



# PREPAREDNESS NOW!: An Emergency Survival Guide for Civilians and Their Families

By Aton Edwards

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Process' Self-Reliance Series guidebooks provide tools for self-sufficiency and personal protection at a time when extreme weather, terrorist attacks, and economic uncertainty have become the new realities of twenty-first-century life.

Volume 1 in the series is *PREPAREDNESS NOW!* by Aton Edwards, Executive Director of the NYC-based non-profit organization, International Preparedness Network (IPN). IPN has worked with the Red Cross, Center for Disease Control, New York City Police Department, and other organizations to train thousands domestically and overseas to prevent and respond to emergencies and disasters.

*PREPAREDNESS NOW!* provides information and techniques that can help mitigate the destructive effects of disasters, whatever the cause. With illustrations, photographs and step-by-step instructions, this manual delivers practical advice on:

- The 72-hour emergency kit
- Water quality control and storage
- Emergency shelter, power, lighting, and heating
- Emergency transportation, communications, and evacuation
- Chemical, biowarfare, and nuclear preparedness
- Defense against infectious diseases
- Personal defense and crime prevention

**Aton Edwards** is the resident disaster preparedness expert on the popular NYC radio program *The Open Line*(WRKS-FM). Edwards has also been featured on many other major domestic and international television and radio programs.

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### Editorial Review

#### Review

"Aton Edwards is a man with the perfect skills for our troubled times." -- *BBC Radio*

"Aton's work is tremendously important. What we need to do for the next round is to get ourselves prepared." -- *Chuck D., author, musician, and host of*

"Aton's work is very important. The people must begin to prepare themselves. This book can help them do it." -- *Dr. Ken Alibek, author of Biohazard and former director of Biopreparat, the Soviet Union biological weapons program*

"It's a great thing that we have Aton Edwards to help inform and prepare the public." -- *Richard Preston, author of The Hot Zone*

"Senator Chuck Schumer, meet your germ warfare czar." -- *Robert Kolker, New York magazine*

#### From the Publisher

"We don't like anticipating disasters. It suggests pessimism and America is largely a nation of optimists. But when you look at the damage inflicted by an accidental storm, you have to think about the sheer havoc that an intentional terrorist attack may produce one of these days. We want to believe that no one will ever use a weapon of mass destruction against one of our cities. But it's almost inevitable that someone, someday will. We don't like to hear that. We certainly don't want to contemplate the consequences. But we need to talk about it and we need to plan for it. The very worst thing you can do when confronting a potential disaster is to take the position that it'll never happen to us."

—Ted Koppel, *Nightline*, 8/30/05

#### About the Author

Aton Edwards is Executive Director of the NYC-based International Preparedness Network. He has trained thousands of New Yorkers and international civilians to help mitigate and respond to disasters and emergencies.

### Users Review

#### From reader reviews:

##### Donald Davisson:

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