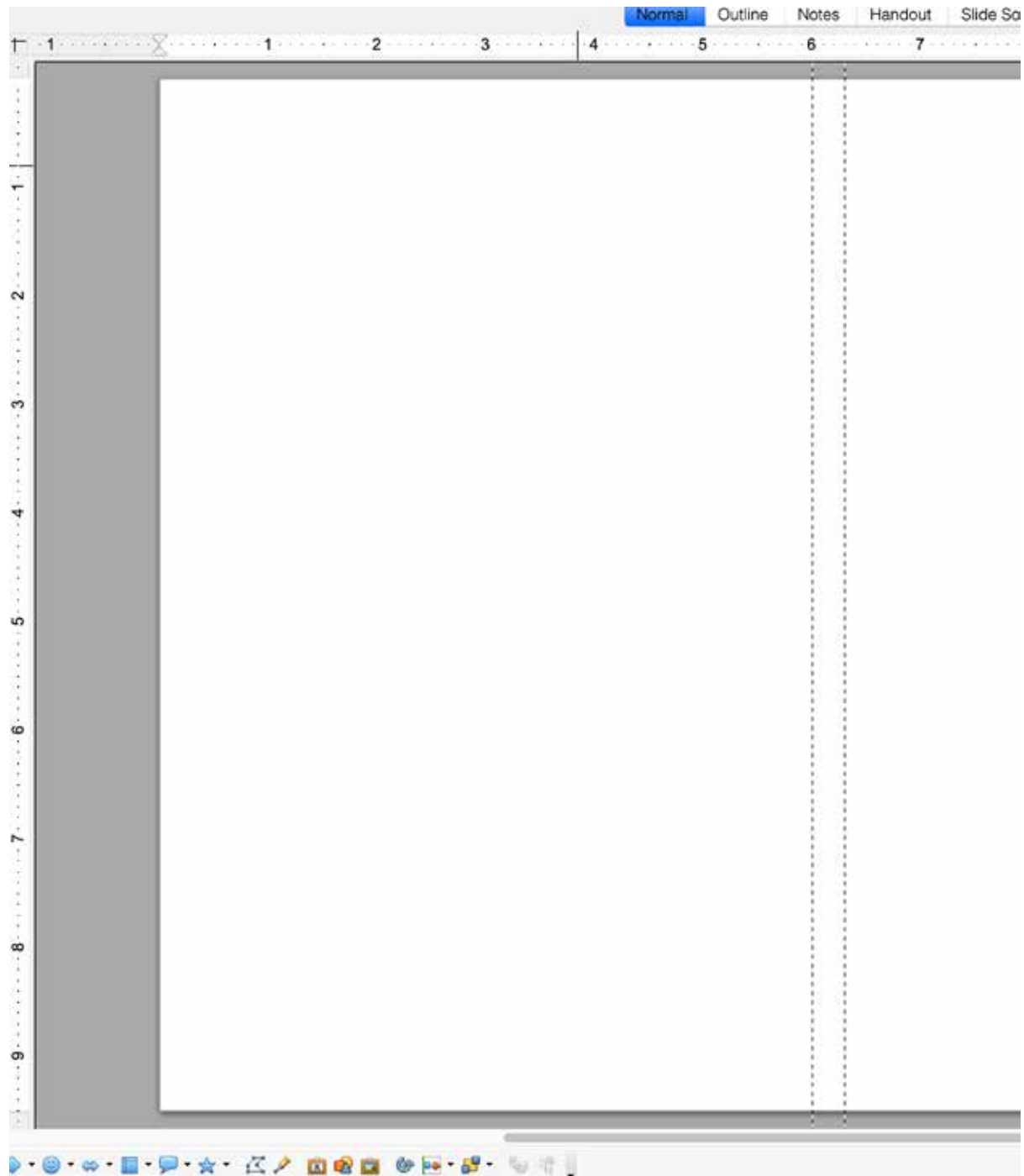
with Angela Treat Lyon











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## How to Eat in the Wild without Killing Yourself

This paragraph tells the reader what she will find when she reads your book. What are 3 main points you want your reader to walk away with once she has read your book? Like, "you will find out the specific mushrooms, clams and other wild fare you never knew about before. You can be prepared for a catastrophe, or make occasional treks for fun dinners on the beach..."

### When you have read *Harvesting the Wild*, you will:

- ✿ Know what mushrooms are safe to eat
- ✿ Where to find spring oysters
- ✿ How to harvest and cook real wild rice
- ✿ What tasty greens everyone else calls weeds
- ✿ What mushrooms to avoid at all costs...

"Harvesting the Wild helped me find the most unusual greens for my fancy dinner salad for my art patrons..."

~ *Happy Reviewer, Sun Valley Times*

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Thomas Quinn McAllister has been traipsing through every last forest you can think of from Massachusetts to Mongolia, searching for and testing edible wild foods. He gives workshops and seminars globally, helping people prepare for the worst disasters and the best feasts, as they enjoy the exotic foods that sometimes exist right under our feet.

You've been looking for a book that helps you find, prepare and cook wild foods. Grab *Harvesting the Wild* now!

*What are you waiting for?*

this is where the ISBN  
bar code goes

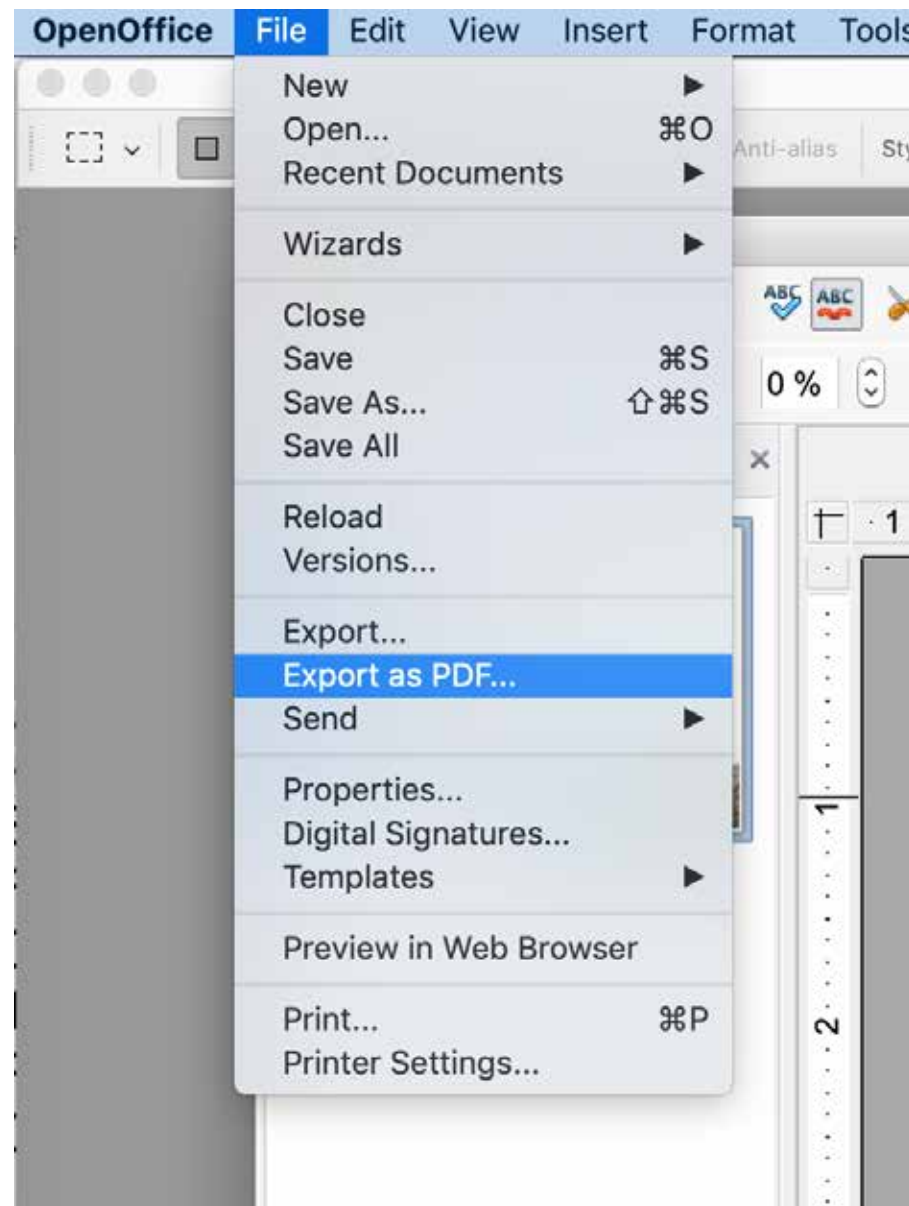
#1 GLOBAL BESTSELLER

# ATTAINING PEACE WITHIN

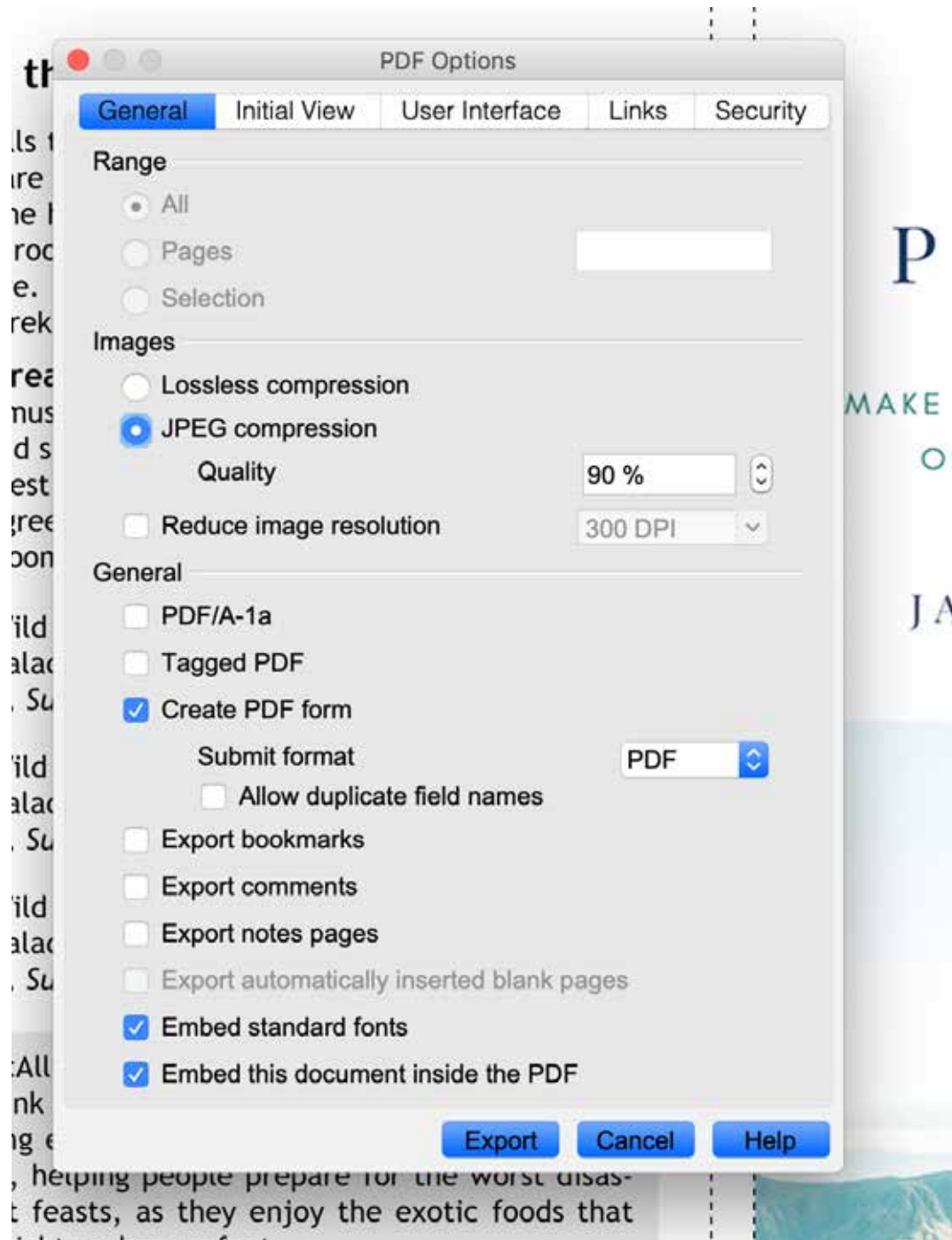
A STEP BY STEP GUIDE TO HELP  
MAKE YOUR AMAZING, MAGICAL ADVENTURE  
OF FINDING AND LOVING YOURSELF  
EASY AND ENJOYABLE

JACK EASON ROWE, PH.D.









cooking/preppers

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