

The more you sweat in Peace,  
the less you bleed in War

### Outline

#### A. Introduction

Thesis Statement: A comprehensive list of events, case studies, theories and scholars' opinions reflects that nations that invest in peace-time readiness effectively reduce their vulnerability and casualties in times of war.

#### B. Proactive Endeavors in Times of Peace: A Shield Against Future Peril

a- The role of institutions in deterring conflict.

- i- Formation of NATO
- ii - Establishment of Regional organization.

b- Adopting policy of Liberalism - Economic integration and diplomatic moves in peace-time.

- i- Evolution of European Union
- ii - Treaties : NPT, SALT, START

c- Formation of Military-Industrial Buildup before ww-II safeguard USA.

- i- Attack on Pearl Harbor
- ii- US strengthened Allied powers.

d- Considering Economic Security as a War-Time Asset.

- i- Germany Collapse post ww-I
- ii- Russia facing Dollar Deficiency.

e- A stitch in time saves nine.

- i- Economist Magazine.
- ii- Declaration of US Independence.

f- Ensuring cybersecurity preparedness in peace-time saves from future conflict.

- i- Case study of Iran.
- ii- Case study of Russia.

g- "Victorious warriors win first and then go to war."

- i- Pre-emptive strike strategy
- ii- Xi's Doctrine of Chinese Dragon

h- Maximization of Power: only blueprint for minimizing conflicts in future.

- i- Hans J. Morgenthau
- ii- Politics Among Nations.

## c. The Battlefield as a Mirror of Peace-Time Choices

a- Fall of great powers due to negligence in peace time.

- i- Fall of France
- ii- 13 colonies of British

b- Ensuring the rise after the fall of one state - capabilities of arm strike.

- i- Pearl Harbor - A wake-up call for USA in WW-II.
- ii- Indo-Pak war.

or

c- Realist statement: Peace-time deterrence prevents battlefield escalation.

- i- Cold war due to nuclear arsenals
- ii- Rise of North Korea.

d- Failure of international institution results in war.

- i- Russia-Ukraine war
- ii- Israel-Iran war.

e- In peace prepare for war.

- i- Roman Proverb
- ii- Expansion of Roman Empire in peace time.

## d. Conclusion