



# **Long Term Survival Guide: Psychology Of Long Term Survival And Preppers Step By Step Guide For Major Disasters And Emergencies When You Are "On Your Own"**

*Daniel Wilkinson*

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**It begins with looking within. It is all about who you are being.  
Consider the psychology of survival**

You may need to survive on your own after a disaster. This means having your own food, water, and other emergency survival supplies in an emergency kit in sufficient quantity to last for an unknown length of time. This could be only for a few hours, days, or it could be weeks, a month or longer...only the disaster emergency situation and your preparation in advance will dictate how long you will survive before outside help arrives if ever. Local officials, emergency responders or relief workers may be on the scene after a disaster, but they cannot reach everyone immediately and YOU will be on your own until they arrive. Remember these words... "on your own". You can not depend on being rescued or helped when others are "first". The emergency responders may be totally swamped or they may not know where you are or that you need help! Your wait may be a very long time! Are you prepared to save your life and those you love?

**What are the most important things you will need to survive in an extreme emergency when you are without outside help?**

\*Emergencies versus Major Disasters \*The Mindset of a Survivor \*Emergency Preparedness Basics  
\*Collecting and Storing Water \*Building Shelter and Adjusting to Temperature \*Surviving Natural Disasters  
\*Surviving Man-Made Disasters **Download your copy today!**

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