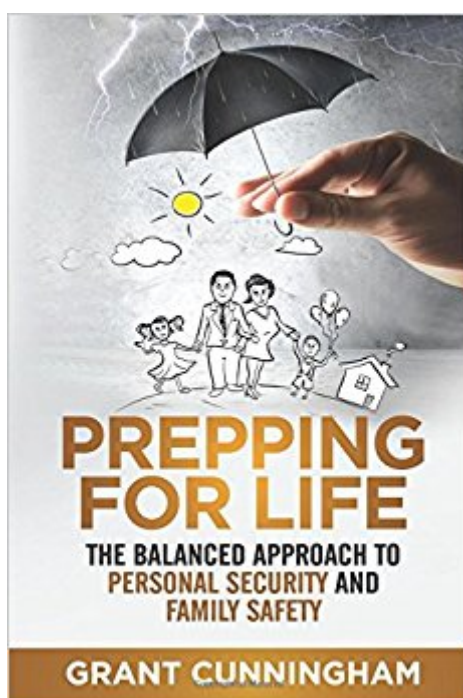


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# Prepping For Life: The Balanced Approach To Personal Security And Family Safety



## Synopsis

Are you a little overwhelmed by preparedness? The airwaves and internet are always full of bad news, and it seems as though the bad news is increasing. Each day brings a new threat to your health, safety, and happiness, while authorities and experts urge you to "be prepared." But just how should you prepare? How do you plan to survive in the midst of your already busy life? How do you know what to prepare for first? It seems an impossible task, and so most people end up doing nothing out of sheer frustration. *Prepping for Life: the balanced approach to personal security and family safety* is a groundbreaking book that introduces you to Adaptive Personal Security, a structured yet flexible method to prepare for a wide range of dangers without being overwhelmed. It gives you the tools you need to understand what and how to prepare while maintaining a happy life balance! Survival preparations are not "one size fits all." The Adaptive Personal Security method understands that and helps you prepare for the dangers you face in your life – not someone else's. *Prepping for Life* shows you what Adaptive Personal Security is and how to tailor it to your life. You'll learn how to prepare for a "worst-case" scenario without turning your home or lifestyle upside-down. Inside the book you'll find:

- An introduction to the Adaptive Personal Security approach
- The phases of Adaptive Personal Security: Anticipate, Deter, Detect, Respond, and Recover
- Why you need to plan (and how to do it)
- Identifying the dangers and risks in your life
- The Adaptive Personal Security Matrix – the key to keeping on track and making progress
- Why 80% preparation is preferable to 100%
- The dangers you impose on yourself
- How to Equip, Train, Maintain, and Optimize over time
- The importance of lowering your exposure
- The risk/reward equation and how it affects your preparedness
- Becoming a harder target no matter what the danger
- Early warning systems for a wide range of threats
- The role for Situational Awareness
- Planning for self-defense and home/family defense
- Dealing with the severe trauma emergency
- The risk of fire, both home and wild
- Planning for natural and man-made disasters
- A look at public attacks and how to avoid them
- Bugging out and bugging in
- The emergency kits you really need
- A threat many don't consider: job loss
- What is The End Of The World As We Know It? The legal, financial, and psychological aspects of recovery
- Being "Everyday Ready" – How to know when you've done "enough"

From defending against criminals to surviving natural disasters, the Adaptive Personal Security approach shows you how to Anticipate, Detect, Deter, and Respond to the kinds of dangers you face in your life. You'll learn how to equip, train, and maintain your preparations with a minimal amount of disruption in your life. Get *Prepping for Life* and you'll be prepared and ready – every day!

## Book Information

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## Customer Reviews

Prepping has been all one-sided for far too long. People talk of carrying a firearm as if it solves all the problems in their world. It doesn't. People preach freeze-dried food or bomb shelters the same way, as if this one thing is all you need to survive when the crisis occurs. Different crisis happen to different people in different places with different lifestyles. There is no One-Size-Fits-All method to prepare. Grant Cunningham walks you through the process of determining what is most likely to happen to you and your family and what you need to do to be prepared for that eventuality. If there's no earthquake coming -- why am I preparing for one? Then again, it appears I may need a few more fire extinguishers in and around my home because fire is a very real possibility for me and mine. Prepping is a lifestyle decision. You cannot simply buy a gun and be prepared. This is a terrific book which is NEW in that it examines ALL the aspects of what could happen to you and how you may prepare intelligently for that possibility. Buy it now.

I'm not a pepper but I really like the authors common sense approach to life. I didn't use any of the forms but I really liked the common sense approach to life and problems. No big secrets here, just some common sense reality. This author also writes realist self defense firearms books. I have had several people ask me about guns for self defense. I take them to the range for some practice, teach them basic safety and get them a copy of one of Cunninghams's books.

Unlike many preparedness books, this does not give you "lists of lists" or recommend products to purchase. Further it doesn't suggest you need to master traditional skills like animal husbandry or blacksmithing so you can thrive in a post-apocalyptic society. Prepping For Life instead provides a much needed perspective. Learn to balance risk with cost, and apply this mindset to every day life.

This book gives you an ongoing framework to help you understand and evaluate the threats to your security so your time and resources can be used in the most efficient manner.

I have been in the security and self-defense world for over 20 years. In that time, I have met many experts in specific disciplines of self-defense. From martial arts experts to firearms experts, they all have their niche and teach fundamental principles in those areas. Yet, few see the big picture. Grant is one of those few great experts who have taken a step back to approach personal security from a holistic viewpoint. Grant's unique viewpoint has allowed him to go beyond the gun, beyond the martial arts, and into a balanced planning for the real threats an average person faces every day. This book is a bridge that is going to finally connect the Island of self-defense to the mainland. As you read through the chapters, you'll clearly see that it is more than just a book. It's a formula for the average person to stay safe and respond to threats in a sometimes-chaotic world. This isn't a book for the tactical Timmy's out there. You won't learn how to shave tenths of a second off your draw time, shoot target groups at 50 yards, or break bricks with your bare hands. Grant does a great job showing that those things are not what are important when you put the whole puzzle together. What you will learn is how the average person can plan and prepare to adequately protect themselves and their family in their daily lives. Get this book now so you can see the big picture of personal security and family safety. I truly believe the brilliance behind this book will be referenced by future generations. I know it will be in my collection and referenced for a long time.

I was honored to be exposed to an advance copy of this book. Quite simply, this book keeps it simple. (Sorry, couldn't resist) In all seriousness, this book steps you through what you *should* be prepping for rather than what you can prep for. Can we lay in supplies against a total societal collapse? Well sure. But is that really the best use of our time and resources? Probably not. Grant takes you through prepping for what is probable instead of what is possible. Believe me - huge difference.

If you've been considering becoming more prepared for different types of threats and dangers that may face you, but don't know where to start, "Prepping for Life" would be a great resource to start. It takes a different approach than other works by not giving you an A to Z plan to get you 100% plan to be prepared for everything, rather it provides the framework of thinking to get you started. The book gives you ideas where, if you do your part, and are honest with yourself, will help you develop the plans for yourself, based on your needs, expectations, and limitations. The resources will teach you to look at the realistic threats around you, whether they're criminal attacks, or environmental disasters, or economic hardships, and plan to protect yourself against them. Also included are downloadable "worksheets" to fill out that help track your goals and progress.

This book gives a realistic approach to prepare for most any emergency situation. Rather than providing lists of items needed, he presents a realistic way to address threats that you might actually face, not some fantasy doomsday scenario. Supplementing this excellent book he provides you with downloadable worksheets that can be used for a preparedness plan. Since the author is a Gun Guy, there is a lot of good info on defending yourself with a handgun, including what to expect afterwards. With so much misinformation out there about self defense, he provides good, solid, realistic advice. I enjoyed reading this book and I have found a few items in my own plan that need tweaking.

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