

# Why You Need to Prepare for an Emergency

An emergency can strike at any time and leave you struggling to put food on the table, pay the bills or even be happy. Emergencies do not always come in the form of terrorist attacks or natural disasters.

The goal is to be prepared in ANY emergency—big or small. Your emergency may be the result of losing a job, a family member becoming extremely ill, a natural disaster, military conflict or the economy crashing.

You never know what is around the corner, which is why you have to be prepared for anything. You may be on the road traveling to grandma's house, headed out on a business trip or sitting at home when disaster strikes. You won't have much time in the moment, which is why preparing now is crucial.

This world offers no guarantees. There is always something happening and it is never pretty. You don't want to be one of the people thinking, "If only I had prepared for something like this."

You will be amazed by the feeling of calm that comes over you once you have done some prepping. You won't feel as anxious about what this violent world will throw at you, because you are ready and prepared.

Disaster preparedness is a hot topic after the last few years. People are learning the hard way there are no guarantees and help is NOT always right around the corner. You may be on your own for days or weeks.

Prepping isn't one of those things you do one day and leave until you need it. It is something that you are constantly doing. Your prepping will evolve over time as you get more familiar with the idea and begin to really understand the true scope of disaster preparedness.

This book is meant to help you get all the dirty details of an emergency and how it will have a ripple effect in your life. This is key. Disaster preparedness is like pulling a string and watching what happens. You need to know what to expect so you can prepare for any eventuality.

Surviving a disaster isn't always all about the physical aspect. It is a HUGE psychological game as well. Being psychologically prepared will help you make better decisions in the moment. **THIS COULD SAVE YOUR LIFE!** Panic is one of leading causes of death in an emergency. Panic clouds