

## **Book List for the Basic FOUNDTION (#1008) Attitude Class**

# Mental Preparation for Disasters

Gloom, Doom, Panic, Denial, Apathy,  
or  
**PEACE**



by Jim Phillips

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## Mental Preparation for Disasters

**There Is No Magic Formula...**

It Requires an Internal Change.  
It Requires Serious Effort and  
Investment In Yourself.

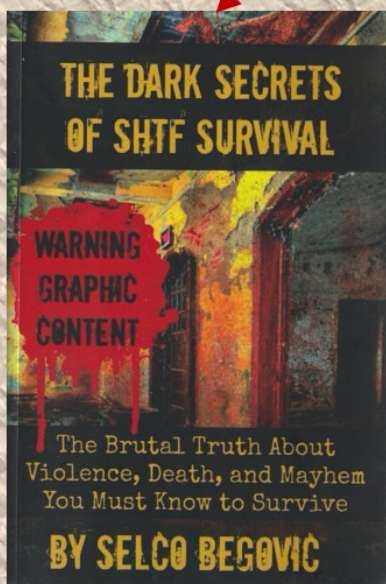
Only the Serious and Committed May Apply





Strategy View from 50,000 feet-aql

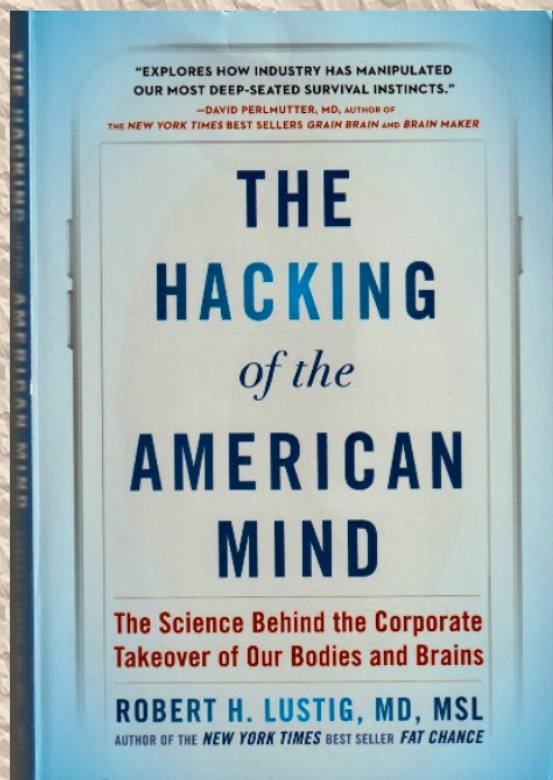
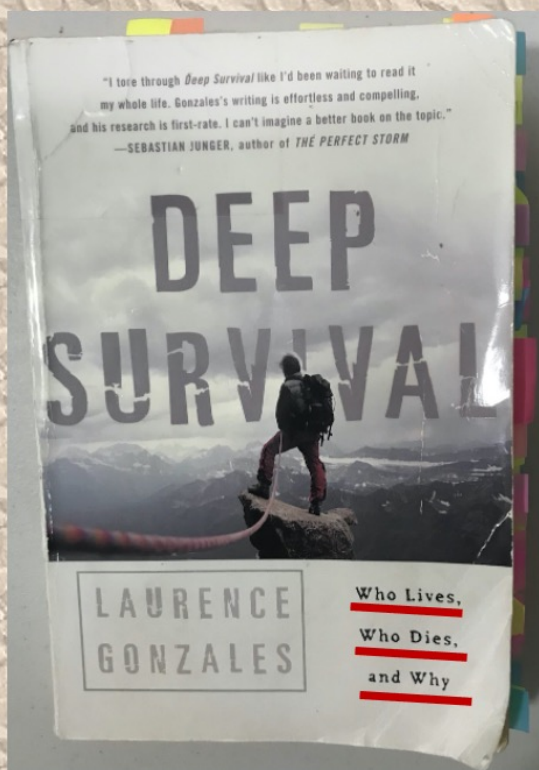
Real-Life Reality Check



Ignorance,  
Apathy, and  
Denial

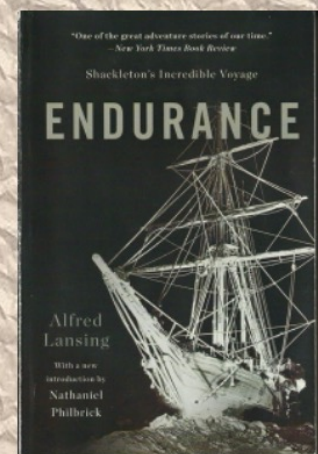
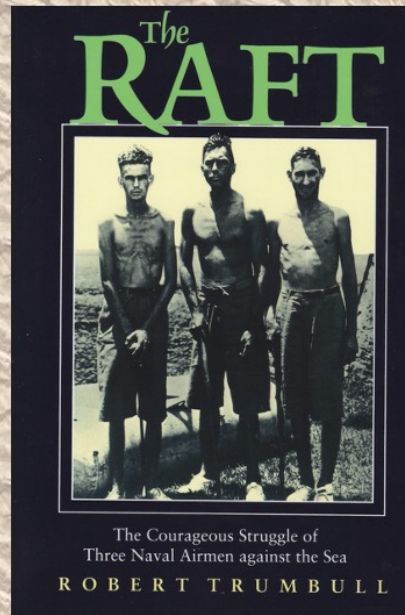
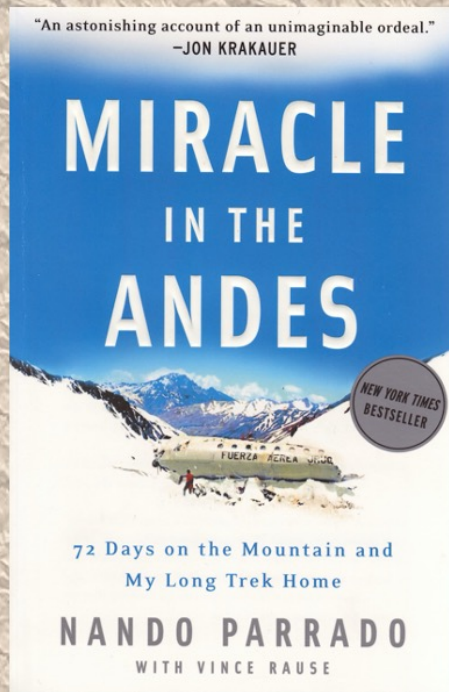


Seek Understanding—  
How the Brain is Wired, How To Protect it, and Change it





## Surviving the Impossible— It's About “Deep Survival”, Passion, and Commitment



### James G. (Jim) Phillips, Jr.

#### Mission Statement

I teach a principle-based system to create a climate and lifestyle of provident living for these changing times in an uncertain world so that individuals and families can meet the future with hope and confidence.

#### I Invite You to Get Connected

Subscribe to my newsletter **The Provident Living Times**  
from **JimsWay.com**

Do this on my web page — [www.JimsWay.com](http://www.JimsWay.com).

In the header menu select “**Contact**” where you can subscribe. It is best to fill in your name because without one the browser and email algorithms are more likely to consider this an in-the-blind spam email, and dump it in your spam file or trash, depending on how you are set up.



I'm also on **Facebook**. Find me at [Jim Phillips, Spring City, Utah](#). MO, WE & FR, I present short mini-classes at 10 PM Mountain Time, they're posted for later viewing.

May your best of days be ahead of you, be ready for them. My trademark statement is how I look at things and do my best to teach—

*There's no doubt that tomorrow will come, and dispute that things happen, but how you are prepared to meet tomorrow will make all the difference in the world. If you are prepared for the worst, then no matter what happens it will be an adventure.*

*The best to you, Jim Phillips*

### I Love to Teach and Share Ideas

Below are some of the most common classes I teach, both live online or in-person. I also develop custom courses to fill particular needs, especially in the areas of cold weather safety and protection. If you have an organization you would like me to teach in person or online, contact me and we'll discuss details- [jpworxalot@gmail.com](mailto:jpworxalot@gmail.com). I'm also available for private consulting.

### Some of the Classes by Jim Phillips

#### 1 - FOUNDATION

1001- Life Happens, So Make it An Adventure  
1002- Three Black Holes of Preparedness  
1007- Facing Down Economic Collapse  
1008- What'll it Be—Gloom & Doom, Panic or Peace  
1104- Survival TV Could Kill You  
1106- Survive as a Community, or Die Alone  
1107- Who Packed Your Parachute  
1120- Ready, Set ... Evacuate  
1205- Surviving the Impossible, Is Possible  
1222- Your 72-Hr. Kit Could Kill You

#### 2 - CLOTHING

2101- Winter Safety, Cold Injury Issues  
2102- Hot Weather Safety & Heat Injury Avoidance  
2104- Yah, Disasters Happen in Winter  
2201- Winter Without Worries  
2240- Without Fire or Shelter  
2261- Living in Winter Without Utilities  
2290- Winter Safety Made Real

#### 3 - WATER Section

3001- Have Enough Safe Water, or Suffer then Die  
3101, 2, 3, 4, 5- The Liquid of Life (5 Class Series)  
3201- D-I-Y Filters that Really Work

#### 4 - SANITATION Section

4001- Oh Crap  
4030- Twin Sisters of Disease and Death

#### 5 - NUTRITION Section

5001- Nutrition, the Key to Health & Wellness  
5002- Nutrition Falsehoods, Shams and Snares  
5010- Wellness Thru Nutrition w Essential Oil Help  
5150- Problems & Principles of Survival Gardening

#### 6 - SHELTER Section

6001- Sheltering Options for Emergencies  
6250- Practical Concepts for Solar Heat

#### 7 - WELLNESS Section

7202- Don't Fall Prey to a Truly Deadly Pandemic  
7203- Shelter In Place  
7282- Realities of EMP, CME & Cyber Attack

#### 8 - TOOLS Section

8001- TOOLS, Make All the Difference  
8101- What Grid-Down Cooking is Really Like  
8102- Having Light in a Grid-Down World  
8280- Practical Solar Electric Options

#### 9 - SUPPLIES Section

9001- Things You Use Up and Want to Replace  
9101- Fuels for Grid-Down Living

### Published DVD Classes



**THE FOUNDATION** A two-hour DVD forming the foundation for the principles, practices, and concepts taught by Jim Phillips. This is where you start in developing your preparedness program or how you organize and make sense of the things that you have already learned and acquired. It is also a way of looking for the gaps in what you've done. At this point if you did nothing else, get and study this DVD, it will make a significant difference in your life.



**An Evacuation Kit to Live By** The typical 72-hour kit is woefully inadequate containing trinkets, bobbles, and beads sold at a premium price. Built upon solid principles you'll see the minimum that you need for a truly functional lifesaving Evacuation Kit. Included is the mini-course, "Your 72-Hour Kit Could Kill You," and Jim is deadly serious about that statement.



**Correct Clothing Is Personal Portable Shelter** People generally think of clothing as something to wear, just because we do, but it's not about style, price, looks, or name brand. In reality, and especially during a challenging event, what you wear is your most immediate and very personal protection from the elements. It's about safety, performance, durability, and comfort in the cold.



**The Hidden Deadly Disaster** (a 4-DVD Set) *Failed Sanitation Will Catch, Sicken, Maim and Kill the Ignorant and Unprepared.* The issues of sanitation, or more correctly the sickness, disease, and pestilence caused when it fails, are things that most people have not experienced. Proper preparation is far more than what you see in all the books. You must learn the full spectrum of sanitation issues and prepare to overcome them before they overcome you and your household



**Winter Safety Made Real** (2-Disc Set: 1-mp3 CD w 11-hrs. of audio & 1-DVD w 2-hr supporting video). Most cold injuries and winter deaths are preventable. The real culprit is ignorance that leads to poor planning, little or no preparation, and wrong actions. Everything in **Winter Safety Made Real** is based on the laws of nature (physics and physiology) not tradition, habit, or old wives' tales. Some of the habits, traditions, and commonly accepted actions that people live by are dangerous, even deadly. In this presentation, you come to understand why and what to do about it.