

## Mastering The Art Of War How Patterns Of Gameplay

From the translator of *The Art of War*: the renowned manual for power and success, *The Lost Art of War* is the anticipated sequel to Sun Tzu's classic strategic manual that has captured the imagination of business, political and military people worldwide

From the creator of Valuetainment, the #1 YouTube channel for entrepreneurs, and “one of the most exciting thinkers” (Ray Dalio, author of *Principles*) in business today, comes a practical and effective guide for thinking more clearly and achieving your most audacious professional goals. Both successful entrepreneurs and chess grandmasters have the vision to look at the pieces in front of them and anticipate their next five moves. In this book, Patrick Bet-David “helps entrepreneurs understand exactly what they need to do next” (Brian Tracy, author of *Eat That Frog!*) by translating this skill into a valuable methodology. Whether you feel like you’ve hit a wall, lost your fire, or are looking for innovative strategies to take your business to the next level, *Your Next Five Moves* has the answers. You will gain: CLARITY on what you want and who you want to be. STRATEGY to help you reason in the war room and the board room. GROWTH TACTICS for good times and bad. SKILLS for building the right team based on strong values. INSIGHT on power plays and the art of applying leverage. Combining these principles and revelations drawn from Patrick’s own rise to successful CEO, *Your Next Five Moves* is a must-read for any serious executive, strategist, or entrepreneur.

Sun Tzu *The Art of War*™ Purple Edition is a profound wisdom and fundamental knowledge for competitive thinking of today whether in business, politics, or anything else in between. Its strategy principles and formulas are timeless and universal as well as proven and practical. This book has a comprehensive translation of Sun Tzu *The Art of War*™. It is the only translation in the world that has 360 strategy principles which are easy to read and understand. Mastering these proven principles and practicing them will make you decisive and effective in the way you lead your people and make your decisions. For more information on our business strategy books, business strategy planners, business strategy courses, and business strategy certification programs, visit our websites: [www.JamesSonhill.com](http://www.JamesSonhill.com) and [www.SunTzuStore.com](http://www.SunTzuStore.com).

There’s been a revolution in negotiating tactics. The world’s best negotiators have moved beyond *How to Win Friends & Influence People* and *Getting to Yes*. For over twenty years. David Sally has been teaching the art of negotiation at leading business schools and to executives at top companies. Now, he delivers the proven, clear, actionable insights you need to stay competitive in an ever-changing marketplace. *One Step Ahead* offers the fundamental wisdom that elevates the sophisticated negotiator above everyone else. Readers will gain the advantage in everything from determining when to negotiate and deciphering a game strategically, to understanding which personality traits matter, why emotions are not necessarily to be avoided, and how to be tough and fair. You’ll learn to be round on the outside and square on the inside, how to command the idiom, why to avoid bumping into the furniture, and how to achieve mastery of the word and the number. While all of life is not a negotiation, Sally says, a negotiation incorporates all of life—*One Step Ahead* is for anyone and everyone who bargains, parents, manages, buys, sells, emotes, and engages. Based on cutting-edge studies and real-world results, and drawing parallels to everything from the NBA to the corner con game to Machiavelli, Xi Jinping, and Barack Obama, *One Step Ahead* upends conventional wisdom to make sure that you have what it takes to stay one step ahead—no matter whom you are facing across the table.

The memoir of a young diplomat’s wife who must reinvent her dream of living in Paris—one dish at a time When journalist Ann Mah’s diplomat husband is given a three-year assignment in Paris, Ann is overjoyed. A lifelong foodie and Francophile, she immediately begins plotting gastronomic adventures à deux. Then her husband is called away to Iraq on a year-long post—alone. Suddenly, Ann’s vision of a romantic sojourn in the City of Light is turned upside down. So, not unlike another diplomatic wife, Julia Child, Ann must find a life for herself in a new city. Journeying through Paris and the surrounding regions of France, Ann combats her loneliness by seeking out the perfect pain au chocolat and learning the way the andouillette sausage is really made. She explores the history and taste of everything from boeuf Bourguignon to soupe au pistou to the crispiest of buckwheat crepes. And somewhere between Paris and the south of France, she uncovers a few of life’s truths. Like Sarah Turnbull’s *Almost French* and Julie Powell’s New York Times bestseller *Julie and Julia*, *Mastering the Art of French Eating* is interwoven with the lively characters Ann meets and the traditional recipes she samples. Both funny and intelligent, this is a story about love—of food, family, and France.

The Complete Strategy Collection, a compilation of ancient and historical philosophies, will increase your knowledge of strategy, conflict, and adversity throughout the ages, giving you valuable insight into the past while opening a window to the future. Although each of the works can be considered a manual or diagram for war or engaging in physical combat, the life skills embodied in each can be adapted to everyday life in modern society. Story 1 - *The Art of War* Whether used on the battlefield or the boardroom, the strategic techniques defined by Sun Tzu in this ancient, classic book will teach you how to gain advantages over your opponents and adversaries. As a military strategist, Sun Tzu carefully explains how to engage in conflict, strategies that ensure you emerge as the victor, and how to maintain a position of power. These tactics can be used even in a person's everyday life today to navigate family, relationships, career, and business. Story 2 - *The Prince* Considered to be satire by some and a manual for ruling by others, *The Prince* provides practical, relatable advice addressing power struggles, building and maintaining relationships, and the advantages of acting according to virtue. Machiavelli, born during a time of intense political and religious conflict in Italy, outlines the strategies and influences appropriate of the times. In his attempts at self-promotion, the author aggressively pursues the approval and favor of then-governor Lorenzo de' Medici, to be later criticized for his work. *The Prince* embodies the discipline, decision-making, and

authority of the ruling class common during this period. Story 3 - The Book of Five Rings Originally written as a book of martial arts and strategy, the principles as defined by author Miyamoto Musashi have been adapted to be used in business, to manage conflict, and as a philosophy for life. Although written as strategies applicable to the adversity of the 17th Century, the philosophies overwhelmingly apply in a practical way to the world today, including timing, dishonesty, discipline, flexibility, spirituality, and mastering the balance of each. Story 4 - On War Purpose, goal, and means are the foundation of politics, war, and conflict as defined by the author. Although Carl von Clausewitz never had the opportunity to finish the manuscript, the collected works of On War represent his theoretical ideologies about war, military strategy, and leadership and his philosophy that innate human morals play a significant role in the outcome of adversity. Clausewitz theorizes that motivations, objectives, and emotions influence the delicate balance of power and politics. Story 5 - Arthashastra A wealth of knowledge and information, Arthashastra, is credited as the foundation of government, economics, and law. Compiled of various manuscripts and treatises throughout thousands of years, this ancient script defines philosophies for a broad range of modern traditions, policies, and strategies, including the economy, social welfare, the court system, theories on war and peace, civic duty, and obligations of a king. The wisdom contained in each of these individual works is now dedicated to the world Public Domain.

The beloved sequel to the bestselling classic, Mastering the Art of French Cooking, Volume II presents more fantastic step-by-step French recipes for home cooks. Working from the principle that "mastering any art is a continuing process," Julia Child and Simone Beck gathered together a brilliant selection of new dishes to bring you to a yet higher level of culinary mastery. They have searched out more of the classic dishes and regional specialties of France, and adapted them so that Americans, working with American ingredients, in American kitchens, can achieve the incomparable flavors and aromas that bring up a rush of memories—of lunch at a country inn in Provence, of an evening at a great Paris restaurant, of the essential cooking of France. From French bread to salted goose, from peasant ragoûts to royal Napoleons, recipes are written with the same detail, exactness, and clarity that are the soul of Mastering the Art of French Cooking.

Sun Tzu's The Art of War is still one of the world's most influential treatises on strategic thought. Applicable everywhere from the boardroom to the bedroom, from the playing field to the battlefield, its wisdom has never been more highly regarded. Now available in its complete form, including the Chinese characters and English text, this essential examination of the art of strategic thinking features extensive commentary and an insightful historical introduction written by Lionel Giles, its original translator. This new edition includes an all-new introduction by the scholar of ancient Chinese literature, John Minford.

Sun Tzu's Art of War, compiled more than two thousand years ago, is a study of the anatomy of organizations in conflict. It is perhaps the most prestigious and influential book of strategy in the world today. Now, this unique volume brings together the essential versions of Sun Tzu's text, along with illuminating commentaries and auxiliary texts written by distinguished strategists. The translations, by the renowned translator Thomas Cleary, have all been published previously in book form, except for The Silver Sparrow Art of War, which is available here for the first time. This collection contains: The Art of War: This edition of Sun Tzu's text includes the classic collection of commentaries by eleven interpreters. Mastering the Art of War: Consisting of essays by two prominent statesmen-generals of Han dynasty China, Zhuge Liang and Liu Ji, this book develops the strategies of Sun Tzu's classic into a complete handbook of organization and leadership. It draws on episodes from Chinese history to show in concrete terms the proper use of Sun Tzu's principles. The Silver Sparrow Art of War: A version of Sun Tzu's Art of War based on a manuscript of the classic text discovered at a Chinese archeological site in China's Shandong Province in 1972, which contains previously unknown fragments. Note: The electronic edition of this book does not contain The Lost Art of War, as seen in the paperback edition.

A James Beard Award-winning writer captures life under the Red socialist banner in this wildly inventive, tragicomic memoir of feasts, famines, and three generations Born in 1963, in an era of bread shortages, Anya grew up in a communal Moscow apartment where eighteen families shared one kitchen. She sang odes to Lenin, black-marketeered Juicy Fruit gum at school, watched her father brew moonshine, and, like most Soviet citizens, longed for a taste of the mythical West. It was a life by turns absurd, naively joyous, and melancholy—and ultimately intolerable to her anti-Soviet mother, Larisa. When Anya was ten, she and Larisa fled the political repression of Brezhnev-era Russia, arriving in Philadelphia with no winter coats and no right of return. Now Anya occupies two parallel food universes: one where she writes about four-star restaurants, the other where a taste of humble kolbasa transports her back to her scarlet-blazed socialist past. To bring that past to life, Anya and her mother decide to eat and cook their way through every decade of the Soviet experience. Through these meals, and through the tales of three generations of her family, Anya tells the intimate yet epic story of life in the USSR. Wildly inventive and slyly witty, Mastering the Art of Soviet Cooking is that rare book that stirs our souls and our senses.

This is the first comprehensive study based on a detailed textual analysis of the classical works on war by Clausewitz, Sun Tzu, Mao Tse-tung, and to a lesser extent, Jomini and Machiavelli. Brushing stereotypes aside, the author takes a fresh look at what these strategic thinkers actually said—not what they are widely believed to have said. He finds that despite their apparent differences in terms of time, place, cultural background, and level of material/technological development, all had much more in common than previously supposed. In fact, the central conclusion of this book is that the logic of waging war and of strategic thinking is as universal and timeless as human nature itself. This third, revised and expanded edition includes five new chapters and some new charts and diagrams.

Voltaire said, "Machiavelli taught Europe the art of war; it had long been practiced, without being known." For Niccolò Machiavelli (1469-1527), war was war, and victory the



supreme aim to which all other considerations must be subordinated. The Art of War is far from an anachronism—its pages outline fundamental questions that theorists of war continue to examine today, making it essential reading for any student of military history, strategy, or theory. Machiavelli believed The Art of War to be his most important work. In today's competitive business world, you must capture the high ground and defend it against your rivals. The secret lies in mastering the strategic arts taught by the ancient Chinese military theorist Sun Tzu. Gerald A. Michaelson's classic book breaks down Sun Tzu's lessons to help you move from manager to leader and vanquish your competition. In this fully updated edition, Steven Michaelson offers new examples drawn from companies ranging from Amazon to Toyota to Google, putting Sun Tzu at your side for today's business challenges. Here is the wisdom--tested for twenty-five centuries--that will help you seize the advantage, storm your competitors' gates, and conquer the marketplace! I would say: The victory is in your hand.-SUN TZU: PRINCIPLE 119 For more than two-and-a-half millenniums, people from all walks of life have been inspired by Sun Tzu's The Art of War and found this philosophy useful in helping them achieve their goals and build their success. However, mastering and practicing this strategy knowledge have never been easy. In this translation, you will find: Comprehensive translation based on a complete compilation More precise compared to other translations 360 principles easy to understand and easy to make any references Each principle has an ID principle number Each chapter begins with a chapter introduction Learn why this unique translation has 360 easy-to-comprehend strategy principles and how you can quickly master them and put them into practice so that you can gain your strength and advantage under any challenging circumstance. Treat this sophisticated knowledge as your personal intellectual power, your personal secret weapon, and your personal bible for survival and victory in today's rapidly changing and highly competitive world.

Mastering the Art of War Shambhala Publications

The third in Robert Greene's bestselling series is now available in a pocket sized concise edition. Following 48 Laws of Power and The Art of Seduction, here is a brilliant distillation of the strategies of war to help you wage triumphant battles everyday. Spanning world civilisations, and synthesising dozens of political, philosophical, and religious texts, The Concise 33 Strategies of War is a guide to the subtle social game of everyday life. Based on profound and timeless lessons, it is abundantly illustrated with examples of the genius and folly of everyone from Napoleon to Margaret Thatcher and Hannibal to Ulysses S. Grant, as well as diplomats, captains of industry and Samurai swordsmen. Wang Chen, a ninth-century military commander, was sickened by the carnage that had plagued the glorious T'ang dynasty for decades. "All within the seas were poisoned," he wrote, "and pain and disaster was rife throughout the land." Wang Chen wondered, how can we end conflicts before they begin? How can we explain and understand the dynamics of conflict? For the answer he turned to a remarkable source—the Tao Te Ching. Here is Wang Chen's own rendering of and commentary on the ancient text, insightfully expanded and amplified by translator Ralph D. Sawyer, a leading scholar of Chinese military history. Although the Tao long influenced Chinese military doctrine, Wang Chen's interpretations produced the first reading of it as a martial text—a "tao of war." Like Sun-tzu's Art of War, certainly the most famous study of strategy ever written, the Tao provides lessons for the struggles of contemporary life. In the way that the ancient Art of War provides inspiration and advice on how to succeed in competitive situations of all kinds, even in today's world, Wang Chen's The Tao of War uncovers action plans for managing conflict and promoting peace. A book to put on the shelf next to Art of War, Wang Chen's The Tao of War is a reference of equally compelling and practical advice.

WALL STREET JOURNAL BESTSELLER Every year upon arriving in Plobien, the small Breton town where he spends his summers, American writer Mark Greenside picks back up where he left off with his faux-pas–filled Francophile life. Mellowed and humbled, but not daunted (OK, slightly daunted), he faces imminent concerns: What does he cook for a French person? Who has the right-of-way when entering or exiting a roundabout? Where does he pay for a parking ticket? And most dauntingly of all, when can he touch the tomatoes? Despite the two decades that have passed since Greenside's snap decision to buy a house in Brittany and begin a bi-continental life, the quirks of French living still manage to confound him. Continuing the journey begun in his 2009 memoir about beginning life in France, (Not Quite) Mastering the Art of French Living details Greenside's daily adventures in his adopted French home, where the simplest tasks are never straightforward but always end in a great story. Through some hits and lots of misses, he learns the rules of engagement, how he gets what he needs—which is not necessarily what he thinks he wants—and how to be grateful and thankful when (especially when) he fails, which is more often than he can believe. Introducing the English-speaking world to the region of Brittany in the tradition of Peter Mayle's homage to Provence, Mark Greenside's first book, I'll Never Be French, continues to be among the bestselling books about the region today. Experienced Francophiles and armchair travelers alike will delight in this new chapter exploring the practical and philosophical questions of French life, vividly brought to life by Greenside's humor and affection for his community.

To help with the process of identifying those new and untested strategic concepts that merit further examination, the Strategic Studies Institute is publishing a special series called "Advancing Strategic Thought." This provides a venue--a safe haven--for creative, innovative, and experimental thinking about national security policy and military strategy. In this monograph, the author uses the ancient game of Go as a metaphor for the Chinese approach to strategy. He shows that this is very different than the linear method that underlies American strategy. By better understanding Go, he argues, American strategies could better understand Chinese strategy.

This New Woman's attitude has become an international phenomenon -- a bond of universal womanhood that cuts across and beyond cultures and national boundaries. Chin-Ning Chu is the most successful American author in Asia and the Pacific Rim today, outselling the likes of Anthony Robbins and Hillary Clinton. Her latest book, Working Woman's Art of War is the book of strategy that allows the 21st Century working woman to have it all. She interprets timeless, Eastern philosophy derived from the 2,500 year-old

Chinese classic, Sun Tzu's Art of War, into practical everyday Western strategies for making decisions and creating results, showing women how to easily get ahead whether their sights are set on being a corporate CEO, entrepreneur, teacher, stock broker, astronaut or a good mother. Working Woman's Art of War is about the Art, not the War In order for women to have all that they want -- the right to choose to wear glass slippers and/or combat boots -- they need to have the courage to learn how to think like effective strategists and warriors. This ancient warrior philosophy is the premier vehicle for mastering strategic thinking in the corporate world as well as daily life. You will learn: What the difference is between the Eastern and Western art of war strategies. What the five essential elements of victory are according to Sun Tzu's Art of War. Turning your liabilities into assets. How to swing your blue moments into opportunities. Utilizing the feminine and masculine energies with equal proficiency to achieve your goals. What the difference is between a trophy wife and the working woman. When to wear Nike shoes, glass slippers or combat boots in the corporate office. How to overcome other women's professional jealousy. Converting sexuality into advantages. Channeling the rage of sexual harassment for advancement. How you can embrace your family and career at the same time. The most effective tool for overcoming gender discrimination. Why it is so important for working women to possess style as well as substance. What the strategies are for New Feminism's Battle and why. Why Sun Tzu said, Know thyself, know thy opponents -- One hundred battles, one hundred victories.

The Art of War is an enduring classic that holds a special place in the culture and history of East Asia. An ancient Chinese text on the philosophy and politics of warfare and military strategy, the treatise was written in 6th century B.C. by a warrior-philosopher now famous all over the world as Sun Tzu. Sun Tzu's teachings remain as relevant to leaders and strategists today as they were to rulers and military generals in ancient times. Divided into thirteen chapters and written succinctly, The Art of War is a must-read for anybody who works in a competitive environment.

The inspirational teachings in this collection show that the real way of the warrior is based on compassion, wisdom, fearlessness, and love of nature. Drawn from the writings of the founder of the Japanese martial art of aikido, this work offers a nonviolent way to victory in the face of conflict.

A classic of both military strategy and Eastern philosophy from the fourth century B.C.E.

Sun Tzu's Art of War is widely acknowledged to be one of the greatest tools for understanding and resolving conflict ever. But how do you translate its military insights into practical tactics you can use in the corporate boardroom, the PTA meeting, or the family reunion? James Gimian and Barry Boyce take the principles born on ancient Chinese battlefields and show you how to relate them to the situations of your everyday life. By learning to identify the underlying dynamic of a situation, you can transform conflict into victory. The Rules of Victory features:

- In-depth explanations of the essential principles, strategies, and skills of The Art of War
- First-person success stories illustrating how these teachings can be applied to a wide variety of professional and personal challenges
- Guidance on how to recognize, and even create, a critical turning point in any campaign or project you undertake
- A complete translation of The Art of War

In Food on the Page, the first comprehensive history of American cookbooks, Megan J. Elias chronicles cookbook publishing from the early 1800s to the present day. Examining a wealth of fascinating archival material, Elias explores the role words play in the creation of taste on both a personal and a national level.

Are you seeking answers to following questions and many more questions like these? If yes, it is time to turn to The Art of War by Sun Tzu for the answers. Why the art of war is of vital importance to the State? In war what should be the great objective? On whom depends, whether a nation shall be in peace or in peril? What is supreme excellence in the art of war? Who provides the opportunity of defeating the enemy? When to use defensive and offensive tactics? When does a victorious strategist seek battle? What is the principle for control of large force and a few men? Which methods to use for joining battle and for securing victory? What are the two methods of attack in battle? How can you be sure of succeeding in your attack? How can you ensure the safety of your defense? What would happen if neither time nor place be known of the coming battle? In war, what to avoid and what to strike? What not to do when you surround a desperate foe? What are the besetting sins of a general, ruinous to the conduct of war? What does peace proposals unaccompanied by a signed covenant indicate? When envoys are sent with compliments in their mouths, what is its sign of? What will happen if soldiers are punished before they have grown attached to you? What are the six calamities an army is exposed to, from faults for which the general is responsible? If fighting is sure to result in victory, then what you must do, even though the ruler forbid it? If fighting will not result in victory, then what you must not do, even at the ruler's bidding? What will happen on seizing something which your opponent holds dear? Why spies are most important element in war? Which class of spies be treated with the utmost liberty?

The Art of War is one of the oldest and most widely read books on tactics and strategy ever written, but it can also be one of the most mystifying for modern readers to tackle. In order to complete this book, author Vincent Gagliano studied several different translations of The Art of War, in addition to books on business, leadership, and military history. Here, he takes Sun Tzu's ideas and concepts and expresses them in a simplified form for first-time readers. He also describes how he came to write the book, and how new readers can study the text, helping them learn the concepts and apply them to everyday life. Whether you are facing struggles on the literal battlefield, in the boardroom, or in the arena, the ideas first expressed by Sun Tzu 2,500 years ago are still relevant today. Mastering the concepts of combat in any situation can give you the edge up on your competition, starting today!

What keeps so many of us from doing what we long to do? Why is there a naysayer within? How can we avoid the roadblocks of any creative endeavor—be it starting up a dream business venture, writing a novel, or painting a masterpiece? The War of Art identifies the enemy that every one of us must face, outlines a battle plan to conquer this internal foe, then pinpoints just how to achieve the greatest success. The War of Art emphasizes the resolve needed to recognize and overcome the obstacles of ambition and then effectively shows how to reach the highest level of creative discipline. Think of it as tough love . . . for yourself.

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of The Laws of Human Nature. In the book that People magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the



need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, The 48 Laws of Power is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

Discusses how to use the rules of strategy for success in business.

A collection of essential versions of the Art of War includes The Art of War, Mastering the Art of War, The Lost Art of War, and The Silver Sparrow Art of War, in a volume complemented by commentary by the author's successors. Reprint.

Mental training. The discussions on the methods of attaining success, based on the subject of the Art of War and Peace.

A comprehensive comparative analysis of Sun Tzu's (6th cent. B.C.) The art of war, Clausewitz's (1780-1831) On war, and Jomini's (1779-1869) The art of war. Author Handel is Professor of Strategy at the US Naval War College. Distributed in the US by ISBS. Annotation copyrighted by Book News, Inc., Portland, OR

Composed by two prominent statesmen-generals of classical China, this book develops the strategies of Sun Tzu's classic, The Art of War , into a complete handbook of organization and leadership. The great leaders of ancient China who were trained in Sun Tzu's principles understood how war is waged successfully, both materially and mentally, and how victory and defeat follow clear social, psychological, and environmental laws. Drawing on episodes from the panorama of Chinese history, Mastering the Art of War presents practical summaries of these essential laws along with tales of conflict and strategy that show in concrete terms the proper use of Sun Tzu's principles. The book also examines the social and psychological aspects of organization and crisis management. The translator's introduction surveys the Chinese philosophies of war and conflict and explores in depth the parallels between The Art of War and the oldest handbook of strategic living, the I Ching (Book of Changes).

This book is a complete guide to the military philosophy of one of Great Britain's most successful military leaders, Bernard Law Montgomery. Arranged in the style of Sun Tzu's "Art of War" and "The Book of Five Rings" by Miyamoto Musashi, the book presents core principles written by Montgomery on his approach to the art of war in a single concise volume. A seasoned combat veteran, accomplished writer, and victorious general, Montgomery dedicated his life to the study and mastery of military arts. The many topics covered include his beliefs and teachings on morale, leadership and fighting techniques. The book features a detailed introduction to Montgomery's career and philosophy by author Zita Steele, with information highlighting his regiment, experiences, achievements and command style. Illustrated with photos, it also features a reading list of books recommended by Montgomery, an avid military historian. Released for the 75th anniversary of VE Day, "Bernard Montgomery's Art of War" contains useful instructions and reflections for anyone interested in military science, leadership, politics or history. It also can be used as a lifestyle guide. "This book brings Monty up with the great leaders of history, his contribution to the final Victory in WWII has never been really appreciated and this book rights that wrong. The leadership chapters should be strongly recommended reading for any future military leader (or politician) and military historian. As a former soldier I can relate to many of the leadership aspects mentioned in the book, the things I did right or wrong!" -- Major David Seeney, Retired, late Royal Warwickshire Regiment and Airborne Forces, Chairman of Friends of the Royal Regiment of Fusiliers Museum (Royal Warwickshire)

This book has completely changed thousands of lives all around the world and it's going to make yours better too. Several times a day, people go out of their way to contact me and tell me that this book, Declare War on Yourself, is "like drinking out of a fire hydrant", "the bible of becoming better", "better than every single book I've ever read on self-improvement", and "the only book they've ever kept on the nightstand to read daily." They tell me they NEVER reach out to authors but this book "compelled" them to do so because it has made such a huge impact on their life. A week ago, a skeptical investigative journalist reached out to me for a phone call. When I spoke to him, he said the book was so good and eye-opening that he had to speak to me himself and see if I was "the real deal or full of shit and stealing other people's content and ideas". 5 minutes into the conversation, he told me he's listened to the book 4 times and each time, he has to get a notebook, write down several pages of notes, highlight them, and then underline them. That after 35 years of reading books from every self-help author he can think of, he's never seen so much powerful information jam-packed into one single book and he doesn't understand why this isn't on every bookshelf in the world. Declare War on Yourself is straightforward, honest, and blunt. I tell you the truth even if it hurts your feelings. While most authors are busy trying to turn you into a fan and get you to like them, follow them on social media, and think they're a great person, I'm busy trying to teach you every single thing I know on how to make your life better. That's all I care about. I cut straight to the heart of what's causing your problems in your life, why those problems aren't going away, and EXACTLY what you need to do to get it all under control. I teach you how having the wrong mindset is negatively impacting your life, relationships, and results and which changes will improve your thinking, behavior, and habits so things are more likely to just fall into place for you. If you can handle some tough love with a little stank on it and be open-minded enough to toss around some new ideas for your life, then this book will help you. Even if it's not one constant massive eye-opening moment after another like a lot of readers claim to experience from this book , I guarantee you will take something from it that you'll use for the rest of your life. That in and of itself is worth the small price of this book. Here's what you're going to learn in this one-of-a-kind book: - What it actually means to have your act together - Why only 3% of us actually have our life together - Why society's definition of "having your act together" is wrong - Real reasons we're lazy, we don't push ourselves, and we keep giving up - Which people and situations keeping you from getting your act together - How what you're programming your mind with is helping you or hurting you and why there is no in between. - How much time you're actually wasting on useless thoughts, people, and activities - Which things are realistically stopping you from moving in the right direction - Which thoughts, emotions, feelings, people, places, and things getting in your way - Which emotions are sabotaging you, holding you back, and pushing you backwards - How to eliminate "chaos" from your mind, daily routine, and life and why it's important - How to eliminate the distractions keeping you from focusing - How to replace the trash habits that are causing your problems - What you need to accept about yourself and your life in order to do better - EXACTLY which things are making you unhappy, unproductive, and unsuccessful - How to reach goals faster and easier and make it a permanent habit - Which "failure" mindsets to eliminate - The powerful mindsets of the world's most elite people and how it multiplies their success - Mental toughness – how to develop it and why you need it - How to make self-control and self-discipline easier so it's not as painful - How controlling emotions plays a big part in bad situations - What to do when everything is spinning out-of-control and you feel like giving up on yourself and life -

How to talk to yourself and treat yourself during difficult times and situations - How to make big challenges small enough to handle easily - A cheap, effective, and easy-to-get tool that helps you clear your mind - How “micro-emotions” are effecting you every minute of every day and holding you back - How to “zero out” and relax when emotions are getting too extreme - How often you should share your emotions with others and what it makes them think of you - How the world’s most effective and elite people handle their emotions to get their “edge” - How the state of your home relates to directly to how much you have your act together - The first thing you should do when you wake up and why it's important - Which parts of your home to keep clean and organized and why it's important - The best time of day to do your home cleaning so it's the faster and easier - The proper relationship with your superiors and co-workers - Besides making money, what you should and should not be at work for - What to before you start your work day so it goes smoothly - Tools to make your job easier and help you power through boring tasks and projects - How to improve focus, get things done, and become more productive - How to manage your time and evaluate progress - How getting your social act together makes you more likable and trustworthy - How to set social boundaries with yourself and others and why it's important - Social formalities that get you more respect - Powerful social techniques to get the attention of the right people - Habits, behaviors, and thoughts you don't need in your social life - Having a proper relationship with your money so you can make more and keep what you have - The one position that makes you financially happier - Money's real purpose and what it doesn't do for you - The real differences between broke people and rich people - When and how you should use credit and debt - Why you should save money and how much you should be saving to for when shit hits the fan - How important your time should be to you and how to spend it wisely - Plans, processes, and procedures that help you reach your goals faster - How to become extremely specific about your goals - What setbacks in all areas of your life mean and how to handle them - The most important things to do before you get your day started - How to get your mind on the right track so you're thinking the right thoughts, having the right feelings, and doing the right things - How to hit your targets, avoid distractions, and make your day easier - Which counter-productive activities are important to avoid - The most important things to do before you go to bed

[Copyright: c3c4256367e88d4d89f209b8822eb5a8](#)