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The Survival Mom and Tom Martin Reveal Why There Is So Much Interest In Prepping

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As the "Prepping Movement" continues to press on with the message of being prepared for anything, a few of the leading advocates for this growing movement, Tom Martin from the [American Preppers Network](#) ^[1], and Lisa Bedford, [the Survival Mom](#) ^[2], shared their views on why everyone should be preparing for a disaster. Bedford's home state magazine, [the Arizona Republic](#) ^[3], interviewed Tom Martin and The Survival Mom to help them spread the word about preparedness.

Bedford, who has been prepping for a few years now knows how to keep her family safe and is ready for almost anything that comes her way. Her goal is to get the as many people prepared as she can, and it seems her hard work is paying off.

In the Arizona Republic interview, Bedford believes being prepared isn't just about stocking up on food and supplies, but a change in lifestyle. They've paid down their debt and cut back on travel... Bedford worries more about the fallout of a shaky economy than about a terrorist attack, civil unrest or a natural disaster... 'I just feel a general uneasiness about what is happening in the world today.'

The Survival Mom is not just using her blog as a sounding board, but she is also teaching preparedness classes locally. If anyone is interested, [click here](#) ^[4].

Tom Martin emphasises what the Survival Mom is saying and points out that "some people are preparing for economic disaster – the loss of a job, rising food prices, possible shortages – and some are readying for a natural disaster, such as earthquakes and hurricanes. Others simply stock up on extra food and flashlights in the event of a severe power outage or storm. 'Whatever your motivation, it's just good sense to have plans and preparations in place for the unknown,' Martin says during a phone interview... 'People have been thinking that someone else will take care of them and then a disaster comes and they find themselves on a rooftop without any food.'

The message of preparedness is nothing new. People around the world have prepared themselves for possible disasters for centuries. The only difference between our past and present is that our ancestors knew that in a disaster situation, they are on their own. They knew it was up to them to care for themselves. Disasters do not happen to other people - they can happen to you, and they can happen to me. As long as you are prepared for a given scenario, then you have tools in place when you need it the most. And having those tools ready will alleviate the intensity of the situation.

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URLs in this post:

[1] American Preppers Network: <http://www.americanpreppersnetwork.com/>

[2] the Survival Mom: <http://thesurvivalmom.com/>

[3] the Arizona Republic:

<http://www.azcentral.com/arizonarepublic/arizonaliving/articles/2010/03/21/20100321su>

[4] click here: <http://thesurvivalmom.com/2010/03/21/phoenix-area-survivormom-classes/>

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