



# Survival Mom: How to Prepare Your Family for Everyday Disasters and Worst-Case Scenarios

*Lisa Bedford*

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**Survival Mom: How to Prepare Your Family for Everyday Disasters and Worst-Case Scenarios** Lisa Bedford

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.”



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