

An outline of The Work



Prerequisites for The Work

Read The Natural Advantage – Health and Wellness Through Natural Farming, Feeding, Fitness and Philosophy; **Watch:** Mark Passio and the Science of Natural Law – Both are free online

Included in The Work

In a year: Over 20 books, a few videos and some audio recordings covered including daily Bible reading and BibleProject.com videos (included for context rather than conversion); Choice of a minimalist, kettlebell, or barbell training program; Sun tracking where you live in preparation of home gardening; Microgreens container gardening: Mark Passio's podcast What on Earth Is Happening - Due to the breadth and importance of Mark's work, his podcast should be started as soon as possible and listened to in order, from podcast one on; I often listened to the podcast at 1.5 speed.

Note: Each tier builds upon the previous. Therefore, before reading Tier 3 you should do Tier 2 and before reading Tier 2 you should do Tier 1.

Tier 1 (20 pages per)	Tier 2 (25 pages per)	Tier 3 (30 pages per)
<ol style="list-style-type: none"> 1. Enter the Kettlebell by Pavel Tsatsouline 2. Propaganda by Edward Bernays 3. Back to Eden Film 4. In Defense of Food by Michael Pollen 5. The Art of Simple Food by Alice Waters^{*1} 6. Power to the People by Pavel Tsatsouline 7. The Trivium by Sister Miriam Joseph OR Listen to Intro to Grammer and Intro to Logic by Leonard Peikoff 8. Elementary Catechism of the U.S. by Arthur Stansbury 9. None Dare Call It Conspiracy by Gary Allen 	<ol style="list-style-type: none"> 1. The One Straw Revolution by Masanobu Fukuoka 2. Pottenger's Prophecy by Gary Graham, Deborah Kesten, and Larry Scherwitz 3. Starting Strength by Mark Rippetoe 4. Economics In One Lesson by Henry Hazlitt 5. The 5000 Year Leap by W. Cleon Skousen 6. Crimes of the Educators by Samuel Blumenfield 	<ol style="list-style-type: none"> 1. No-Till Intensive Vegetable Culture by Bryan O'Hara 2. What to Eat by Marion Nestle 3. The Purposeful Primitive by Marty Gallagher 4. Mark Passio's Natural Law Seminar Video 5. The Founders' Second Amendment by Stephen Halbrook 6. Johnny Got His Gun by Dalton Trumbo 7. The Kybalion by Three Initiates 8. The Creature from Jekyll Island by G. Edward Griffin 9. The Open Source Everything Manifesto by Robert David Steele

^{*1} Read the introduction, getting started, and what to cook chapters. Then familiarize yourself with the recipes and begin to use them.

Self-Paced Further Work

1. The End of All Evil by Jeremy Locke
2. The Secret Teachings of All Ages by Manly P. Hall
3. What on Earth Is Happening Podcast by Mark Passio

Additional Resources

Farming: All New Square Foot Gardening II by Mel Bartholomew, **The Biological Farmer** by Gary F. Zimmer, Plant Science, Growth, Development, and Utilization of Cultivated Plants 5th Edition by Margaret McMahon, et al., **Producing Vegetable Crops** by John M. Swiader & George W. Ware, Science in Agriculture by Dr. Arden B. Andersen, **Small-Scale Livestock Farming** by Carol Ekarius, Soil Fertility and Fertilizers by John L. Havlin, et al., **Sustainable Agriculture and Resistance** by Fernando Funes, et al., Sustainable Vegetable Production from Start-Up to Market by Vernon P. Grubinger, **Toolbox for Sustainable City Living** by Scott Kellogg and Stacy Pettigrew, The World Food Problem by Howard D. Leathers and Phillips Foster, **Associations:** ATTRA Sustainable Agriculture Program, **Bionutrient Food Association**, Rodale

Institute, **National Center for Appropriate Technology**, Soil and Nutrition Conference Developing Regenerative Agriculture Ecosystems 1 and 2 Pre-Conference by John Kempf

Feeding: Altered Genes, Twisted Truth by Steven M. Druker, **Cooking by James Peterson**, Epigenetics by Joel D. Wallach BS, DVM, ND, et al., **Good Eats TV Show with Alton Brown**, Nutrition and Physical Degeneration by Weston A. Price, DDS, **The Art of Fermentation by Sandor Katz**, The Encyclopedia of Healing Foods by Michael Murray N.D. and Joseph Pizzorno N.D. with Lara Pizzorno M.A., L.M.T., **The Warrior Diet by Ori Hofmekler**, Why Cereal Has Such Aggressive Marketing Article by Alex Mayyasi and Pricenomics, **Why We Get Fat by Gary Taubes**, Work Wonders by Tom Lonsdale

Fitness: Practical Programming for Strength Training 3rd Edition by Mark Rippetoe and Andy Baker, **Psych by Judd BIASIOTTO**

Philosophy: As a Man Thinketh by James Allen, **Citizens Rule Book by Whitten Printers**, Conversations with God: An Uncommon Dialogue by Neale Donald Walsch, **Dominion by Tom Holland**, God-Man The Word Made Flesh by George W. Carey and Ines Eudora Perry, **Historical and Theological Foundations of Law by John Eidsmoe M. Div.**, Human Action by Ludwig Von Mises, **Man's Search for Meaning by Viktor Frankl**, Meditations by Marcus Aurelius, **Resistance to Tyranny by Joseph P. Martin**, That Old-Time Religion by Jordan Maxwell, Paul Tice and Alan Snow with a chapter by Gerald Massey, **The Art of Strategy by Avinash K. Dixit and Barry K. Nalebuff**, The Debate on the Constitution (boxed set) edited by Bernard Bailyn, **The Evidence Bible with commentary by Ray Comfort**, The Law by Frederick Bastiat, **The Lie by Ken Ham**, The Lost Keys of Masonry – The Legend of Hiram Abiff by Manly P. Hall, **The Making of America by Cleon W. Skousen**, The Natural Law by Heinrich A Rommen, **The Order of Things by Michel Foucault**, The Revolution by Ron Paul, **The Way of Peace by James Allen**, The Wealth of Nations by Adam Smith, **Thinking, Fast and Slow by Daniel Kahneman**, Tracing Boards of the Three Degrees in Craft Freemasonry Explained by Julian Rees, **Treatise on Law by Thomas Aquinas**, Second Treatise of Government by John Locke, **State of Georgia v. Brailsford, 3 U.S. 1, 1 L. Ed. 483 (1794)**, Why Nations Fail by Daron Acemoglu and James A. Robinson **Associations:** Mises Institute, www.sacred-texts.com

Additional: Silent Weapons for Quiet Wars by unknown, **The 1776 Report by The President's Advisory 1776 Commission**, The Deliberate Dumbing Down of America by Charlotte Thomson Iserbyt, **The End of America by Naomi Wolf**, The Killing of Uncle Sam by Rodney Howard-Browne and Paul L. Williams, **The Real Thomas Jefferson by Andrew M. Allison, et al. (and others in the series)**, The Underground History of American Education by John Taylor Gatto, **Tragedy and Hope by Carroll Quigley**, Trance Formation of America by Cathy O'Brien with Mark Phillips, **New Lies for Old by Anatoliy Golitsyn**, Originalism by Steven G. Calabresi, **War is a Racket by Major General Smedley D. Butler U.S. Marine Corps**, Xenogenesis by Stephen Quayle

Other: Brave New World by Aldous Huxley, **Connections by James Burke TV show or book**, Conspiracy Theory in America by Lance deHaven-Smith, **Ishmael: A Novel by Daniel Quinn**, Little House in the Suburbs by Deanna Caswell and Daisy Siskin, **Sapiens and Homo Deus by Yuval Noah Harari**, The Fourth Turning by William Strauss and Neil Howe, **The Great Dictator film by Charlie Chaplin**, The Tree of Life by Dr. George W. Carey, **The Ultimate History Lesson with John Taylor Gatto Video**, Toolbox for Sustainable City Living by Scott Kellogg and Stacy Pettigrew

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