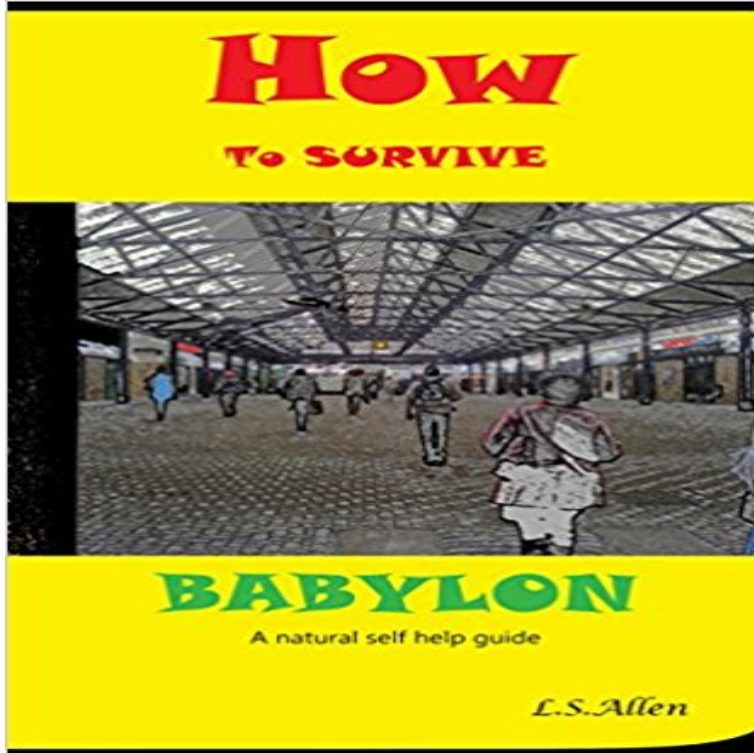


## How to Survive Babylon: A natural self help guide (Black Survivor Series Book 1)



This book is designed as a self help guide that will steer the survivor through some of the global systems many pitfalls. From self-healing techniques to coping with mass brainwashing and racial discrimination, this guide takes the reader through some of the survival skills needed to create positive self development. Although emphasis is placed on the survival of African descendants, oppressed people of all races will benefit from the natural, practical approach outlined in this guide. Spiritual connections that build solidarity can lead to harmony and a better understanding of our role in the ecosystem - especially in relation to the Earth's natural systems. Could human systems one day combine with natural systems to create stable societies? Why is it important to learn how to use natural resources in a more sustainable way? Can nature be restored to its position as the ultimate religion? These are some of the issues this guide addresses. As well as spelling out the need for a fairer system, this book provides survival tips and strategies for navigating social systems that routinely use such things as racial discrimination and disinformation as tools of oppression. In doing so, they stunt the growth of generations of young people. Fighting back does not have to involve chaos and disorder, as positive self development can achieve much more. If future generations are uplifted in this way, fairer social systems will be more likely to develop according to natural principles of justice and peace.

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