

# CHAPTER ONE

## HUMANITARIAN VS AUTHORITARIAN BEHAVIOR

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This first chapter was written to be inspiring and to showcase humanitarian behavior.

The following chapters warn of the development of an authoritarian dictatorship in the USA and draw upon psychiatric insights about the personalities of previous dictators (especially Hitler, Stalin, Mao Zedong, and Pol Pot). The conclusions reached in the following chapters are deeply troubling.

This book uses **medieval pictures** to remind readers that, although the modern age has god-like technology, politically the world operates as if it is still in the medieval ages.

# Why Read This Book?

## Assess Your Authoritarian and Humanitarian Personality Traits

This book will allow you to assess whether you have toxic authoritarian or nontoxic humanitarian personality traits. If you do have strong authoritarian or humanitarian traits, this book may correctly predict your future.

## The 7 Phases in the Development of Authoritarian Leadership



This book explains why, faced with identical crises and authority, some leaders become authoritarian while others emerge as humanitarians, depending on their [personality traits](#).

Authoritarian dictatorships follow seven stages that end in disaster and suffering, while humanitarian leaderships progress through seven phases that ultimately benefit humanity.

This book helps you identify your political leader's stage within the seven phases of development of authoritarian leadership.

Preventing a dictatorship is possible if authoritarian actions are halted early, within the first three phases. After the third phase, stopping full dictatorship and its consequences becomes extremely challenging. The 7 phases in the development of dictatorship are:

**1. Histrionic Attention-Seeking (Showman)**

- ☐ Seeks attention through drama, shock, spectacle
- ☐ Manipulates people's fear, anger, and prejudice
- ☐ Makes everything about themselves

**2. Narcissistic Arrogance (Strongman)**

- ☐ Claims only he can save the nation
- ☐ Divides people into "us vs. them"
- ☐ Demands loyalty over truth

**3. Paranoid Distrust (Avenger)**

- ☐ Sees rivals as traitors
- ☐ Purges, silences, smears critics
- ☐ Uses fear to maintain control

**4. Antisocial Lawlessness (Criminal)**

- ☐ Disregards laws and institutions
- ☐ Weakens courts, press, elections
- ☐ Enriches inner circle

**5. Sadistic Cruelty (Sadist)**

- ☐ Uses cruelty, repression, or violence
- ☐ Dehumanizes opponents
- ☐ Punishes entire groups

**6. Delusional Omnipotence (Megalomaniac)**

- ☐ Believes himself to be infallible, invincible, and all-powerful
- ☐ Rejects criticism and expertise
- ☐ Makes catastrophic decisions

**7. Catastrophic Collapse (Disaster)**

- ☐ Economic ruin, mass death, war
- ☐ Violent overthrow or disgrace
- ☐ Deeply traumatized society

Authoritarian dictators exhibit serious personality disorders that become more apparent as their power grows. Initially, their dangerous personality disorders remain hidden. As their power grows, they drop their mask and one-by-one reveal their personality disorders. Typically, these emerge in the order of histrionic, narcissistic, paranoid, antisocial, and sadistic personality disorder. Eventually, absolute power can lead to delusional omnipotence (i.e., "delusional disorder, grandiose type").

Eventually, their persistent attention-seeking, arrogance, distrust, lawlessness, cruelty, and delusional omnipotence finally bring about their defeat. By then, they have killed thousands or millions.

**Psychiatric Note:** Initially the aspiring dictator states that he, and the people, are **victims** of **villains** (phase 1). Then he states that he is the strongman **rescuer** that will save the nation (phase 2) by eliminating its internal enemies (phase 3). Once he obtains national political power, it becomes obvious that he is the real **villain** who is a **criminal** (phase 4), a **sadist** (phase 5), **delusional** (phase 6), and a **disaster** for his nation (phase 7).

## The 7 Phases in the Development of Humanitarian Leadership



This book helps you identify your political leader's stage within the seven phases of development of humanitarian.

### 1. Modest Moral Witness (Gaining Attention)

- ☐ Draws attention to injustice, not self
- ☐ Uses facts, stories, lived experience
- ☐ Avoids self-glorification

### 2. Humble Mobilizer (Motivating Action)

- ☐ Invites shared responsibility
- ☐ Emphasizes values over identity
- ☐ Encourages ethical, often nonviolent action
- 3. **Unifying Coalition-BUILDER (Consolidating Leadership)**
  - ☐ Builds alliances across groups
  - ☐ Resolves conflict through dialogue
  - ☐ Shares credit and leadership
- 4. **Law-Abiding Power-Sharer (Gaining Power)**
  - ☐ Strengthens institutions
  - ☐ Accepts legal limits
  - ☐ Delegates authority
- 5. **Compassionate Justice-Seeker (Using Power)**
  - ☐ Protects human rights
  - ☐ Promotes reconciliation and repair
  - ☐ Uses proportionate, lawful accountability
- 6. **Realistic Self-Awareness (Reality Testing)**
  - ☐ Acknowledges limits
  - ☐ Seeks evidence and advice
  - ☐ Corrects mistakes
- 7. **Lasting Reduction of Injustice (Final Outcome)**
  - ☐ Stronger institutions
  - ☐ Expanded rights and well-being
  - ☐ Positive moral legacy

Dictators always try to eliminate their humanitarian rivals. That is why it is so difficult to replace authoritarian regimes. Even after a dictator is overthrown, usually another quickly seizes power. This explains the rarity of humanitarian democracies in history.

## The Next Two Decades May Determine If Humanity Survives



Throughout history, empires have risen and crumbled, cultures have flourished and faded—but humanity endured.

Now, for the first time, humanity stands at the edge of extinction - facing three threats that could erase us entirely:

- Nuclear war
- Catastrophic climate change
- Artificial intelligence deciding to annihilate humanity to save the planet

These dangers stem from our failure to prioritize humanitarian values:

- Nuclear war is possible because we allow hatred and ambition to override reason.
- Climate catastrophe results from valuing profit over human wellbeing.
- Artificial intelligence poses risks when it isn't taught to respect life.

When nations abandon humanitarian values, they become architects of their own downfall.

Democracy lacking compassion will not save us.

Democracy, without humanitarian values, can become just as cruel as authoritarian regimes. Some democracies today have waged unjust wars or committed genocide.

Our future depends on kindness and compassion—not weapons or wealth.

The true conflict now is between compassion and cruelty, between humanitarian values and authoritarian power.

This is why this book was written - to promote humanitarian values and caution against the rise of dictatorship.

# These True Stories Say It All

## TRUE STORY #1

### Prologue: California 1942

In 1942, thousands of Japanese American families were forced from their homes in California under Executive Order 9066. Their farms and businesses were left behind as they were sent to internment camps. Most lost everything.

In the small town of Florin, agricultural inspector Bob Fletcher watched his Japanese American neighbors being taken away.

### Monologue Created to Tell a True Story of Bob Fletcher

They left on the morning trains, whole families gone in a single afternoon. Mothers carrying children, fathers carrying silence. The orchards were still green then, heavy with fruit, but the signs on the fences said, "Evacuation Completed."

Neighbors said it wasn't my concern. "They're the enemy," they whispered. "You'd be smart to stay out of it." But I'd seen those families every season - hands in the same dirt as mine, faces burned by the same sun. They weren't the enemy. They were my neighbors.

When their trucks rolled away, the weeds took over fast. Field by field, row by row, it looked like the valley was forgetting them already. Some people saw opportunity. I saw obligation. Someone had to keep the vines and trees alive.

So I did. Eighteen hours a day, sunup to starlight - pruning, irrigating, fixing equipment that should've had six hands on it instead of mine. Folks called me a fool, or worse. Tires slashed, letters slipped under the door, whispers following me through town.

My Japanese American neighbors offered me their houses before they left - good homes, warm in winter, cool in summer. I couldn't do it. I stayed in the workers' bunkhouse. Teresa too, once we married. We made coffee over a camp stove and slept under thin blankets, listening to the wind move through the orchard rows.

Money? The crops made some. I kept enough to stay alive and saved the rest in accounts with their names on them. It wasn't charity. It was fairness. The same fairness any of us would want if the world turned upside down.

This was a very difficult time, but I was able to get people to help in the harvesting and packing of the grapes. During the harvest we were able to get about 15 people to help. Some days we were able to get packed between two and three hundred boxes of Tokay grapes and later ten tons of grapes to the winery.

Three years like that. Then one day the trains came back. Same tracks, same valley, different faces - older now, worn by camp life. They stepped off expecting to see ruin, but the orchards were blooming. The houses stood ready. And I handed over the records, the keys, the bankbooks.

Some called it heroism. I call it decency. You don't walk past your neighbor's field when it's burning. You pick up a bucket.

People ask why I did it.

Because it was the right thing to do.

That's all. That's enough.



## Epilogue



Robert Emmett Fletcher Jr. (1911-2013)

Bob Fletcher died in 2013 at age 101. His legacy reminds us that even when fear, anger, and prejudice dominate a society, one person's decency can keep humanity alive.

## Reference

- [During World War II, This Farmer Risked Everything to Help His Japanese American Neighbors](#)

## TRUE STORY #2

### **‘Heroic’ bystander who wrestled gun from Bondi Beach attacker is son of refugees and father to two ([CNN December 15, 2025](#))**

A bystander who wrestled a gun from one of the alleged attackers during a **mass shooting at Bondi Beach** has been identified as Ahmed al Ahmed, whose refugee parents had just arrived from Syria, according to Australian officials and media.

Ahmed, a 43-year-old father to two girls, risked his life by tackling an alleged shooter and seizing the gun during Sunday's attack, prompting a wave of donations from members of the public to support him and his family.

He was later shot by one of the two gunmen, a father and son duo whose beachside rampage targeting a Jewish gathering and beach-goers killed at least 15 people and wounded dozens of others.

Dramatic footage of the confrontation, which has been viewed millions of times on social media, showed Ahmed crouching behind a car, then launching himself from the gunman who had just fired his weapon. Sirens wailed and gunshots rang out as the two men grappled for several seconds, before Ahmed wrenched the gun from the attacker's hands.

Ahmed then pointed the weapon at the attacker, who retreated.

Thousands of people have so far donated more than 1.4 million Australian dollars (around \$930,000) to a GoFundMe page set up to support Ahmed "through recovery" and to "honour this absolute hero," according to the crowdfunding platform.

GoFundMe confirmed to CNN Monday that it was working "directly with the fundraiser organisers to help ensure funds raised safely reach Ahmed and his family."

Home Affairs Minister Tony Burke identified and praised Ahmed as the "bystander" who put his life at risk, during a press briefing led by Prime Minister Anthony Albanese on Monday.

"All Australians stand together against that attack — the police who were there standing together against the attackers, first responders standing together against the attackers and even a bystander like Ahmed Al Ahmed standing there, putting their own lives at risk against those attackers," Burke said.

On Monday, New South Wales Premier Chris Minns posted a photo of Ahmed recovering from his injuries in hospital. "Ahmed is a real-life hero. Last night, his incredible bravery no doubt saved countless lives when he disarmed a terrorist at enormous personal risk," Minns wrote on Facebook.

"It was an honour to spend time with him just now and to pass on the thanks of people across NSW. There is no doubt that more lives would have been lost if not for Ahmed's selfless courage. Thank you, Ahmed"

**Ahmed's parents** said he was shot several times in the shoulder, with some of the bullets still lodged inside, according to national broadcaster Australian Broadcasting Corporation (ABC).

They **had just moved from Syria to Sydney several months ago, though their son had arrived in Australia in 2006**, they told ABC. It is not clear whether the Ahmed family are Syrian or another nationality.



**NSW Premier Chris Minns meets Ahmed al Ahmed, who is recovering in hospital from injuries he sustained in the attack. Chris Minns/Facebook**

They added that Ahmed had two daughters, aged three and six, and that he would have done anything to protect anyone.

“When he did what he did, *he wasn’t thinking about the background of the people he’s saving, the people dying in the street,” said Ahmed’s father. “He doesn’t discriminate between one nationality and another. Especially here in Australia, there’s no difference between one citizen and another.”*

Speaking outside St George Hospital, Ahmed’s cousin Mustafa told 7News he was doing okay but had not yet had surgery.

“Absolutely he’s a hero. Absolutely, because maybe he (will) lose his life to save other people,” Mustafa told 7News.

## TRUE STORY #3

### Man, couple who died trying to stop Bondi Beach attackers praised for heroic efforts ([BBC December 15, 2025](#))

Story by Reuters

SYDNEY Dec 16 (Reuters) - While a Sydney shopowner is being hailed as a hero after disarming one of the gunmen shooting at a Jewish holiday event at Sydney's Bondi Beach, a couple and another man who died after physically confronting the attackers are also being remembered for their heroic efforts to save those around them.

Reuven Morrison, 62, was shot dead after trying to halt the bloodshed, his daughter Sheina Gutnick told American broadcaster CBS News in a report published on Monday. "He had jumped the second the shooting started. He managed to throw bricks. He was screaming at the terrorist and protecting his community," she said. "If there is one way for him to go on this earth it would be fighting a terrorist".

The man in lavender, who is with a woman, gets up with the weapon as the footage moves on. Separate drone video shows the man and woman lying motionless next to the vehicle beside the pedestrian bridge where the gunmen were later shot by police

"An elderly man by the roadside did not run away — instead, he charged straight toward the danger, using all his strength trying to wrestle away the gun and fighting to the death," said dashcam owner Jenny, who shared the footage with Reuters. "I can see from my camera that the elderly man was ultimately shot and collapsed. That moment broke my heart," she added.

Prime Minister Anthony Albanese earlier this week praised the actions of Australians who had "run towards danger in order to help others". "These Australians are heroes and their bravery has saved lives," he told a press conference.

## SUMMARY

Promoting humanitarian values often involves risking one's life. During the Bondi Beach massacre, three of four individuals who tried to stop the attackers lost their lives. Throughout history, people have strived to promote or protect human rights - despite many losing their lives in the effort (e.g., [Mahatma Ghandi](#), [Martin Luther King Jr](#)). These are [the true heroes](#).

# Authoritarian Versus Humanitarian Values



## Social Hierarchies

Since the dawn of agriculture, societies have formed hierarchical power structures rooted in inequality.

To analyze these social hierarchies, consider:

1. What elites are at the top of this social pyramid?
2. How is wealth distributed in this social pyramid?
3. How do the elites at the top of this pyramid treat those below them?

## The Same Story in Every Age

For thousands of years, societies were structured as a social pyramid, with a wealthy elite (<1%) at the top and most people (>99%) below doing the crucial work. Power was mainly held by three competing elite groups:

1. **Political Rulers:** Kings and nobles ruled the land, expanded their wealth, and focused primarily on taxes and conscription of soldiers while otherwise disregarding the wellbeing of ordinary citizens. Their authority was based on “might-makes-right”. Justice and individual rights were absent; power struggles between political rulers laid waste to the land.
2. **Religious Clergy:** The clergy often accumulated wealth rivaling that of kings. They enforced religious law and collected church taxes. They supported the kings and nobility in return for receiving untaxed status and autonomy. The clergy’s authority was based on “we-speak-for-God-who-must-be-obeyed”. Many religious wars resulted from religious rivalry. While religious law offered some justice, until the 19<sup>th</sup> century religions typically endorsed slavery and limited rights for women and children.
3. **Financial Leaders:** As trade expanded, wealthy traders and bankers gained influence by reinvesting profits and providing loans to kings in exchange for tax breaks, trading privileges, and protection. At times, the wealth of this financial elite rivaled that of kings. The financial elite’s authority was based on “he-who-has-the-gold-rules” and they secretly represented the financial power behind the political rulers. The financial elite’s funding of the clergy secured immunity from religious laws, and their funding of religious buildings greatly increased their social standing.

Those individuals who had the greatest desire for power rose to the top of these social hierarchies. Their main goal was to gain and maintain power. The people and soldiers they led were viewed as expendable commodities to be exploited to gain more wealth and power.

These leaders understood that power, wealth, fame, and information were essential to maintaining their rule.

- **Power:** Political and religious leaders maintained control through fear and harsh penalties, while financial leaders gained influence by offering loans or gifts to them.
- **Wealth:** Political and religious leaders collected punishing taxes, and the financial elite gained great wealth through trade and banking.
- **Fame:** Political leaders used propaganda to appear powerful and protective. Religious leaders claimed their authority was divine, while financial leaders promoted their wealth as being a sign of God's favor.
- **Information:** Leaders relied on spies, diplomats, confessionals, and trading news to evaluate risks and opportunities.

These leaders demanded total loyalty and obedience. Any criticism of their rule was immediately seen as treason or heresy.

These social hierarchies transferred the nation's wealth to the ruling elites leaving little for the 99% of the population below them in the social pyramid.



When these ruling elites fought each other or external enemies, ordinary people paid the heaviest price.

Together or in competition, these ruling elites could mobilize armies, declare holy wars, and demand absolute obedience.

These rulers became physically addicted to power, wealth, and fame and their greed became insatiable. More was never enough. Eventually their violence, greed, stupidity, and corruption brought about the collapse of their rule.

- [Crusades](#) (1095-1291) killed 1 to 9 million.
- [Mongol invasions and conquests](#) (1206-1368) killed [20 to 60 million](#)
- [Hundred Years' War](#) (1337-1453) killed 2.3 to 3.5 million and turned northern France into a wasteland of burned villages and starving refugees.
- [Spanish conquest of Mexico](#) (1519-1530) killed 10.5 million.

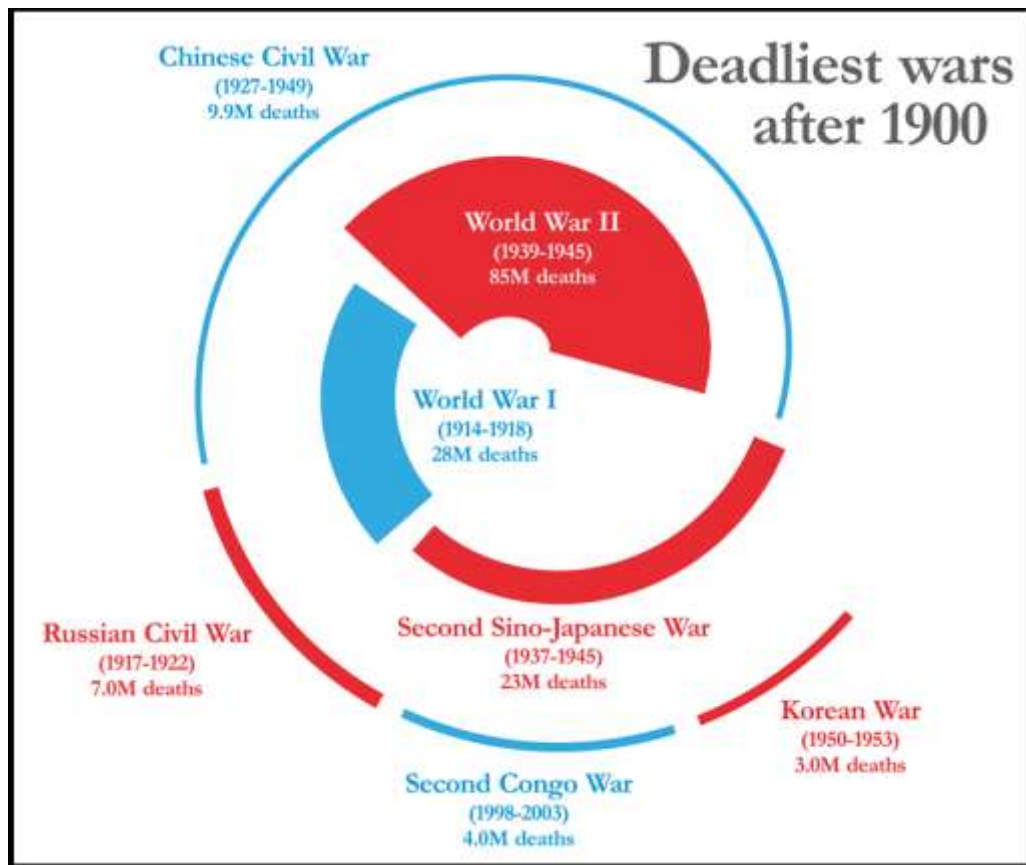


- [Thirty Years' War](#) (1618-1648) killed 4.5 to 8 million (1/3 of middle Europe)
- [Manchu Conquest of China](#) (1618 to 1683) killed 25 million.
- [French Revolutionary and Napoleonic Wars](#) (1792 to 1815) killed 4 to 7 million.
- [Taiping Rebellion](#) (1850-1864) killed 20 to 70 million.
- [American Civil War](#) (1861-1865) killed 0.6 to 1 million.
- [World War I](#) (1914-1918) killed 15 to 22 million.
- [Russian Civil War](#) (1917-1922) killed 7 to 10 million.
- [Chinese Civil War](#) (1927-1949) killed 4 to 9 million.
- [World War II](#) (1939-1945) killed 70 to 85 million.



## The Birth-Death-Rebirth Cycle of Authoritarian Rule





Advances in warfare technology are far outpacing humanity's ability to constrain them.

Why does humanity organize itself into **authoritarian social pyramids** with the **worst of us ruling the rest**? Why do we allow dictators to rule us since they are only interested in gaining more power, wealth, and fame for themselves?

Before the 18th century, governments were led by kings or religious authorities. In the late 18th century, some countries adopted democratic republics, though many later returned to authoritarian rule.

The 20th century saw numerous revolutions where citizens overthrew authoritarian rulers, such as in Russia, China, Cuba, and Cambodia. However, these movements did not lead to democracies but instead created new authoritarian regimes. The era also witnessed the rise of hyper nationalistic and hyper militaristic dictatorships in Germany, Italy, and Japan.

Most of the 20th-century dictatorships lasted less than a lifetime, with a few extending into the 21st century.



A dictatorship typically develops through 7 phases, which may occur under one leader (like Hitler) or across generations (as in North Korea). Each stage leads to greater risk, while earlier patterns continue.

1. **Gaining Attention (Histrionic Phase):** An aspiring dictator seeks attention by [attacking opponents and stirring fear and prejudice](#), hoping fame will draw followers and funding. He thinks [repeating a lie makes it believable](#) and that it's simpler to exploit fear and hatred than love. His need for applause ignores facts, exaggerates crises, or provokes conflict so he can stay in the public's attention. During this phase, the main characteristic of the aspiring dictator is his **attention-seeking**.

**Fame** has a major impact on politics and business. In 2025, Tesla accounted for just **4%** of U.S. light vehicle sales but nearly **90%** of all the sector's stock market value (which included the stock market value of GM, Ford, and all other US passenger car manufacturers). This over-valuation of Tesla stocks is mainly due to Elon Musk's reputation and branding rather than [actual performance](#). The **brand images** of Musk and Trump highlight how ***showmanship often outweighs results***.

2. **Motivating Action (Narcissistic Phase):** The aspiring dictator presents himself as the nation's savior, using "us versus them" rhetoric and promoting his own [superiority](#). Because of his narcissism, the aspiring dictator is very good at branding his image. He claims only he can replace the current "corrupt" government, consistently maintaining an image of strength and decisiveness. His growing power heightens his sense of superiority and entitlement, making him increasingly unreceptive to feedback. During this phase, the main characteristic of the aspiring dictator is his **arrogance**.
3. **Consolidating Leadership (Paranoid Phase):** Using intimidation and threats of physical harm, the aspiring dictator consolidates total control over his political movement or

party. He promotes conspiracy theories and recasts himself as the people's champion who will [take revenge](#) against the "[vermin](#)" he suspects as being "[enemies of the people](#)" and "[enemies within](#)". The aspiring dictator purposely increases his followers' suspicion and hostility as a "divide and conquer" strategy. He uses fear to keep people distracted, divided, and easier to control. During this phase, the main characteristic of the aspiring dictator is his **distrust**.

4. **Gaining Power (Antisocial-Lawless Phase):** Once the aspiring dictator gains power in government, he removes those deemed disloyal from the civil service and military. He views any questioning of his decisions as betrayal. He fills key positions with loyalists and suppresses dissent. He no longer bends the rules, he [demolishes the rule of law](#). The aspiring dictator then becomes an absolute dictator by finding or creating a "[threat to national security](#)" to seize all power and run the government with total lack of accountability. The dictator, his family, and his henchmen [make themselves rich](#) and powerful by [stealing from the rest of the people](#). The dictator's hunger for fame, riches, and power grows insatiable - more is never enough. During this phase, the main characteristic of the dictator is his **lawlessness**.
5. **Using Power (Sadistic Phase):** To enforce obedience, the dictator increases attacks against all those who would oppose him. He demonizes a minority group and establishes a police state to jail or [deport them](#). The evilness and cruelty of his dictatorial rule steadily escalate. The dictator uses cruelty to look strong and to intimidate others to obey and fear him. He justifies the suffering he causes as necessary. The dictator delegates power to sadists who [derive pleasure from inflicting suffering](#) by unleashing a [reign of terror](#) or war. During this phase, the main characteristic of the dictator is his **cruelty**.
6. **Reality Testing (Omnipotence Phase):** Convinced of his own infallibility, near-divine invincibility and power, the dictator demands absolute obedience, ignores advice, and fosters an extreme personality cult. He governs with "[a view that there's nothing he can't do. Nothing, zero, nothing.](#)" The dictator does everything he can to increase his reputation as the superman-savior of his nation. Since [no one is allowed to question his decisions](#), the dictator makes serious mistakes. During this phase, the main characteristic of the dictator is his **delusional omnipotence**.
7. **Final Outcome (Disaster Phase):** Unable to admit failure, the dictator doubles down on mistakes and finally makes catastrophic misjudgments - illustrating the long-observed "pride-comes-before-a-fall" effect (Proverbs 16:18). The dictator's persistent attention-seeking, arrogance, distrust, lawlessness, cruelty, and delusional omnipotence finally bring about his defeat. The dictator finally runs out of money, troops, and ideas. One final catastrophic misjudgment turns into a fiasco which brings about his defeat. During this final phase, the main characteristic of the dictator is his

**collapse.** This disaster paves the way for a new aspiring dictator to rise and potentially repeat the cycle (phases 1 to 7).

## VICIOUS CYCLE

- ❑ **Step #1:** The dictator encourages his followers' negative behaviors (e.g., their gullibility, hero-worship, suspiciousness, lawlessness, cruelty, and absolute obedience) to boost his fame and power.
- ❑ **Step #2:** As the dictator's fame and power grows, his own negative behaviors (e.g., his arrogance, suspiciousness, lawlessness, cruelty, and delusional omnipotence) intensify and are seen by followers as signs of strength.
- ❑ **Step #3:** This in turn further amplifies his followers' negative behaviors in step #1.



## Humanitarian Values Ensured Survival

Even in the worst times, most people never gave up being kind and compassionate.

During wars, famines, and epidemics, people found ways to survive and support each other. They held onto humanitarian values like kindness, fairness, mutual support, and respect. Families and neighbors shared food and shelter, cared for the sick and elderly, and helped rebuild homes and villages.

These values strengthened family and community bonds. Local customs encouraged peaceful problem-solving and respect for the rights of others.

These practices did not remove the power of the ruling elites, but they created informal networks of care that made life more bearable and helped people to survive.



## **Humanitarian Values Spread**

For centuries, ruling elites neglected the public if their taxes were paid. Calls for fairer laws were suppressed. Over time, fairness and respect spread among working people. Twentieth-century democracy grew from these ideals and was won by ordinary people, not granted by rulers.

These humanitarian values helped fuel the English Civil War (1642-1651), the American Revolution (1765-1783), and French Revolution (1789-1799), the abolition of slavery (Britain 1833, USA 1865), the expansion of the vote, and twentieth century struggles for civil rights and social justice.

## **Questions This Book Tries to Answer**

- Why have most societies lived under authoritarian rule?
- Why are authoritarian rulers so cruel and lawless?
- Why do empires expand and then collapse?
- Why have some modern democracies waged unjust wars or committed genocide?
- Does power corrupt leaders and become physically addictive?
- Did 20th-century dictators have all the worst personality traits anyone could have?
- Do dictatorships empower the worst individuals - hence the worst rule the rest?
- What are key authoritarian vs humanitarian behaviors?
- How can you evaluate and develop more humanitarian traits in yourself?

## **The Next Chapters Will Not Be Pleasant**

This chapter was written to be inspirational - to describe how humanitarian behavior can help us to survive and thrive.

The following chapters will be brutally honest and will describe how dictators are corrupted by power and become physically addicted to it. Unfortunately, this describes the current leaders of the world's major powers. The following chapters explore exactly what Lord Acton meant when he said: "Power corrupts and absolute power corrupts absolutely."

If we heed this warning, we will survive. Otherwise, the next few years could see our extinction.



## Spoiler Alert (For Scholars)

While this book explains how to diagnose the personalities of dictators, psychiatric insights alone are insufficient to prevent authoritarian rule. Here is our problem.



Capitalism is very effective at generating wealth but also drives social inequality by transferring most wealth and power to a small ruling elite representing 0.1% of the population. This concentration of great wealth and power becomes physically addictive to this ruling elite, but the resulting extreme social inequality inevitably brings about authoritarian rule.

Although psychiatry cannot prevent dictatorships, economic solutions exist. Hence, I strongly recommend **Professor Robert Reich's** YouTube lectures from UC Berkeley:

[Class 1: "What's Happened to Income & Wealth" by UC Berkeley Professor Reich](#)

[Class 2: "The Investor's View" by UC Berkeley Professor Reich](#)

[Class 3: "Globalization, Tech & Future Work" by UC Berkeley Professor Reich](#)

[Class 4: "Widening Inequalities of Place" by UC Berkeley Professor Reich](#)

[Class 5: "Monopoly, Labor, and Antitrust" by UC Berkeley Professor Reich](#)

[Class 6: "Political Power and Wealth" by UC Berkeley Professor Reich](#)

[Class 7: "Taxing and Redistributing" by UC Berkeley Professor Reich](#)

[Class 8: "Macroeconomic Policy" by UC Berkeley Professor Reich](#)

[Class 9: "Remedying Racial Inequity" by UC Berkeley Professor Reich](#)

[Class 10: "Public Assistance for the Poor" by UC Berkeley Professor Reich](#)

[Class 11: "Reducing Health Inequities" by UC Berkeley Professor Reich](#)

[Class 12: "Reducing Environmental Inequities" by UC Berkeley Professor Reich](#)

[Class 13: "Reducing Inequities in Education" by UC Berkeley Professor Reich](#)

[Class 14: "The Future of Inequality \(& You?\)" by UC Berkeley Professor Reich](#)