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# Survival Mom: How To Prepare Your Family For Everyday Disasters And Worst-Case Scenarios



## Synopsis

From the creator of TheSurvivalMom.com comes this first-of-its-kind guidebook for all the “prepper” moms keen to increase their family’s level of preparedness for emergencies and crises of all shapes and sizes. Publisher’s Weekly calls Lisa Bedford’s Survival Mom an “impressively comprehensive manual,” saying, “suburban mom Bedford helps readers learn about, prepare for, and respond to all manner of disasters. . . . From ‘Instant Survival Tip’ sidebars to a list of ‘Lessons from the Great Depression’. . . Bedford’s matter-of-fact yet supportive tone will keep the willies at bay.”

## Book Information

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## Customer Reviews

“In this impressively comprehensive manual, suburban mom Bedford helps readers learn about, prepare for, and respond to all manner of disasters...Bedford’s matter-of-fact yet supportive tone will keep the willies at bay.” (Publishers Weekly) “Given the recent prevalence of floods, tornadoes, and power outages, this book comes at a good time.

Bedford discusses how to handle emergencies, from purifying water and storing food to making lists of financial records and establishing a safe room. [R]eaders would do well to prepare.” (Library Journal) “Lisa Bedford’s Survival Mom is a much needed resource of practical preparedness and survival knowledge that anybody (even Survival Dads) will find an indispensable addition to their self-reliance library!” (Ed Corcoran, Editor, Survivalist Magazine) “Lisa Bedford has given every family an upbeat and

useful step-by-step guide to getting through these alarming times. Hurrah for Survival Mom. (Lew Rockwell, editor, lewrockwell.com) "This stockpiled guide to self-sufficiency emergency preparedness is a wealth of information for both the novice and seasoned survival mom! (Roxanne L. Griswold, Co-Owner, Ready Made Resources/Founder, Ready Made Woman Blog + No Candidate) "Well-referenced, with fresh insights, Survival Mom is funny and well-written. (Don Aslett, author of Is There Life After Housework?) "Lisa Bedford's book, like her blog, is full of up-to-date, useful information from reputable sources. Survival Mom is a good read, and has a place in any prepper/survivalist library. (Leon Pantenburg, author of survivalcommonsense.com) "Lisa Bedford explains preparedness not just as a long term goal for the future, but as an everyday lifestyle for today. This manual is a great read for anyone concerned about their own well-being and security, and that of their loved ones. (Paul M. Munsen, President, Sun Ovens International) "Lisa Bedford has written an outstanding book! Survival Mom is chock full of valuable tips and perspectives that had never crossed my mind, showing me how valuable the female perspective is when it comes to prepping and survival! This book is a keeper! (Matthew Stein, author of When Disaster Strikes: A Comprehensive Guide to Emergency Planning and Crisis Survival) "After you become a mom, your head often swims with what-ifs. But you can ease your mind with a little preparation, says Lisa Bedford, blogger and author of Survival Mom : How to Prepare Your Family for Everyday Disasters and Worst-Case Scenarios. (USA Weekend)

Everything You Need to Know to Keep Your Family Safe and Secure No Matter What Undaunted by the prospect of TEOTWAWKI (The End of the World as We Know It), Lisa Bedford tackles every what-if and worst-case scenario head-on, offering practical advice on how to prepare your family for whatever might come your way. From a few days without electricity to an unexpected job loss or total chaos after the destruction of a tornado, Survival Mom provides everything you need to become self-reliant and establish plans for your family, including: preparing the home for a natural disaster alternative sources of energy in a power's-out situation everything you need to know about food storage personal protection (do I really need to learn how to shoot a gun?) Deep inside every mom is a Survival Mom whose passion for her family drives her to make the best of the present and prepare for the future. So tap into your Mama Grizzly instincts and channel your worries into action. Whether you're a full-fledged "prepper" or just getting started, with real-life stories and customizable forms and checklists along with Lisa's "you can do it" attitude,

Survival Mom replaces paranoia and panic with the peace of knowing YOU have the power to keep your loved ones safe and secure.

Great find!!!! This is a wonderful book starting with the basics that any one beginning prepping will greatly appreciate. It has informative lists that help you get started gathering supplies for not only food but on how to keep important papers as well as which ones you'll need in an emergency. How to prepare your car/truck to survive a disaster or to go move to a safer place. Each chapter builds upon the last one and supplies a list of things necessary to do in order to continue on. It breaks down tasks into simple things from just adding one or two extra cans of food to your routine shopping list to larger storage of much used and needed supplies. This book even has a chapter on finances that you will need to have in order to "get through". Gives you the top items for bartering as well as covers self protection for you and your family. This is a must read for any "Mom" in the house even if you aren't prepping. I wish I'd gotten this book sooner as it would have saved me so much time and energy. These baby steps lists are a must in getting you and your family well prepared.!!

This book is amazing. I wish I would have had this book when I first began preparing. This book would have saved me a lot of confusion and money. There is really no other book as complete as this one. This isn't a short book but, it is organized and practical. She covers: different disaster scenarios, water requirements, food and food storage, sanitation, getting your home base ready, getting prepared for power outages, safety and security, finances for survival, building a survival community, evacuation basics. Each chapter ends with a plan to help you complete the steps necessary for preparedness. There really aren't any other books as comprehensive as this one that includes a practical plan to help you get prepared. This book is highly recommended.

This book I have bought for several family members and friends. Its not a pg.1 to pg.242. type book. Its go to the exact area of your concern. It's not a doomsdayer paranoid book, it's an easy to read, practical book that covers everything you can think of and more. Great tips, where to go websites, and useful free or inexpensive ways to protect your family in any scenario. Let's face it, a solar oven for about \$5.00 (five dollars). This should be every families tutorial. In todays world, the "duck and cover" method just doesn't fly. Hurricane Katrina, Sandy, etc. victims could have gotten a lot of use from pages out of this book.

Lisa is spot on when it comes to preparation for a disaster. Her insight is clear and precise. I take what she says heart. I am glad we have people like her out there leading the way. Just plan common sense person giving help to people that need it.

This book is so full of meat and potatoes it is an absolute must have for any library. It is full of great tips and tools brought to you in an easy to understand and digest format. Kudos to you Lisa for your great production and taking the time to produce such a comprehensive manual. It is an ideal book for use in an urban/suburban setting and really Lisa leaves no detail unattended to. If you are looking for a great book to take control of your family and have the confidence to survive if your family is threatened, this is the manual you need!

Some really great advice here for the mom whose family is maybe not quite on board with the whole "prepper" thing. My husband and boys joke when they see me reading it that I've been watching too much Walking Dead, and that's fine. I'm still learning how to prepare and stockpile step by step. She writes very concisely and has a ton of great resources, including her website which is fantastic. Her website has a lot of this information on it, but it's pretty important to have this hard copy "just in case" we have no access to the internet/power/etc. in the future.

Author Lisa Bedford is such a good, practical and fun writer I can only hope she produces more like this. A lot more.

I loved this book. I can easily see myself referring back to it as my family begins our own journey in preparing for disasters (natural and/or man-made). I have purchased perhaps a dozen prepping and self-sustaining books and this is by far the best. I enjoy the fact that it is broken down into sensible and realistically useful chapters i.e. water, sanitation, food storage and safety. I enjoy that this book makes sense to me. I try to approach books such as these knowing that I am a novice and some of the suggestions will not be for me and my family and some of the ideas will not make sense to me. However with this book - it almost feels like the author is an old friend and knows what my next question is going to be. I loved the fact that she does in fact talk about how to make your own commode and how to get younger children involved in the preparations. The advice was clear and concise to me. In fact, I was watching a show on cable and they were talking about a 'survival during catastrophe' situation and I said to myself: the five main destroyers of food stocks are: humidity, oxygen, heat, light and pests. This came straight from the book! I did not even realize that

I was learning from the book enough to subconsciously recite details like this while I was absentmindedly watching television. There are recipes in here that I am actually eager to try out. I think the best part of this book was the end of the chapter checklists and planning steps.

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