

## The Prepper's Blueprint: The Step-By-Step Guide To Help You Through Any Disaster

By Tess Pennington



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Across the ages, in every survival story, a disaster of some sort plays a prominent role. Sometimes the part is played by the government, sometimes it is played by Mother Nature, and other times, the role is taken on by a random mishap. If we have learned one thing studying the history of disasters, it is this: those who are prepared have a better chance at survival than those who are not.

A crisis rarely stops with a triggering event. The aftermath can spiral, having the capacity to cripple our normal ways of life. Because of this, it's important to have a well-rounded approach to our preparedness efforts. Due to the overwhelming nature of preparedness, we have created the Prepper's Blueprint to help get you and your family ready for life's unexpected emergencies. To make a more comprehensive, easy-to-follow program, The Prepper's Blueprint has been simplified and divided up in a way to help you make sense of all the preparedness concepts and supply lists provided. We have divided the chapters into layers of preparedness.

Layer 1: Chapters 1-14, prepares you for those everyday disasters that have shorter-term effects: power outages, storms, injuries, and evacuations Layer 2: Chapters 15-31 help you to get ready for disasters that turn out to be much longer-lasting: economic collapse, long term power outages, and pandemics, to name a few

Layer 3: Chapters 32-56 prepares you for the long haul and a complete change of lifestyle, the end of the world as we know it: providing food and water once supplies run out, security, retreat properties, and long-term plans. The goal of The Prepper's Blueprint is to help you find freedom through self-reliance, and ultimately, to get you and your family to a point where you can not only survive, but thrive, in a world that may be permanently altered.



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## The Prepper's Blueprint: The Step-By-Step Guide To Help You Through Any Disaster By Tess Pennington Bibliography

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#### **Editorial Review**

#### Review

Never with this much conviction have I recommended that a book must be purchased and read from cover-to-cover.

-- Daisy Luther, TheOrganicPrepper.ca

Tess not only writes about preparedness, she lives it. *The Prepper's Blueprint* is packed with advice from an experienced prepper and is exactly what is needed in these crazy times!

The Prepper's Blueprint provides novice and experienced preppers with a ready set plan to get prepared, complete with "Preps to Buy" and "Action Items." You won't find a more wide range of information in a compact format anywhere else. I highly recommend *The Prepper's Blueprint*!

-- Todd Sepulveda, Prepper Website - PrepperWebsite.com

Being prepared for the unexpected is sensible, but it isn't always simple. In *The Prepper's Blueprint*, Tess Pennington sets out elementary steps that anyone can take, even those on tight budgets or living in small spaces. Her suggestions are practical and prudent, and she avoids the hype and scare tactics so common on survival websites and in many survival books. Tess is a pro with a thorough understanding of what it takes to survive. I highly recommend *The Prepper's Blueprint*."

- Lisa Bedford, The Survival Mom - The Survival Mom.com

Not often do I read a book that offers a practical, common sense plan for building self-reliance and preparedness for the common man and woman. Some writers in our niche rehash gloom-and-doom theory but fail to lay out action steps for Doing the Stuff on our journey to self-reliance.

-- Todd Walker, SurvivalSherpa.com

There are a ton of prepping books out there and when you have read and reviewed as many as I have, the lines of distinction start to blur. This book is different and will surely become one of the most useful and valuable prepping books in your library.

-- Gaye Levy, BackdoorSurvival.com

#### From the Author

For the last few years, many readers have asked me for a downloadable version of my online series, 52 Weeks to Preparedness. As much as I wanted to turn the series into a pdf, I wanted it to be more - much more. I wanted to add even more information and organize and transform it into a book that encompassed all forms of disasters - both big and small. I even changed the name to The Prepper's Blueprint to help readers understand that preparedness isn't just about having a plan, it requires drawing out a blueprint to set a preparedness foundation you can build upon and rely on when the time comes.

I believe that to fully insulate yourself from a disaster of any kind, you need to have a layered effect with your supplies. This will create a well-rounded approach and ensure that you are prepared for the smallest disasters to the most severe circumstances.

This 458 page resource starts your preparedness efforts from the beginning two week disaster and takes you through, step-by-step, to more longer term disasters. Packed with expert advice, supply lists, skills building techniques and supplemental resources, this book is the most comprehensive preparedness resource available.

#### About the Author

Since 2007, Tess Pennington, founder of Ready Nutrition, has focused on educating the public on topics including disaster preparedness, natural living, homesteading, emergency food pantries, food storage and ultimately self-reliance.

She is formally trained in emergency and disaster management response with the American Red Cross.

She is the best-selling author of two preparedness books. *The Prepper's Blueprint: The Step-By-Step Guide To Help You Through Any Disaster*, is a comprehensive guide that uses real-life scenarios to help the reader prepare for any disaster. The well-rounded, multi-layered approach outlined in the Blueprint coaches the reader in making sense of a wide array of preparedness concepts through easily digestible action items and supply lists.

In addition to *The Prepper's Blueprint*, Tess is also the author of the highly rated *Prepper's Cookbook*, which has sold over 10,000 copies and focuses on helping the reader create a plan for stocking, organizing and maintaining a proper emergency food supply, and it includes over 300 recipes for nutritious, life-saving meals.

Visit her web site at ReadyNutrition.com for an extensive compilation of free information on preparedness, homesteading, and healthy living.

#### **Users Review**

#### From reader reviews:

#### **Martin Adams:**

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#### Paula Lauria:

Reading a book being new life style in this calendar year; every people loves to read a book. When you read a book you can get a great deal of benefit. When you read textbooks, you can improve your knowledge, simply because book has a lot of information into it. The information that you will get depend on what sorts of book that you have read. If you wish to get information about your analysis, you can read education books, but if you want to entertain yourself look for a fiction books, this kind of us novel, comics, as well as soon. The The Prepper's Blueprint: The Step-By-Step Guide To Help You Through Any Disaster will give you new experience in examining a book.

#### **David Fulton:**

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