

SELF-SUFFICIENCY

Meaning: Self-sufficiency refers to the ability to meet one's own needs, particularly in producing food or resources, thereby enhancing resilience and sustainability within communities.

1. Self-sufficiency in food production can lead to greater resilience in local communities.
2. The concept of self-sufficiency is often celebrated in sustainable living movements.
3. Achieving self-sufficiency requires careful planning and resource management.
4. Her journey towards self-sufficiency involved learning various skills, from gardening to basic carpentry.
5. Many people view self-sufficiency as a path to personal empowerment and freedom.

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