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# When All Hell Breaks Loose: Stuff You Need To Survive When Disaster Strikes



## Synopsis

Survival expert Cody Lundin's new book, *When All Hell Breaks Loose: Stuff You Need To Survive When Disaster Strikes* is what every family needs to prepare and educate themselves about survival psychology and the skills necessary to negotiate a disaster whether you are at home, in the office, or in your car. This is not your father's scout manual or a sterile FEMA handout. It entertains as it informs, describing how to maximize a survival mind-set necessary for self-reliance. According to the book, living through an emergency scenario is 90 percent psychology, and 10 percent methodology and gear. Relevant quotes and tips are placed throughout the pages to help readers remember important survival strategies while under stress and anxiety. Lundin also addresses basic first aid and hygiene skills and makes recommendations for survival kit items for the home, office, and car. Watch naturalist Cody Lundin in "Dual Survival" on The Discovery Channel as he uses many of the same skills and techniques taught in his books. *When All Hell Breaks Loose* provides solutions on how to survive a catastrophe. Lundin addresses topics such as: Potable drinking water Storing super-nutritious foods Heating or cooling without conventional power How to create alternative lighting options Building a makeshift toilet & composting the results Catching rodents for food Safely disposing of a corpse

## Book Information

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## Customer Reviews

"When All Hell Breaks Loose is aimed at empowering an urban and suburban audience to deal with survival situations BEFORE they happen." -- SuperConsciousness Magazine  
"When All Hell Breaks Loose is the essential survival guide for the twenty-first century." -- Jim Mulvaney, Pulitzer

Prize-winning Journalist Tactical intelligence Services, Inc."When All Hell Breaks Loose-all 450 pages of it-is aimed toward educating and preparing you and your family for change and the unknown." -- BackHome MagazineWhen All Hell Breaks Loose breaks survival preparedness down into a common sense approach, although Cody's style is still "in your face." -- Wilderness Way magazineWhen All Hell Breaks Loose provides insight into common-sense solutions that can keep you and yours . . . alive. -- Bob Nelson, Executive Director, National Disaster Communication Response TeamCody Lundin has written a book that eloquently makes the strongest possible case for robust, profound, and holistic emergency preparedness. -- Kay C. Goss, Senior Principal Director, Emergency Management and Crisis Communications Systems Research and Applications Corporation (SRA International)Cody Lundin's When All Hell Breaks Loose is not your grandpa's survival manual--this book is just damn entertaining. -- Read It Here magazineLundin's suggestions and encouragements are clear and kind, offering readers a new-found confidence regarding survival before crises occur. -- Tucson WeeklyWhen All Hell Breaks Loose by Cody Lundin instructs readers how to dispose of bodies and dine on rats and dogs in the event of disaster. -- The New York Times, April 6, 2008[The] book's key message--that advance preparation and personal responsibility are crucial in mitigating the effects of a disaster--is an important one. -- Elizabeth Gary, Acting Executive Secretary, National Protection and Programs Directorate, U.S. Department Of Homeland Security

Ever stay awake at night running through "what if" scenarios? Hurricanes, earthquakes, floods, famine, tornadoes, and terror . . . .Well, hold onto your gas masks, folks, survival guru and acclaimed author Cody Lundin is back with a no-holds-barred guide for surviving the next urban and suburban disaster! This isn't your father's boy scout manual or a FEMA handout. In his latest book, When All Hell Breaks Loose: Stuff You Need to Survive When Disaster Strikes, Lundin, founder and director of the internationally recognized Aboriginal Living Skills School, takes you on a wild ride into "self-reliant land" with an honest, blunt account of what every family needs in the home, office, or car to prepare for possible emergencies. From the basics such as shelter, water, food, survival kits, and first-aid, to survival exotics such as building a makeshift toilet, catching rodents for food, and safely disposing of a corpse, When All Hell Breaks Loose is the first book to concisely and humorously outline a simple survival system using everyday household items to survive catastrophes from Los Angeles to Paris and everywhere in between. Lundin also delves into the little understood realm of "cause and effect" and the creation of a self-reliant mind-set, unleashing essential psychological secrets vital for survival to keep you from falling into full-blown fear and panic. Lundin's presentation style is fresh, entertaining, and a bit irreverent. Spirited characters such

as Vinny the (Uptown) Cockroach, Holy Cow, Robbie Rubbish, and others climb aboard to graphically show you how to prepare for the unexpected and help you remember important survival strategies while under great stress and anxiety. When All Hell Breaks Loose delivers home-tested techniques, tips, and tricks that will help anyone become more self-reliant in any situation. So ditch the fearmongering and paranoia, lower the shotgun, and immerse yourself in the most common-sense, in-your-face book on preparedness yet! Buy a copy for yourself and several for your friends and family too! Cody Lundin and his Aboriginal Living Skills School have been featured in dozens of national and international media sources, including The Today Show, Dateline NBC, CBS News, Fox News, USA Today, CNN, The Donny and Marie Show, The Discovery Channel, Good Morning Arizona, Field and Stream magazine, The Los Angeles Daily News, Esquire magazine, CBC Radio One in Canada, and 702 Talk Radio in Johannesburg, South Africa, as well as on the cover of Backpacker magazine. He has consulted for several organizations including National Geographic Television, the Public Broadcasting Station (PBS), The History Channel, The Travel Channel, and the British Broadcasting Corporation (BBC). When not teaching for his own school, Cody is an adjunct faculty member at Yavapai College and a faculty member at the Ecosa Institute. His expertise in practical self-reliant skills comes from a lifetime of personal experience, including designing his own off-the-grid, passive solar earth home in which he catches rain, composts wastes, and pays nothing for heating or cooling. Cody lives in Arizona and is the author of the best-selling book on wilderness survival, 98.6 Degrees: The Art of Keeping Your Ass Alive!

This book is a major expansion to his 98.6 one. He leaves no stone unturned in what one would have to deal with should the bottom drop out and you find yourself wondering how am I going to make it. It's a long read (about 450 pages), very technical at times, but his way with words will keep you going. Many comic type illustrations are given to make a point and help you to remember. Unlike his other book this one does have an index, which should save time in an emergency. One point he continually brings home is to check and rotate stored supplies. I would say when doing that it would be a good idea to read the book again - unless you are in a survival situation now living it all out. Look around your home now and make a note of what you have and do now to live comfortably. Pull all that out into an survival situation and you'll find it covered in his book. Food, water, communication, transportation, clothes, shelter, etc., etc. He doesn't miss a beat and for me covered areas I never even thought about. Considering everyone would like to pull through in a crummy situation the best they can, this book is a must.

This is one of the best books out there when it comes to preparing for any disaster, big or small. Everyone should read this so the next big power outage or storm doesn't put so many folks in a bad way. It was both entertaining and informative.

I'm not a hardcore survivalist but have a good bit of outdoor experience: hiking, camping, backpacking, kayaking, fishing. Have also lived the "Mother Earth" lifestyle, living out in the country, growing and preserving large amounts of produce from an organic garden, cutting and heating with wood, etc., and I really enjoyed this book. I already had Cody's "98.6" book on wilderness survival, and it seemed logical to buy this book about urban survival. Though this book doesn't go into the kind of detail that some readers wanted on certain practical applications, I cut the author some slack because he is trying to cover a lot of ground here. I very much appreciate his focus on the psychological aspects of a survival scenario; I agree with him that the emotional factors can only be ignored at one's peril. I also learned, for example, that, when under extreme stress, one retains his/her gross motor skills (fight or flight,) but fine motor skills are severely impaired. I have to look at my gear in a whole new way, and consider the importance of simplicity in the event I become 'fumble-fingered.' There are lots of great tips about things I had never thought of or seen in other survival resources, like setting up a tent inside my house to help keep warm if the grid goes down in the winter. He writes about considering the special needs of children, the elderly, and disabled family members and ways to keep everyone calm and positive during a crisis. He shows how very simple, inexpensive items can be used in multiple ingenious ways, like using large trash bags, newspapers, and duct tape to make a sleeping bag. It's not all about super expensive high-tech gear and spending thousands on long term food storage. Cody says, "Store what you eat and eat what you store." I am definitely more reliant on guns for self-defense, but his discussion on other aspects of self-defense helped me to realize that I shouldn't depend on firearms alone. Cody's spiritual info is probably kind of fringe for some people, but I found useful the emphasis on the fact that what we focus our attention on leads to thoughts and feelings, which in turn are expressed through words and actions. This simple truth is profound, in my opinion, whether we are talking about survival or present day living. So, unless you are already an survival expert, I believe there is much of value in this book, although you'll need other resources to give you more specifics on first-aid techniques and some of the other skills, but he acknowledges that fact, and encourages readers to take CPR and first-aid classes, for example. And the best advice: Do what you need to do to be prepared and then kick back and enjoy living now. Don't become so obsessed with prepping that it swallows up all your time and your entire life. By the way, I bought the Kindle

version, but, for obvious reasons, a hard copy is a good idea, and I plan to buy a couple copies for myself and other family members.

This book is a must have for the survival library. I find myself reading it in rather small portions. Then I have to think about what I've read for awhile before moving on. There is no such thing as a single book that has everything you need to survive in whatever your circumstance. I put this one in the must have category. Beware of flying shrimp. Read about that at 3:30 am while at work and nearly lost it.

Cody Lundin puts a lot of life experience and common sense down on paper with this work. If you live in town or are otherwise dependent on "the system" you should own a copy of this book. I've read a lot on the subject of preparing for natural and man made disasters and this is by far one of the best manuals on the subject. It's not full of doomsday wacko "survivalist" tripe or paramilitary compound perimeter watch paranoia; it's very down to earth. Lundin explains how to deal with real world scenarios in a practical manner where power, water, communications and sanitation are interrupted. He covers unpleasant things we don't like to think about such as dealing with human waste and dead bodies using what you have on hand or can scrounge in an urban environment. Even if you are well versed in disaster recovery, this book will probably still teach you a thing or two. It also makes a great gift for friends and family that may find themselves trying to make it in the wake of a tornado, hurricane, flood or rioting without your superior skills and knowledge. Think it can't happen to you? A lot of folks over the years thought the same thing right before the storm hit. Even if you never need it (and I hope you never do) you won't regret buying and reading this book.

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