



Your Survival: The Complete Resource for Disaster Planning and Recovery (Paperback)

By Dr Bob Arnot M.D., Mark Cohen

Hatherleigh Press, United Kingdom, 2007. Paperback. Book Condition: New. 241 x 229 mm. Language: English . Brand New Book. As Seen on FOX and CNN. ***Includes important information on PANDEMICS and what you can do to protect yourself and your family from contagious diseases such as EBOLA.*** Dr. Bob Arnot, America's most trusted medical correspondent, and Mark Cohen, present Your Survival, a practical handbook that makes planning for a disaster so simple, easy, and inexpensive that there's no longer an excuse to put it off. Complete with checklists to help you stock an emergency food closet, vet your insurance policy, improve the chances your S.O.S. calls and emails will get through when no one else can, and protect your home and your family against earthquakes, tornadoes, mudslides, terrorist attacks, pandemics. any crisis you may face. Your Survival provides a wealth of life saving knowledge: . Explore a 90-minute DVD which includes interviews with the nation's foremost disaster experts . Learn first-hand the most common mistakes people make . Discover the 10 most important items you should have on hand at all times With advice from survivors and experts alike, Your Survival is a vital investment.



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