### Media Kit

# Practical Self Reliance

Your Practical Guide to Self Reliant Living









Its About...



Homesteading Off Grid Living Foraging Herbalism Scratch Cooking Fermenting Green Living DIY

#### **Ashley Adamant**

is the owner and writer of Practical Self Reliance. She lives on 30 acres in a solar powered homestead in Vermont with her husband and two children.



As a family, they grow, forage and preserve as much of their own food as possible. They also produce their own power, herbal medicines and just about any thing else that is practical on a small homestead.

Practical self reliance is a blog where they share advice, recipes and how to instructions to help empower others toward a more resilient, healthy and self reliant lifestyle.

## **Blog Stats**

Monthly Pageviews 40K + Unique Visitors 25K +

# **Social Followers**

Facebook **1.3 K +** Pinterest **1.6K +** 

**PracticalSelfReliance.com** 

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# **Partnership Opportunities**

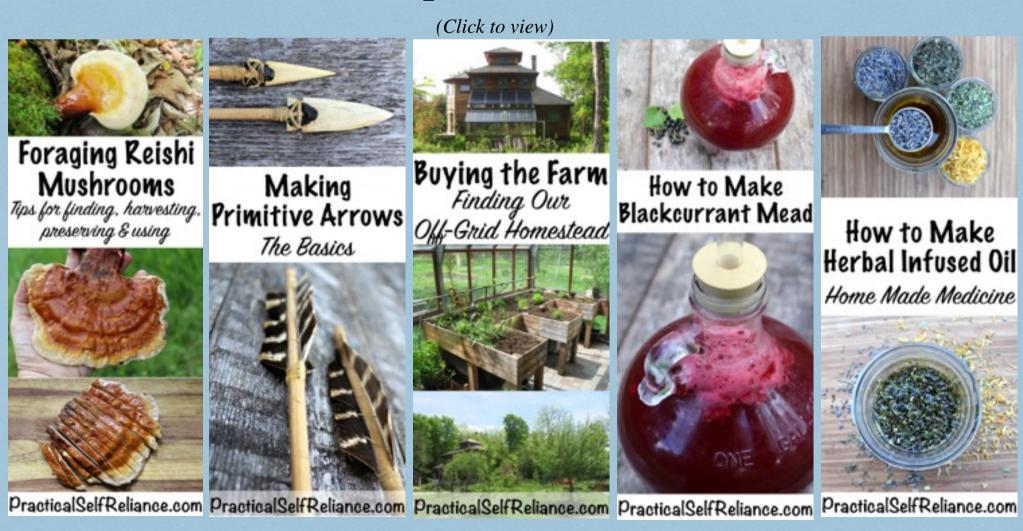
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-Product Giveaways (optional) I am also available for: (Fees vary, please inquire)

Freelance Writing & Guest Posts
Product Giveaways
Recipe Development
Product and Book Reviews

#### To discuss partnership opportunities, contact Ashley at <u>Ashley.Adamant@gmail.com</u>

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