

Chapter 1

Introduction

Most of us have thought about how we would handle various types of scenarios that could signal the end of the world. There are plenty of movies on the subject, psychological papers, and even survivalists that are part of reality TV shows. Perhaps you have had dreams about being one of the few left and what you would do in order to survive.

It doesn't matter if you think that the chances of a zombie apocalypse are next to zero. There are plenty of other types of scenarios that can occur. There may be a meteor in space that creates serious damages here on Earth. Even though nuclear weapons seem to be more controlled than in the 80's, that doesn't mean the risk of nuclear war is off the table.

What about the risks of natural disasters that are devastating in terms of the volume of damage that they can create? In recent years, the numbers of tornadoes, hurricanes, and other natural disasters have continued to increase. There can be many reasons for this including changes in overall climate.

You can make yourself crazy though and lose sleep thinking about the what ifs. A better way to handle all of it is to prepare for the worst-case scenario. Hopefully, you would never need to have such items put to use. Yet if you do, you will significantly increase your chances of survival.

We live in a society where it seems so easy to get what you need that we take for granted how tough it would play out with a huge disaster. No more buying what you need online or walking into a grocery store for food. No more electricity when you flip a switch or running water when you turn on the faucet.

While we can't control the events that may one day unfold, we can control how we are prepared for them. With some basic items stored, you can have an upper hand on many other people that failed to get anything in place. Creating some types of allies that you would be able to depend on if you had a need during such time could make the difference between life and death.

Weapons may play a large role in who is able to survive and who isn't. Not only in terms of hunting for food, but also in self-protection. In the event of some form of aliens, mutations, or zombies, you need to be able to destroy them. The other issue is that other humans may try to come and take your food, shelter, and supplies if you don't have weapons to keep them away.

Your overall health and well-being are important at every stage of life. During an end of the world scene, you won't be able to just walk into the doctor's office or to get medications. Being fit mentally and physically can help you to be prepared for survival mode.

You may be able to stay in your home, but what if you have to make shelter on the go? You need to have a plan A, plan B, variations for different scenarios, and the ability to adapt to what is going on around you.

Depending on the situation, you may need to survive for only a few days but you may need to fully care for yourself and your family for months or even years before society is able to regroup.

There is plenty to think about in order to be prepared for anything. The end of the world may never happen in your lifetime, but what if it does? Will you be among those that are prepared and can survive? Will you be able to keep your family safe and to help them thrive in spite of all of it?

In future chapters, you will get a clear idea of what you need in order to achieve such a goal. Think of it like pieces of a puzzle. In order for the picture to look like it should, you need to have every single piece in place. Being prepared means you can stop worrying about it and you can focus on what is going on in your life that you can control.

Best of luck to you,

Frank Richman

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