



## **Lesson 0.1**

### **Survival Podcasts Made Easy**

### **Welcome!**

Welcome to Survival Podcast Made Easy!

This is your complete guide for confidently understanding and using survival podcasts up your level of preparedness.

Now, I've taken a bunch of what I've learned from years of podcasting, with 500,000 downloads in over 140 countries, and created this step-by-step guide.

Survival Podcast Made Easy not only teaches you what podcasts are and how they are beneficial for your preparedness, but it also walks those of you struggling with the podcast tech through the step-by-step process of doing exactly what you need so that you can easily tap into the beneficial world of survival podcasts.

When it comes to the tech, I'm not the greatest tech guy. I wasn't a tech guy when I started listening to podcasts, and if I can do it, you can do it. And today it's easier than ever to tap into the world of podcasts.

### **How to Navigate the Course**

Now I can't wait for you to get started, but before you get started, though, let me show you around the survival podcast made easy virtual classroom here.

First, you'll find a video at the top of each lesson's page where I speak about that lesson give you the information I have in all of that.

Below that video, you'll find an overview of that lesson.

And just below the overview, you'll see a section that says "Downloads" that will typically have the downloads such as a transcript of that lesson's video and an audio file if you want to listen to the audio for that video in there.





Sometimes there may be other downloads in there, such as the Course Curriculum, which you see down below this, which are specific to a lesson and they're only provided in that one spot. So, always make sure you check the downloads to see if you can find stuff that you need there.

Next, the "Previous Lesson" and "Next Lesson" arrows that you see down below the downloads. You can use these arrows to navigate forwards and backward through the course.

Likewise, all the course lessons are outlined below the arrows, and if you prefer navigating by the lesson title, you can do that down below the arrows.

Also, you'll find some other links on the page to some of the survival podcasts that are out there and recent episodes of my Mind4Survival podcast.

### **Sign Up for the Email**

With that, while you're here, please sign up for the Mind4Survival email list, because I use that to keep you up to speed with everything Mind4Survival related. And trust me, a lot is coming.

So with that, I'll see you in the first lesson.

