This is

The Free Online Guide to the Smartest Dialogs... POSSIBLE_m

It's the most rewarding way you ALREADY interact with people you get along with, and what to do when that breaks down, and with everyone else.



This comes out of my work with 1000s of people. If you know how to have smarter dialogs, please let me know!

The HelpfulnessAboveAll.org Promo Note™ is a "fast start" to this guide.

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This is a Draft Continually in Tim Mossman Development

ofiler, p. 37.

⇒ On the PDF click here.

Main Contents

STILL BEING COMPOSED

The Smartest Dialogs Possible...

themselves are increasingly detailed on pages

<u>10 – 12</u>, <u>26 – 30</u>, and <u>52 - 54</u>.

On the PDF of this guide, click on those, above, to go to them.

Regarding **Media** and **Leaders**

U-V, W-X, Y-Z

The Subjectivity of Ideas, Words, etc.

W - X and Y - Z

Apologies, incl. by Media & Leaders

W - X and Y - Z

The 180+ Unwitting Human Cognitive Bias that Divide & Dominate Virtually All of Us Humans

U - V, W - X, and Y - Z

What's most mutually helpful is rarely totally clear.

We all just try our best.

For which there are often extenuating circumstances.

And often there are unintended consequences.

So continually monitor what's happening, and adjust as needed.

Introduction

That Promo Note_™ (pg 1) and this guide are my observations and opinions borne from hard-won professional and personal experiences with thousands of people, backed by as much verifiable evidence as possible in the Endnotes.

Over my decades I have been selfishly condescending to both the political left and right, as and well, to people just for their help-preference profiles. And I sincerely apologize for ALL of that. And I strive, through this project, to make up for all of it.

When I get verifiable evidence that necessitates it, I will update my views herein.

And I can be mistaken and miss things.

So please tell me if I have! Thank you!

Tim Mossman

With my amazing mother.

1

Helpfulness Appears to be The Infinitely Active Center and Source of Living Fully in the Human Universe.

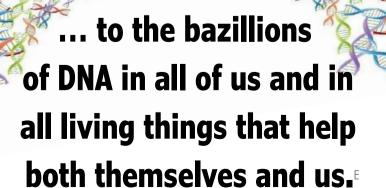


Just as the sun is the infinitely helpful center and source of physical life on earth.

That is because things appear to only have meaning for us humans to the extent we perceive they may help us in some way, overall.



So it is convenient that trillions of things continually help all of us. From the sun "burning" 600 million tons of hydrogen every second to warm and light us ...



Also, after my decades of careful examination,







my predominant view of human behavior is that from all verifiable evidence, this can be called The Supreme Human Process:

We humans all help ourselves by far the most in life, overall, naturally and intuitively, by simply helping other people the most we feel we can emotionally afford to, at work and otherwise. And that is the source of all our own greatest prosperity, peace of mind, trust, and thus most robust economy. So we all instinctively help others in some way, nonstop, 24/7, even if by simply not bothering them, in order to limit our own bother.

I have also come around to define "help" as "limiting bother and / or increasing enjoyment, overall."







Your natural cognitive biases may obscure you from seeing that even the most "selfish" people still help others nonstop, 24/7, the most they feel they can, given their upbringing, emotional capacity, sensitivities, circumstances, pain, etc. (Also, I define "selfishness" as "impatient self-help that hurts other people, overall.")







I propose that you choosing to *not* see that reality is selfish thinking.

More on that in a bit.

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2

So helpfulness is apparently, vividly, by far

the smartest

human process that exists overall.



Do you know
of a more verifiably evidenced,
valuable, i.e smarter, process?
If so, will you please tell me
what that is ?!

So when I say "smartest dialogs." I mean "most mutually helpful dialogs" which also means "most intelligent dialogs."



(Speaking of intelligence, since it is in the news, I propose any "'artificial' intelligence" or "AI" that does NOT vividly transparently use help-to-others as its overriding meta-algorithm is **INFINITELY LESS** than universally helpful, intelligent, and smart. And thus is MUCH MORE prone to SELFISH, IGNORANT, and economy/peace/prosperity -IMPEDING use. And that applies ESPECIALLY to AI ideas like "Applied General Intelligence" or "AGI" (imagined computers with "self"-originating ideas and actions), and "machine gods." And given my "Process," pg 9, that requires subjective "feelings," which we can scarcely quantify in humans, how can we in machines?

So in the most basic terms, I propose

The Smartest Dialogs Possible

are ones in which the parties are commited
to being as helpful as possible to the people
with whom they interact. You ALREADY
do that with people you get along with,
implied and inferred, or stated, and
that is evidenced in your behavior.

□



And if that ever breaks down, and in dialogs in which there is not automatically such unspoken, unwritten understanding between you and someone else,



to that to each other, or just from you to them, may be all you need to have the smartest dialogs possible with them moving forward.

Similarly, when you and someone with whom you are interacting both fully consciously agree with what I called "The Supreme Human Process" (p 9), interactions between you become infinitely simplified, into what you each do and do not feel you can emotionally afford, and why.









That eliminates needing to assess who or what is "better" or "worse," much less "good" or "bad." AS INFINITELY MORE CLEARLY, LIFE is about SIMPLE PERSONAL PREFERENCES, and OPINIONS about what appears to FEEL MORE or LESS SELF-HELP-FUL in specific situations to each person.

And the sooner you accept that, the easier and infinitely more universally helpful and rewarding and prosperous your life will be.

Along that line, but much simpler, easier, and more direct than dealing with others, and even to help optimize that, is having The Smartest Dialogs Possible with YOURSELF.

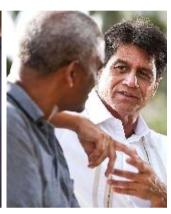


If you have not surmised from all the foregoing: To the extent anyone's behavior bothers you, i.e., you do not feel you can emotionally afford it - if you can remember that they ARE being as helpful as they feel they can be, based their upbringing, emotional capacity, sensitivities, circumstances, pain, etc., you will see that blaming is a waste of your time and energy. From this, people come around to unburdening themselves by simply forgiving others and moving forward.

Now don't misunderstand, if someone hurts you, you can forgive them but still hold them accountable and even seek redress from them. For you may have damage. And that can be very helpful to you and the world overall.







And just not bothering or avoiding them may be the most mutually and universally helpful way to go. It depends on the circumstances.

You need to "pick your battles."

And of course I propose that using my
Promo Note™ on my website, as it advises,
and this guide, are two of the most powerful
ways to potentially help such people, the
world, and thus yourself!

Finally in this Chapter 2, I have one more vital observation.

Beyonce popularized it a few years ago with the term "lemonade," referring to the saying, "If life gives you lemons, make lemonade.



I hinted at this on page 6,
that we humans are continually
help-seeking beings. And we
do that ESPECIALLY when
we translate
hurt
into help.

And we humans translate hurt into help in two priceless forms that we cannot get any other way.

1) We LEARN from HURT, what NOT to do, to HELP US LIMIT BEING HURT THAT WAY AGAIN. We "touch the stove to learn that it's hot."



2) We USE HURT to HELP us have the <u>FULLEST</u>

<u>POSSIBLE APPRECIATION</u> for the <u>ABSENCE</u>

OF HURT, LIKE NOTHING ELSE CAN, AGAINST

WHICH WE CAN <u>CONTRAST</u> THAT ABSENCE

AND **FULLY** ENJOY IT.



E = Endnotes, now being written



For how could we ever come to <u>FULLY</u> appreciate <u>FOOD</u>, unless we experience some HUNGER?

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Or our <u>HEALTH</u>, unless we experience at least some INJURY or ILLNESS?

@2025

But yes, every day an estimated 7,000+ people die from hunger and hunger-related diseases.

I will spare you seeing images of that, which you may imagine.

And every day an estimated 3,000+ die from injuries from vehicle collisions, crime, war, etc.

I will spare you seeing images of that, which you may imagine.

And many times more that, 100,000s right now, this minute, all day, every day, are suffering horrible illnesses and injuries.

HOW the HECK are THOSE
massively unfortunate millions
of people every year supposed to
translate
hurt
into help?!
WHAT are THEY LEARNING
FROM THAT TORTUROUS "HURT"-?



And WHEN will THEY ever

"have the fullest possible appreciation"
for the absence of that torturous "hurt"-?

Since they will likely die suffering
like that before they are relieved of
it to appreciate that relief?!

And ALL of that has bothered me since I was little, seeing all the dead and maimed



U.S. soldiers in Viet Nam on TV.



And at dinner hearing about the millions of kids starving in India, so I better appreciate my food.



E = Endnotes, now being written

The only way I began to make sense of that overwhelmingly vast, immense ocean of adult and child suffering, for myself

in this world in which helpfulness appears
to ultimately rule in the infinite ways the
vast majority of us live and are helped
every moment every day overall
by nature and other people,
was to "REVERSE ENGINEER"

the problem. - I.e., to ask

"What <u>problem</u> does this PAIN-PRONE MORTAL LIFE HELP SOLVE?"



 Which is the same problem of needing the HELP of some DEPRIVATION to FULLY APPRECIATE OUR FOOD and OUR HEALTH:

- I.e., tow could we EVER come
to FULLY appreciate
a PAIN-FREE IMMORTAL
EXISTENCE FOREVER
WITHOUT the HELP of some
DEPRIVATION of that through
a mortal, painful experience
for a few years
AGAINST WHICH TO COMPARE IT?



And if THAT helps us all that way <u>FOREVER</u>, what a bargain!

NEEDS EDITING, PHOTOS ETC.

And that's easy for me to say,
being
1 OUT of EVERY 23 PEOPLE,
4.3%,
IN THE WORLD WHO
IS FORTUNATE ENOUGH
to LIVE IN THE U.S.

But that's the only plausible explanation I can come up with.

Thoughts?

Of course I'm not the first to think of that. See the Endnotes.

3

Now on a more upbeat note, More Helpful Context:

This Guide, About How to Have the Smartest, i.e. Most Mutually Helpful, Dialogs, Coming Out Right Now, Fits Perfectly With This Point in History.

That is because of the current

MASSIVE ACCELERATION of HELPFULNESS
in the WORLD and how it has VASTLY
IMPROVED QUALITY of LIFE OVERALL
the past 100 years, MOST of ALL
SINCE 1990!

Average GDP per person

~4000 BC 1990-Now^E

And by far the greatest advance has been for formerly starving and severely impoverished people. But EVERYONE has benefited infinitely as well.

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More specifically:

After 1000s of years of everyone on earth naturally and instinctively helping other people in their work and personal lives the most they feel they could emotionally afford, to build value for those people, and thus themselves and the economy, including mostly by just being respectful neighbors, mainly from the Industrial Revolution, in just THE PAST 100 YEARS, the world has has created enough prosperity to go from 90% living in extreme poverty



to now under 10%!



And THE VAST MAJORITY of that has been SINCE 1990 when OVER 72% of the people living in extreme poverty escaped it. THAT IS OVER A BILLION PEOPLE.

(Of the total ~8 billion on earth in that time/now.)



And again, there have been massive improvements for everyone else too, overall. - Most vividly in computing, communications, and infinitely more entertainment and food choices.



But as there ARE still MANY millions of people suffering poverty, starvation, massive uncertainties, repression from authoritarianism, etc. – ALL OF WHICH CRIES OUT FOR INFINITELY MORE HELP:



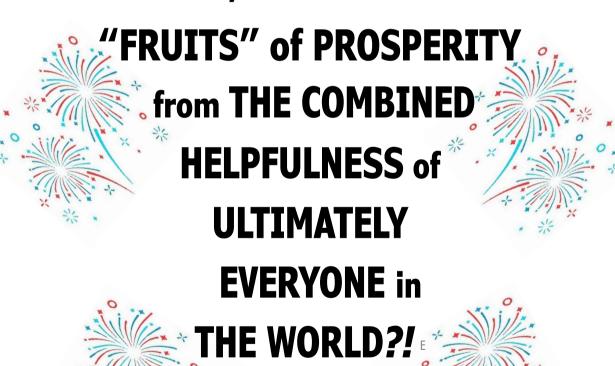
Our world, overall, truly is, RIGHT NOW, in the most real, tangible, physical, quality-of-life terms, going through by far

its single biggest, most prosperous, turning point ever! – All due to everyone's combined accumulated help to others.

SO WHY DOESN'T EVERYONE KNOW ABOUT THESE



WORLD'S MOST ENCOURAGING ACTUAL, VIVID PHYSICAL



I propose the answer is that because EVEN WITH THAT MASSIVE UBIQUITOUS VERIFIABLE EVIDENCE OF THE SUPREME POWER OF HELPFULNESS, WORLD LEADERS







and **MEDIA**



in their old-school scarcity-and-fearfocused "if it bleeds, it leads" headline mentality, simply have not yet prioritized promoting help to others above all else in the world.

In spite of how that would give them an ever more robust world economy.

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And THAT is my Promo Note's, point, TO FIX THAT WORLD'S BIGGEST PROBLEM.

 And why I ask you and everyone else to help post and promote that Note as far and wide as possible.



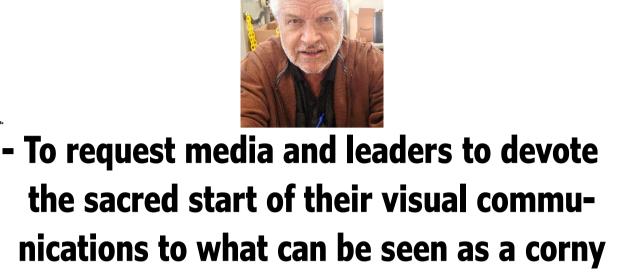
- TO INSPIRE MEDIA and WORLD LEADERS to SEE PAST THOSE COGNITIVE BIASES AND SIMPLY DO THAT ONE RELATIVELY TINY WORLD'S MOST HELPFUL THING:

PUT "Helpfulness Above All" at the top left of all their screens and say it at the start of all their communications.

And behave accordingly.

- FOR BOTH THEIR INFINITE BENEFIT, AND ALL OF OURS TOO!!!

And yes, again, that is a HUGE "ask."



Barely visible & unobtrusive as it may be.

"do-gooder"-signaling kind of message.

And yes, it may take the division and domination of the world by selfishness to get HORRIFICALLY BAD



before they start thinking about setting aside their cognitive biases & do this one simple thing. - FOR THEIR OWN PROSPERITY & PEACE of MIND! We shall see.

For a visual example of a COGNITIVE BIAS that fools people into missing clear, vivid, easily-verifiable truths like that:

The MIDDLE SQUARES on all 3 visible sides of this object are THE SAME COLOR.



YOUR NATURAL COGNITIVE BIAS in how you see the context cues of shading likely FOOLS YOU into seeing the middle square on the lower right as orange, and the other two as brown. For verifiable evidence, just print this out, cut out those squares and put them in each others' places. Or just search "Rubik's cube illusion" on your smartphone.

And speaking of your literally SMART PHONE, it's time to STOP BEING A DIVIDED AND DOMINATED "DEVICE" YOURSELF and start FULLY USING THAT by far MOST POWERFUL, i.e. MOST HELPFUL, ECONOMY-AND-PROSPERITY-AND-PEACE-OF-MIND-**BOOSTING DEVICE THAT EXISTS.** On which you are likely reading this. That's how smart it is. Right here and now. And how smart you are in using it to read this guide.



E = Endnotes, now being written

And now I mean: Use the some of the new amazing "chatbots." For pointers, see the Endnotes. And no, they are not perfect.

Since they come from humans, they make mistakes. So check them against each other and your own good sense. I use 6 of them, on both my phone and computer. ALL FREE.

They are a stunningly powerful START-ING POINT, PACKED WITH AI, and THEY PUT YOU WAY AHEAD of NOT USING THEM.



Helpers of all the world's most helpful, prosperous, and rewarding leaders now use them. And empower your family, friends, etc. to too! Multiply your helpfulness! Maximize the economy! And your own prosperity and peace of mind!

3

The Often Subjective Nature of Perceptions, Experiences, and Words

For example, as my Promo Note says,

"helpful" and "selfish" are often very subjective.



That means what
I find helpful,
you may find selfish,
and vice-versa.



But

we agree on meanings enough to get by generally well in life overall.

For example, that it's helpful to open the door for someone, and selfish to push them out of the way. Or when driving, helpful to stay in your lane and selfish to cut someone off dangerously close.

Regarding DISAGREEMENTS between people about what is helpful and selfish, IF YOU TRY TO IGNORE THAT REALITY



(that you can see a thing as helpful, which I see as selfish, and vice versa)



THAT IS ONE OF THE MOST SELFISH, TRUST-DESTROYING, UNHELPFUL, VALUE-CRIPPLING, TOXIC THINGS YOU CAN DO, AND IS THE WORST PROBLEM IN THE WORLD PERPETUATING ALL OTHER PROBLEMS! And in such matters, to insist your view is correct, without offering the most relevant verifiable evidence showing that, is to MULTIPLY THAT SEVERELY LIMITED SELFISH, **DESTRUCTIVE VIEW, ESPECIALLY AMONG** PEOPLE WHO ALREADY SHARE THAT VIEW. & BREED RESENTMENT in EVERYONE ELSE.

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And that is the main destructive habit of what I call selfishly condescending liberals and conservatives.

Consider how those two main extreme political positions interpret these 3 terms.

From the extreme "left" From the extreme "right"



Freedom
Justice
Opportunity



And that observation of mine, above, regarding selfish condescension, may seem selfishly condescending to you. If it does, to get more directly started on the main topic of this guide, I suggest you and I have The Smartest Dialogs Possible...

about that.

4

The Smartest Dialogs Possible in medium detail

I say dialogs, plural, because I have found the most mutually helpful communication between people typically requires more than one dialog.

First off, I propose the most mutually rewarding way to start THOSE SPECIFIC DIALOGS from the bottom of 2 pages ago (p.26) KNOWING YOU FEEL THAT WAY, is for me to FIRST SAY truly and genuinely,



I sincerely apologize to you for seeming to be that way. I am sincerely sorry that I gave you that impression. For I truly do want to be as trustworthily mutually helpful as possible. And not hypocritical, so I will do everything I feel I can to remedy that problem.

Toward my credibility in saying that:

I AM doing my best to be as universally helpful as
I feel I can be. - Just like you and everyone else
naturally are. - For your and everyone else's
ultimate great benefit. - Which, I propose, you
and they likely still don't yet nearly fully realize.

After my mentor (Woody Bledsoe, one of the world's smartest men (look him up on your phone) whose top assistant I was in nonprofit work) died

in 1995, from our conversations I self-published a little book called The Best Idea, in 1996. It was about "the golden rule" throughout all



major belief systems, and about how everyone ALREADY intuitively employs it the best they can, given their upbringing, emotional capacity, sensitivities, circumstances, pain, etc. I distributed it to top U.S. thought-leaders, authors, leaders, educators, etc. And the most universally helpful things I learned from that experience, and since, now comprise 99.9% of this guide.

So, now, in this, the 2nd, "medium" level of detail, in The Smartest Dialogs Possible..:

1. The person requesting the dialogs is the is the SENDER, and the other, who agrees to participate in the dialogs, is the RECEIVER.



2. To maximize mutual credibility, BOTH of you briefly state your commitment to be as mutually and universally helpful in life as you feel you can be, with examples. That need not be as much as I gave you on p. 29. Just in your work and personal life will suffice.



3. If it seems it may help, as in my example with you, the SENDER can begin by sincerely

apologizing. Including for unwitting offenses or mistakes in general that bother the RECEIVER.

- For which the RECIEVER can advise. And if the SENDER does not yet feel they can apologize for what the RECIEVER suggests, they can explain why in their message to the RECIEVER.



4. TOGETHER, spoken and / or written, they should BOTH simply state their commitment to be the most mutually helpful they feel they can be (p.11, 12). And in that, they should also commit to follow the next steps.



5. The SENDER should then BEGIN their MAIN MESSAGE by BREAKING IT UP into SHORT, EASY-to-REPEAT-BACK PIECES, ONE at a TIME,

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waiting for the RECIEVER to repeat each back before saying the next piece. - And CORRECT-ING them if they err. It is important to get the words right. Words matter. And to confirm they grasp that, after each piece they repeat back, they can ask "Did I get that right?" And if so, ask "Is there more?"



TIME OUT for VITAL CONTEXTUAL DETAILS:
these dialogs are structured to enforce the
most mutually helpful practice of EVERYONE
TAKING TURNS. And THAT INSURES THE
CLEAREST 2-WAY COMMUNICATION POSSIBLE.



And this is ESPECIALLY to MINIMIZE RECIEVERS ONLY PARTIALLY-LISTENING-TO-REFUTE / POWER-

STRUGGLE TO "WIN" (UGH) THE "DISCUSSION."

So please get over THAT. THAT is selfish condescension, with all of its ultimately tearing / wearing everyone down, etc. blah blah bad for the economy, JUST GROW UP!

6. BEFORE the SENDER says TOO MANY bits of their message for the RECEIVER to REMEMBER and SUMMARIZE ALL AT ONCE, they should stop. Or the RECIEVER should STOP them saying more.



- 7. The RECEIVER should then SUMMARIZE the SENDER'S message the best they can.
 - Not necessarily exactly, but close enough.



- Again with the SENDER **CORRECTING** as needed.

With the RECIEVER <u>repeating THE CORRECTION</u>

<u>WORD-FOR-WORD</u> until they <u>GET IT RIGHT</u>.

Yes, even in this summarizing part, it is important to get the words right.



8. Then the RECEIVER <u>VALIDATES</u> the SENDER'S

<u>REASONING</u> - per how it makes sense to the

<u>SENDER</u> per how they think about things, with

which the <u>RECEIVER</u> DOES <u>NOT</u> HAVE TO AGREE.

It would be <u>GREAT</u> if they DO. At least SOME.



9. Then the RECEIVER EMPATHIZES with the SENDER'S FEELINGS - per how the SENDER FEELS about what they are saying, as BEST the RECEIVER CAN. And if they STRUGGLE to do that, they should say so – but NOT WHY.

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The SENDER can then ASK POLITELY if the RECEIVER would please SAY WHY, if, after that part of the dialogs, they want to SWITCH PLACES and REQUEST SMARTEST DIALOGS of the SENDER.



10. The RECEIVER ASKS the SENDER if they
FELT the RECEIVER at least HEARD them
ACCURATELY. And IF NOT, WHAT DID the
RECEIVER MISS?

11. If the RECEIVER WANTS, they can "switch" places. And maybe agree on a time in the next day or so to do that. 12. Then you can switch again. 13. And again.

14. As often as needed.

We can't cover every contingency here. You likely get the spirit of this exercise. It's the spirit of helpfulness. And there may be no "final" resolution. Because one of the most helpful aspects of these dialogs is that you can arrive at partial, in-between, solutions, to be revisited in the future. **Even if that is later that day.** You can change your mind. And use "erase erase," The 3rd, greatest level of detail after this,

The Smartest Dialogs Possible,, is in the Endnotes.

5

Leveling UP this whole make your world infinitely more helpful to yourself thing.

I now propose that it would infinitely help the world for you who are self-identifying now-formerly selfishly condescending liberals and conservatives

(for having thought about, treated and referred to the other as if they were NOT being the most helpful they felt they could emotionally afford to), to simply sincerely and genuinely APOLOGIZE to everyone on the other side for doing that to them. And to COMMIT to REFRAIN from doing that in the future.



Yeah. That, and this, is may be by far The World's Biggest Ask.

Ever.

Or just one apologize to the other. Either can lead out. And the other doesn't have to follow. Only if they feel they can. And want to help the other and thus themselves that way.



Even if you / they see them / your selves as having been condescending but not selfish. Or selfish but not condescending. Or just mean. Or just hurt and resentful. Etc.

And after you genuinely apologize and commit to refrain from repeating, say "Helpfulness Above All" at the top left of your screens and at the start of all your communications, and have The Smartest Dialogs Possible going forward.

I also propose that ALL YOU PEOPLE in MEDIA ALSO APOLOGIZE that way. Especially you in the biggest:



And especially if your platform has hosted or provided assistance, paid or not to any selfishly condescending content by now-formerly selfishly condescending liberals and conservatives who have apologized and committed to refrain from repeating.

- No matter how much legalese you covered your butt with trying to escape negative legal consequences. But yes, those are now upon you in the form of less than a much less than ideal economy.

- ESPECIALLY if you have misleadingly labeled any of your content "NEWS"

when it infinitely more accurately should be labeled "ENTERTAINMENT." ESPECIALLY when it is SELFISHLY CONDESCENDING ENTERTAINMENT.

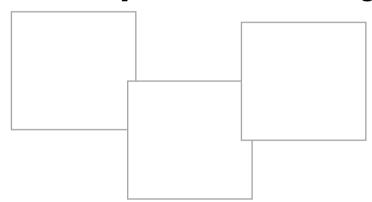






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In short, please don't call anything "news" without vividly including words that mean, "fully accurately contextualized and widely verifiably evidenced," which you show through QR codes to so everyone can see that evidence. And of course, to fix your years of "if it bleeds it leads" abusive entertainment you've been calling news,



- i.e., at least in a readably long popup at the first of your shows, communications, etc., put up that encouraging, inspiring text about the world turning that big corner, overall, continally getting better for everyone. Don't you want to be infinitely more helpful and thus infinitely more prosperous?!?!

And that especially means

YOU,

CNN / Cable News Network

NBC News / National Broadcasting Corp. News

CBS News / Columbia Broadcasting System News

ABC News / American Broadcasting Co. News

Fox News / Fox News Channel

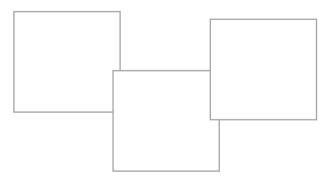
and everyone else in that line of work.

Your vivid repeated, "loud and clear" apologies for at least a whole year, along all the foregoing I prescribe from now on, will go a long way toward start-ing to heal the world from the massive damage you have facilitated, especially on the economy.

And it is a relatively young country, (___ yrs. vs. ___ avg country age), the U.S., with ONLY 4.3% of the world's population is THE WORLD'S RICHEST COUNTRY.

[Graphic illustrating those proportions.]

mostly earned through its infinite help to the world by building up its industrial strength to SAVE THE WORLD FROM THE AUTHORITARIAN SELFISH CONDESCENSION OF ADOLPH HITLER IN WWII, and momentum from that.



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