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The Prepper's Complete Book of Disaster Readiness

Jim Cobb
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In the event of a hurricane, an epidemic, a volcano eruption, or even economic collapse, Jim Cobb, owner of Disaster Prep Consultants, recommends packing the appropriate equipment and belongings in a “Get Home Bag,” needed “in the event a disaster strikes when you are away from home.” His illuminating new book, *The Prepper’s Complete Book of Disaster Readiness*, encourages diligence, logic, and careful foresight without overwhelming the reader.

Cobb’s wise words aid in the prepper’s decisions regarding packing the indispensable and leaving the superfluous behind. Succinct, concise, and no--nonsense, his reasoning is both eye-opening and reassuring. He provides example scenarios such as a mugger more likely to follow someone with his or her head glued to a cell phone rather than someone alert to the surrounding world, and “appetite fatigue” resulting from eating the same foods over and over from a pantry stocked with no attention paid to variety—important from both “a nutritional standpoint and for basic psychological well--being.”

Cobb stresses the importance of building a survival kit yourself instead of buying a premade one: “Consider any premade kit to be nothing more than a good start. You need to not only become familiar with each component, but also customize the kit and make it your own.”

AIMEE JODOIN (August 31, 2013)

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