Have you ever had your worst nightmare come true? Have you ever watched as the swirly ball of death kills and destroys all the work you have done for the past year? Have you ever put your faith on your computer only to find that it was the wrong idea?

As a constant woman on the go, we tend to use our computers from everything to everyday to do lists to our life’s work. We also no longer print photographs or videos, and simply leave it in our computers.

We believe we are safe , but we do not know the peril of not backing up our computer. If we do not do this, not only does it leave us vulnerable, it also may lead to your computer overloading with information.

Unfortunately, this happens far too often. We believe that backing up our information is only something that is done as an afterthought. We rely on email, or clouds, but forget the essential rule: Back up all of your information.

Even blackberries can have vital information that will take time to get back if we are not careful. My blackberry once got stolen and although I was able to get a newer version a lot of my text messages, shopping lists and caller id’s were gone.

Most computers need to be cleaned out from time to time especially to avoid unnecessary clutter. Macs today are built to encourage users to use drives. They have the time machine application which facilitates retrieving lost information, however if you do not have a drive this function is more or less inapplicable. The best drive out there for all this is the [IOSafe Rugged Drive](http://store.apple.com/us/search?find=iosafe)

The great thing about IOSafe Rugged Drive is that it resists damage far more than your computer. They are waterproof, as well as being drop resistant, surviving drops up to 10 feet The drive is also relatively small and light, which for me was essential for those who just like to just stuff it in their pocket book. The firewall connection makes it compatible for all Macs and even some PC’s.

It is also crush resistant. The drives of yore had a tendency to damage computers with their bulky size and were easily broken. It is also completely waterproof, which makes it resistant to those pesky rain and snow storms. It also protects it from accidents involving your toddler thinking it is a good idea to throw the remnants of their Sippy cup on the drive.

For the price, I usually go for 1TB as it allows me to store much more information. It has the ability to keep videos and photographs that would otherwise clog up memory space from your computer. Although clouds are another backup solution, this cannot possibly store all this information, and can easily lead to identity theft. 1TB can fit 220 million pages of text, 62500 photos and countless of other data can be fit into this little drive.

[The IOsafe drive](http://www.hddfiresafe.com/) also has a data recovery service, and you are also protected from theft. The data recovery service includes fire damage, flood damage, accidental damage, human error and any other problem you might encounter

It also has an envirosafe guard feature which protects itself from continuous UV exposure up to 24 hours, blowing sand and dust, salt fog, icing and freezing rain.

All in all, this small little drive can save your life and your work. Don’t let a couple of seconds ruin your life, and make sure you invest in a hard drive.