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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 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

This is the absolute best preparedness book, ever, for average people in urban, suburban and rural areas. I've been following Lisa Bedford's "SurvivalMom" blog for a couple of years, pre-ordered this book and devoured it after it arrived. The comprehensive and well-organized guidance can take a person from zero preparedness to eclipsing 95% of the population with just one trip to the grocery store and a couple hours shopping on the Internet. Today I'm ordering copies for my sister and a couple friends who live near the Cascadia Subduction Zone in the Pacific Northwest and recommending on Facebook for everyone else. Really terrific contribution to promoting and facilitating preparedness. This book is obviously a project of an exceptionally detailed-oriented person who has devoted years to assembling the latest, most useful information in an accessible, efficient manner. The author also helpfully relates her personal experiences in going from a mom

focused on getting her family through normal everyday life to one steeped in emergency preparedness scenarios and practical strategies for persevering (comfortably, if possible) through events ranging from routine power outages to being stranded on the road as well as longer-term situations. She also does not shy away from matters usually associated with survivalists -- such as the need to not just be able to feed and shelter but also to be prepared to defend oneself and family. The Survival Mom book coupled with wilderness survival knowledge would put someone way ahead of the game (she briefly touches on some wilderness skills -- like fire-starters -- but does not, for instance, tell how to build a teepee, trap game or do other hard-core wilderness skills -- there are plenty of other books on those subjects). In sum, this book is a great value and a keeper.

Living in California about 5 miles from the Hayward and San Andreas fault, you've got to think about the "what ifs". Think it can't happen to you? Think again.... I used to live in Michigan where an ice storm has taken out the power for 2 weeks in the dead of winter. No matter where you live, the unexpected can happen. "Survival Mom" covers the basics including food storage, water purification, financial and medical preparedness and communication during a crisis. It goes way beyond the basics, however, with the addition of charts, checklists and worksheets to help you stay organized. A great way to get ready for that 6.5 to 7.5 quake we know will happen someday in San Francisco.

I received an advanced copy from the publisher and I've got to say, this book does an outstanding job of filling a long standing need - a survival book for your typical homemaker. I have an entire floor-to-ceiling bookshelf full of survival books and my wife hates every one of them. This book however, is something she would sit down and read! Reading the book, it is immediate evident that it was written by a mom for moms. Not that men can't read it, it reads just fine for me, but it is very different in its tone and presentation. If you've been wanting to get your wife more involved in preparedness then get her this book! She might finally understand what you've been going on about!

Are you confused with all the "prepping" or "survival" info out there? Wonder who or what to believe? Do you wonder why, how and where to start, or how to assess and beef up your prepping efforts? Do you want the hype-free message with no sale pressure? If so, you will love this book, *Survival Mom: How to Prepare Your Family for Everyday Disasters and Worst-Case Scenarios* by Lisa Bedford. Chapter One sets the tone for the entire book, "Prepare More, Panic Less." This is the message that comes through loud and clear. It matters not what the motivation is for our family

preparations (whether natural disaster, job layoff, illness or something bigger), Lisa Bedford takes us step by step from awareness to action, starting with her own story in the introduction entitled "From Suburban Mom to Survival Mom." Let's face it, the media is grabbing ahold of this "prepping" movement and is bringing it into the forefront and making it mainstream. People who never thought about storing food, water or extra blankets are now taking cues from tornado and hurricane survivors and packing 72 hour kits. With the reality shows such as "Doomsday Preppers" (no matter what your opinion of it, the show is topping the ratings and people are becoming aware of the need to prepare) and its copycats "Doomsday Bunkers" and those to follow, there are some Doom-and-Gloomers out there who are preaching panic and preying on those who are panicking. Lisa Bedford's message says not so fast! On page 15 she recites "The #1 Rule of Preparedness... Do your best where you are with what you have." From water to sanitation, food to organization and decluttering, from home security to survival finances, gardening, growing, preserving to living without electricity, from just starting out to seasoned "preppers" this book is one to have. Survival Mom was birthed and penned by a real-life wife and mom to other moms (but men can definitely identify) laid out in terms, reasoning and actions that we moms understand and relate to. Great book to have on hand for the extensive checklists and information and it's the one that I will give to my family members who have not begun yet and don't know where to begin. This book is for the whole family and has resources to get the whole family involved. For my full review please go here: [...] I am an independent reviewer. I did not receive payment for my review, nor was there any expectation of a positive review. I did receive a copy of the book to complete my review.

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