Table of Contents

Introduction1
Chapter 1: What is Psychological Warfare?5
Chapter 2: War is Based on Deception - Principles of Sun Tzu
Chapter 3: The Manipulation19
Chapter 4: Mental Control28
Chapter 5: Why Genghis Khan is a Military Genius32
Chapter 6: Do Whatever Is Needed - Machiavellian lessons
Chapter 7: People Moralism - Machiavelli48
Chapter 8: The Power Potential within You56
Chapter 9: Five Practices to Help You Be Your Best You
Chapter 10: Getting Started on Your 'Elite' Journey 73
Chapter 11: The Laying of Plans, Calculation and Estimation - Sun Tzu and Machiavelli83
Chapter 12: The Principles of Time Management - Sun Tzu and Machiavelli
Chapter 13: Maintaining Dominance97
Chapter 14: The Principle of Success & Happiness in Business & Life 105
Chapter 15: Psychological Strategies to give you an Advantage in Life

Chapter 16: The Difference between Persuasion and
Manipulation118
Chapter 17: Moral and Earn Respect 128
Chapter 18: Strategies to Improve Your Mental
Toughness135
Chapter 19: Be Calm and Strong in Every Situation142
Conclusion 150