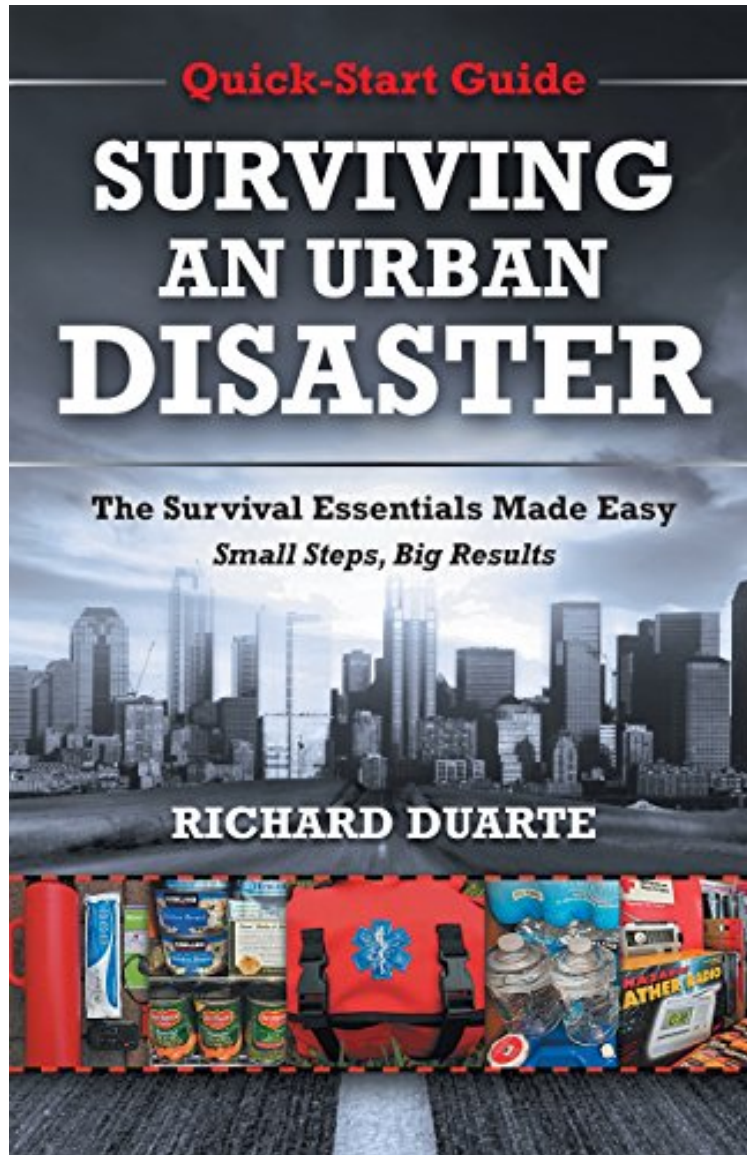


# Surviving an Urban Disaster: The Survival Essentials Made Easy, Small Steps, Big Results

*Richard Duarte*

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#211309 in Books 2014-10-14 Format: Print Original language: English PDF # 1 8.50 x .22 x 5.511, .29 #File Name: 1937660400104 pages Quick-start guide Itemized lists Hints and tips | File size: 43.Mb

**Richard Duarte : Surviving an Urban Disaster: The Survival Essentials Made Easy, Small Steps, Big Results** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Surviving an Urban Disaster: The Survival Essentials Made Easy, Small Steps, Big Results:

29 of 29 people found the following review helpful. Personal Preparedness in 58 pages? By CDSAs a certified trainer

for American Red Cross and FEMA I regularly read books about preparedness. I'm always on the lookout for books to add to my class reading/reference list for personal preparedness; which is over 3 dozen titles and counting. The reviews led me to believe that this is a good introduction so I purchased it under that assumption. This is a 100 page book with large color photos. Yes, preparedness in 100 pages. Of that, 28 are representative photos (without annotations) and 13-14 are "lists" of what to stock/buy. You do the math. That's 58 pages, of mainly, wide-spaced bullet pointed text. Let's just say it's okay but lite on content. There's nothing you can't already find online for free. Given that, it is definitely not worth the price so save your money. I suggest checking out FEMA's Are You Ready. It's 204 pages of free solid content good for any level of preparer. Red Cross offers a really basic prep plan that is similar/comparable to this books content. Both available online. On , Arthur T. Bradley books Handbook to Practical Disaster Preparedness for the Family, 3rd Edition are a good starting points but a lot of redundancy across the books/editions. Survival Mom Survival Mom: How to Prepare Your Family for Everyday Disasters and Worst-Case Scenarios has some good content if you're a newbie but it is choppy in its content offering: it tries to be too many things to too many people but does have some decent basics. The Creek Stewart "Bug Out" book series (e.g. Build the Perfect Bug Out Bag: Your 72-Hour Disaster Survival Kit) are good general books and his style is easy to read, understand and follow...It's important to remember that there is a difference between preparedness and survival books. They may be complementary but not necessarily relevant to you and your family. Choose according to your needs and plans. Books are great but: \* build your preparedness skill set too - take a first aid, wilderness survival, self defense, or CERT class; get a HAM radio license Put your knowledge into action: \* know your local hazards \* make a communication and preparedness plan \* build a kit \* practice your plan

1 of 1 people found the following review helpful. An Excellent Quick-Start Guide By Kyle Pratt Surviving an Urban Disaster: Quick-Start Guide By Richard Duarte I enjoyed reading Surviving Doomsday by Richard Duarte and so, when I got the chance to review a copy of Surviving an Urban Disaster, I readily agreed. The book correctly states that preparedness is a lifestyle. Like me, many people who discover this book will have been prepping for years, but as the subtitle tells you, this book is a quick-start guide, not a comprehensive manual. Surviving an Urban Disaster is the book you give to a friend who says, I want to get more prepared, but how do I start. The guide briefly covers the Core Survival Elements, water, food, first aid, personal security, hygiene and bug-in and bug-out. In the section on food the author provides a list of food items to stock up on and lists the calories, protein and carbohydrates. While Duarte does not go in-depth, shelf-life and storage conditions are discussed. Each of the core survival elements has a chapter devoted to it with examples and suggested items. Even though this book is not aimed at me I did enjoy reading it, and still learned things. The strength of this guide is in the lists it provides. Even if you have a bug-out bag it is interesting to see what others recommend be included. In addition to covering emergency supplies for the car, Duarte includes a chapter titled, Getting Home (Bugging Back). In this section Duarte discusses keeping some essential supplies in a nondescript bag at work. An excellent idea, and he suggests items to include. This book is true to its subtitle, it is a quick-start guide. If you, or someone you know, needs an introduction to prepping or lists to start or add to prep bags, I recommend, Surviving an Urban Disaster.

0 of 0 people found the following review helpful. Really like the concept of a quick start guide. By mil\_spec\_guy Was not sure what to expect, since this is the first time I see anything like this. But it's a very cool book. Love all the color photographs and what the author calls "Quick Prep Tips" which are scattered throughout the book. These are short one-two sentence survival tips on the different topics - food, water, first aid, security, hygiene, bugging out, sheltering in place, getting home. They also included a chapter for a vehicle emergency kit, and legal and financial preparations. Not your standard survival stuff. I also love all the illustrations. Most of the material is presented in bullet point style, which makes it very easy to follow. All in all a very nice book, and full of useful information. I had already read the first book Surviving Doomsday a guide for surviving an urban disaster, and I also liked that book a lot. When I ordered the quick start guide said it was out of stock, but I got it in a little over a week, not a big deal. It was worth the wait. You can tell that they put a lot of time and effort into this thing. Very cool.

Are you ready for the next hurricane, tornado, earthquake, flood...? Surviving a disaster requires planning, preparations, and skills. Being prepared can save lives, but "getting prepared" can often seem like a daunting task. If you've ever wanted to protect yourself and your loved ones, but you just didn't know where to begin, this Quick-Start Survival Guide is everything you need (and nothing you don't!) to help you survive a natural or manmade crisis. Think of it as urban preparedness made easy for everyday people. In this Quick-Start Survival Guide you get: Real-world survival basics in an abbreviated, user-friendly format. Survival essentials in an easy-to-understand outline. Simple step-by-step guidelines to help you get started with minimum effort, time, and money. Comprehensive lists of products and supplies to buy and store. Practical information without sensationalism, fear mongering, or drama. A handy reference and easy access to quick tips, ideas, and the information you need-when you need it. Using this Quick-Start Survival Guide, you can make significant progress in as little as a few hours. You don't need to be a survival "expert" to be prepared; you just need to focus on the things that really matter, and you need to get started. When the moment comes you will either be prepared, or you won't-the choice is yours.

From the Author Introduction Every year countless natural and man-made disasters threaten our safety, potentially disrupting life as we know it. In the aftermath of any crisis, our access to food, water, medical attention, and vital public services can be quickly compromised. After just a few days without these life-sustaining resources, the world around us can become unrecognizable. If tomorrow you woke up to a major disaster, would you know what to do? Would you have the necessary skills and supplies to survive? Would you even be able to keep yourself and your loved ones safe? Or, would you become just another name on a long list of victims? Surviving an urban disaster requires advance planning, thoughtful preparations, and diverse skills. But, while many of us agree that "being prepared" saves lives, few of us actually do anything about it. (It's estimated that less than 1 percent of the U.S. population is prepared for a disaster or public emergency.) For some, it's a lack of time, money, and/or know-how. For others, life's concerns and hectic daily demands leave little room for much else. Regardless of the reasons, (excuses) it all leads to the same conclusion--at any given moment 99 percent of the population is exposed, vulnerable, and unprepared to face the harsh realities. This unreasonable complacency should be unacceptable to most rational people. Why This Survival Guide? The primary purpose of this survival guide is to help you get prepared quickly and easily. It summarizes the survival essentials in an abbreviated and user-friendly format--it's a quick-start survival guide for beginners and a handy reference for the more advanced. Getting prepared is actually pretty simple once you focus on the real-world survival basics and ignore the myths and extremes that are more entertainment than fact. The following pages are packed with practical information you need to know, without any sensationalism, fear mongering, or drama. What to Expect: Each section of this survival guide is organized into easy-to-follow segments: What You Need to Know--The survival basics presented in a clear, concise, user-friendly format. What You Need to Do--Simple step-by-step guidelines to help you get started with minimum effort, time, and expense. What You Need to Get--Comprehensive lists of supplies to buy and store. Quick Tips, Ideas and Information--Fast and easy access to the facts you need. Pocket Reference/Survival at a Glance--For fast access to important information, measurements, and details. You don't need to be a survival "expert" to be prepared. You can get started in as little as a few hours; you just need to focus on the things that really matter. What it's Not This survival guide is not meant to be your only source of information. It's a starting point to get you thinking and moving in the right direction. Preparedness is a lifestyle, and not something you can do over a long weekend and then forget about. You need to work at it, and even though skills are always better than "stuff," none of it will matter much if you never get started. Lastly, this is not about gloom and doom, or end-of-world scenarios--it's about taking control and making reasonable, rational, common sense decisions based on knowledge and logic, not fear. Using Your Survival Guide--Getting Started The information on these pages comes from real-life experience, extensive research, and trial and error--in other words, much of the heavy lifting has already been done for you. You don't need to read the entire guide to begin your preparations; you can work on it one section at a time in whatever order you like. But, no matter how you choose to proceed, the important thing is to get started. Nothing any of us can do will ever prevent bad things from happening. The very best we can hope for is to have a fighting chance. When the moment arrives, you will either be prepared or you won't...the choice is yours. Being prepared will not only significantly increase your chances for survival, but will bring you peace of mind. Knowing this, what are you waiting for? Stay Safe Be Prepared Richard Duarte