

The Resilience Factor

Today, the word resilience is often used in terms of the environment or conserving nature. Like everything else it appears this word has been co-opted by the left. While much of America is distracted, there are dark storm clouds on America's national horizon internationally, domestically, economically, and culturally.

For this week's briefing, General Robert (Bob) Dees is in the Economic War Room®. He shares his vision for a national movement to restore true resilience to every area of American life. His resilience trilogy is about building resilient warriors, resilient leaders, and resilient nations.



It is not too late. We can regain our vital optimism as a nation. General Dees shares the lessons he learned from the battlefield and how we can all be better prepared for the storms in life.

Your Mission: To understand your calling, to be resilient, to retain a vital optimism, and to 'get ready' for the next battle. Also, you are challenged to maintain your courage to fight on the battlefield you feel called to.

Ep. 4-140 [OSINT] Open-Sourced Intelligence Special Report. This includes conversations with Kevin Freeman and Major General [Retired] Robert F. "Bob" Dees served for 31 years in the U.S. Army in a wide variety of command and staff positions culminating in his last three assignments as Assistant Division Commander for Operations, 101st Airborne Division [Air Assault]; Commander, Second Infantry Division, United States Forces Korea; and as Deputy Commanding General, V [US/GE] Corps in Europe, concurrently serving as Commander, US-Israeli Combined Task Force for Missile Defense. Commissioned a second lieutenant after graduating from West Point in 1972, he is also a graduate of the Naval Postgraduate School, the U.S. Army Command and General Staff College, the Industrial College of the Armed Forces, and the Royal College of Defense Studies in London, England.

Following military retirement in January 2003, General Dees served as Executive Director, Defense Strategies, Microsoft Corporation; followed by leadership of Military Ministry, a non-profit outreach to the military. While authoring The Resilience Trilogy [*Resilient Warriors*, *Resilient Leaders*, and *Resilient Nations*], he pioneered resilience programs for the military and beyond as Associate Vice President for Military Outreach, Adjunct Professor, and Director of the nation's first Institute for Military Resilience at Liberty University. His *Resilience Trilogy* books are textbooks for Psychology, Counseling, Business, Religion, and Government courses at Liberty University. He has also authored *Resilience God Style*, an associated *Resilience God Style Study Guide*, a *Resilience God Style Video Series*, and a *Resilience God Style Training Game*.

"Resilience is not a destination point. It is a process."

-General Bob Dees

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1. About Resiliency and how to maintain optimism.

Resilience is a discipline we all need to weather the storms!



ATTENTION SNOWFLAKES: It is time to learn what resiliency really means!

“Many people would think resilience is the act of bouncing back, and that’s important. But really, resilience as a process.

- How do we get ready for the storms of life?
- How do we weather those storms?
- Next, how do we bounce back without getting stuck?
- How do we get past all these toxic emotions of guilt, false guilt, anger and bitterness?

And then there’s a feedback loop because hurricane season comes around again and again. So how do we get ready for the next storm of life that will surely come?”

–General Bob Dees

A Military Perspective: If you are in the military, experience is hugely beneficial. If you’re a soldier, you’re worried about how we get ready for the battle that’s coming up. And then you’ve got to get through the battle. And then you’ve got to deal with the battle that you’ve gone through and bounce back from it. And then you’ve got to get ready for the next battle.

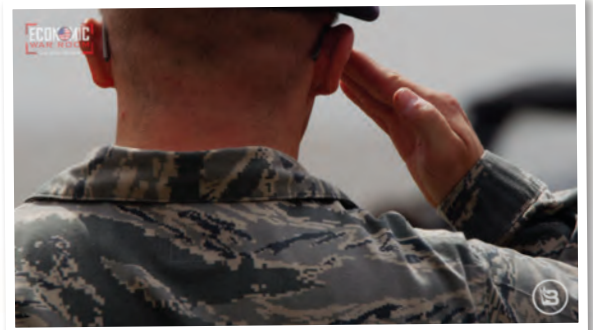
Lessons From History: No matter how bad it looks, focus on how you can regain your vital optimism.

The Battle of the Somme

Look at the nation of England, after the Battle of the Somme in World War One, they lost 100,000 people.

They were concerned that they would never regain their vital optimism as a nation. And so, it is with us as individuals or with nations when we’ve been body slammed, we’ve been hurt, or wounded. **Whatever the circumstance is, it takes a lot to bounce back. And that’s the hardest part of the journey without getting stuck.**

The reality was that it was the trench warfare of World War One. They had “no man’s land” in between opposing forces. And it was just like a meat grinder. With little creativity or innovation, they just kept throwing more and more people in. And in that day and age, you had germ warfare, poison gas and so forth. That had disastrous effects plus the artillery. So it was all of those combined.



“From my perspective, some time a military commander has to say this is not working and they have to try another way.” –General Bob Dees

Other Battles that were won through optimism and faith.

The Battle of Marne

Economic War Room has talked about the Battle of the Marne with the French taxis. The French used 600 taxis to get to the battlefield. While the impact of the movement of troops by taxi can be debated. It was motivation that gave all French citizens the will to fight. They kept their vital optimism. There’s a lot we can learn from battles and resilience.

The Battle of Dunkirk

The English experience with in maintaining their vital optimism can be seen in the Battle of Dunkirk. It was miraculous that they saved their army from being obliterated by the Nazis. It was all these individuals, small boats in the fleet, going over and rescuing their soldiers, and taking them back to England.

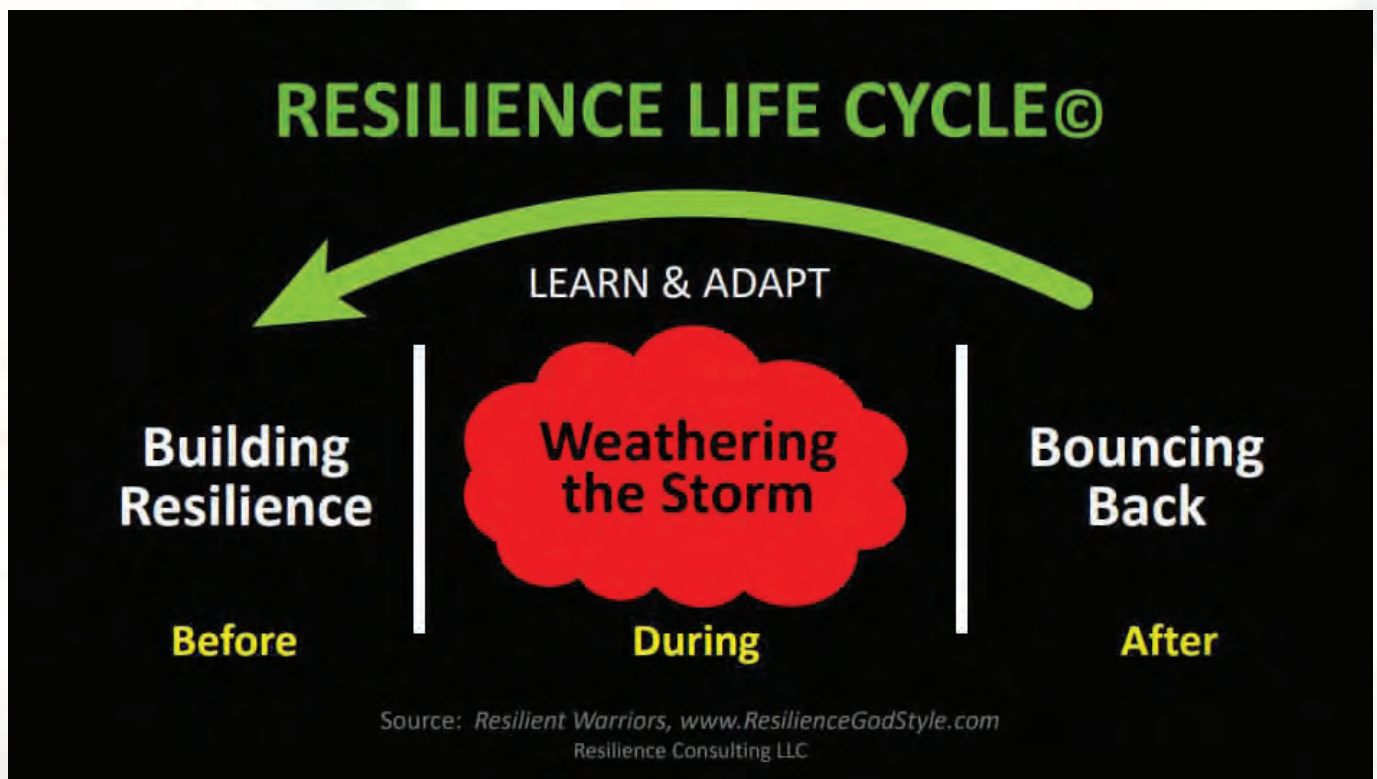
“Dunkirk is a wonderful example of resilience. I talk about profiles in resilience that are people, but there’s also national occurrences that illustrate resilience in a major way.” –General Dees

The ultimate lesson is how to regain vital optimism no matter what challenge you have faced.

2. Resilient Warriors – Creating Individual resilience and being ready!

Resilient Warriors is about individual resilience. You know, we all get body slammed in the good book, says Jesus. John 16:33: "In the world, we will have tribulation. "

It's not maybe, but you will have tribulation. The question is, if we're logical about it, how do we deal with it? And that implies getting ready.



Get Ready! A life story from General Dees.

"The first airborne jump command is 'Get Ready.' I was at West Point in 1969. I'd been there one year. A gentleman that was a mentor to me had graduated. He went to Vietnam the third year as a sophomore at West Point. I was in the West Point Cemetery standing over his grave. They were folding the flag, giving it to the widow on behalf of a grateful nation. And I could almost hear verbally, you know, from on high, 'Get Ready' and a couple of buddies and I started memorizing scripture."

Get Ready!

This is an example of the first phase of resilience before we face tribulation or difficulty.

From General Dees:

The ounce of prevention is worth a pound of cure. How do we get ready? **Part of it is spiritual preparation. Then physical, mental, emotional, and relational preparation so that we're as ready as possible for the storms of life.**

How to weather the storm.

It says in Psalm 57 – “Have mercy on me for in you I take refuge in the shadow of your wings until the destruction has passed by.”

Sometimes that's the way it feels when we've really been body slammed. Destruction is passing through our life. We just have to hold on to our faith, family, friends, and our curiosity. And then after the fact, there are two parts to it.

A. One is looking back. We have to be introspective.

- How do we guard our primary relationships as we're coming out of crisis? We tend to attack the ones we love the most. This just a strange psychological phenomenon. It's true.
- And then how do we grieve? Well, grieving is an important process. If we stuff it, we will just start wearing it for the long term.

In his books, General Dees shares all sorts of vignettes, stories, and human examples of overcoming life's challenges and weathering the storm.



B. The second part of bouncing back is looking forward.

- How do you learn to sing a new song or regain your vital optimism?
- How do you comfort others with that which we've been comforted?
- And then an interesting characteristic in this whole resilience thing is this idea of calling, or purpose in your life. It's a golden thread of resilience ahead of time.

Identify your calling.

We must identify our calling. We have to really understand what it is before the storm. And then we get in the storm, and we remember our calling. And then after the fact, it's a golden opportunity to re-validate our calling.

Lessons From History: The Calling is Important - Army Chaplin remembers the light as he is tortured in the dark.

General Dees Shares:

I want to give an example of an Army chaplain. He went to the Philippines in 1941. That was the year the Japanese invaded Pearl Harbor. He had been in the Philippines for three months and then found himself on the Bataan Death March.

People would fall to the wayside. He would quickly pick them up because they would get bayoneted if they stayed down too long before they got to the prisoner of war camp.

And when they got there, he learned that guerrillas outside the wire had medicines. It would help with the cuts and these serious, life-threatening tropical illnesses, and infections. He brought it in and helped them. And you can imagine what they thought of this chaplain that was risking his life. And he did it again and again. But finally, he got caught coming back in and they threw him in something they called the hell box. It was like a four by four in the jungle. Bamboo over the top. You get rainwater every now and then. So, he was in there for days and then he was in there for weeks, emaciated.

Finally, they threw the thing off. He could hardly see because of the bright light and so forth. And a couple of his fellow prisoners lifted him out and they were gathered around. The man come to see him. Well, as is typical, a pastor would appreciate this, a chaplain or others, they said to him, Chaplain, what's the good word? It's like, give me a break. I've been in the hell box. They said, no, what's the good word? But he was ready and seasoned.

And he said, "Do not doubt in the dark what you believed in the light." Don't doubt in the dark what you believed in the light. And that's so critical to this whole notion of resilience!

Key Insight:

Let's figure those things (what you believe in the light) out so that when the dark of doubt, discouragement, despair, depression, whatever injury comes our way, we can hold on to that anchor that we resolved in the past.

"What's so good about this is that in many areas, America is in the dark part right now. We've got to remember what we believed in the light." –Kevin Freeman

3. Resilient Nations - The life-cycle of nations – America at a tipping point?

A look at history and what other nations have gone through. The fall of Rome and parallels to America today?

In General Dees' book Resilient Nations (written in 2014) he studied three epics in American history.

- » 1740 to 1960 – We were a resilient nation.
- » 1960 to 2021 – Abortion, 10 commandments taken from schools, and the start of moral downfall.
- » 2021 to present - The moral freefall continues.

Dees shares this story from his book *Resilient Nations*:

The Fall of Rome:

Two slave boys, about 400 A.D. sitting on top of the Capitol Hill overlooking the destroyed city of Rome. And they comment that the great obelisk has fallen, there in multiple pieces like the broken arms of a giant, you have pigs and other things that are wrong. Buffalo roaming in the capital ruins where the Roman senators used to deliberate.



So transfer that now to today.

America – At a tipping point?

Picture two boys sitting in Arlington Cemetery looking down over the Washington Mall. Picture that fifty years from now. One hundred years from now, or whenever.

- » Will Lincoln be pulled from his perch into the reflecting pool?
- » Will the Washington Monument be toppled like the arms of a great giant?



“Metaphorically, it seems they already have done this, “We’ve besmirched Lincoln. We’ve besmirched Washington and Jefferson.” –Kevin Freeman

“I think we’re at a very dark time today.” –General Bob Dees

4. How do we find our way home? What do we do to get back to the bedrock values we had?

First, maintain your vital optimism - It’s important for the stalwarts in America, the great patriots, to maintain their vital optimism.

“We can’t give up. **It takes courage.** Courage is holding on 10 seconds longer and

another 10 seconds, and another 10 seconds. We must hold on and we have to fight at every cultural hedgerow, just like across Europe.

- » We have to fight on the abortion front.
- » We have to fight on the education front.
- » We have to fight on the nuclear family front.
- » We have to fight for election integrity.
- » We have to fight for Liberty.
- » You name it...

There's a whole bunch of battlefronts. A lot of people want to oversee a grand strategy and we're all going to go to do this one objective. But what is important is to **focus on the battlefront you feel called to!**

"I think God is the General and I think he has the grand strategy in each one of us like you in a specific, focused way, and me in another specific, focused way. If we're all attacking on a broad front, all listening to the Lord in terms of calling, if we're doing that, then God's going to accomplish His grand strategy. But he needs foot soldiers and battle captains like us to be doing as he calls us to do. Otherwise, we'll just be defeated in details." –General Bob Dees

This is like the Dunkirk analogy we discuss in the Economic War Room. It was the individuals who individually could not make a difference in the war. There's no way, you happen to have a pleasure craft or a fishing trawler that you could change the outcome of history. But looking back in so many ways, that evacuation of three hundred thousand British soldiers may have won the war, Hitler may have lost at that moment, he just didn't realize it.

"My grandmother used to say a quote, 'that many hands make light work' and that is so true. We have to have many united hands not doing the same thing but doing complimentary things that make light work." –General Robert Dees

5. Resilient Leaders - Teaching Resiliency to the next generation.

It's obvious that we need resilience in this country. We're facing challenges, we're in maybe those dark days in the battle just trying to hang on in so many ways. How do we get America focused on resilience? What can we do?

We need to recognize resilience is a critical life skill, and it's relevant from cradle to grave. Perhaps the ultimate test of resilience is aging. It's not for the weak or faint hearted.



ALERT: It is critical American's young learn about resiliency especially in the "snowflake culture" that is being taught today.

Attention parents and grandparents - Check out *The Resilience God Style* training game for your grandkids.

It's a game. It incorporates all the content of the Resilience books, study guides and the video series. It has about one hundred and thirty questions.



The good news is that it promotes the transfer of values across generational lines.

"We picture a group sitting around the kitchen table with Suzy and little Johnny and so forth. People play in teams so no one's on the spot. They learn from one another, and they reinforce one another. It's a fun, dynamic game, sort of like Monopoly. But some of the questions will bring you belly laughs. Some of the questions will bring you to tears and everywhere in between. The good news is the parents, or the facilitators get to stack the deck. So they go in and they put the questions in there that are relevant to that age group, relevant to the families, or the corporate setting as well. Then they play the game. There are also blank cards. So perhaps one of your children is having a problem with bullying at school? Well, you put in sort of a rhetorical question about bullying. What would you do if, (insert example) happens at school and then you trip across that in the course of playing the game. It's a wonderful way to teach these life lessons.



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With our grandchildren we touch on a lot of these principles of values because we used age-appropriate object lessons.”

For instance:

Would you rather be a tennis ball or an egg?

If thrown on the ground, the egg gets crushed, but you bounce a tennis ball. Which would you rather be the ball or the egg? Oh, we want to be a tennis ball. Tell us how?

The bitter lemon analogy.

We have bitter lemon eating contest that teaches about bitterness and forgiveness, and it leads into all those things. So there’s all sorts of object lessons that we’ve had fun with our grandkids and that translate into this type of relevant game.



[Watch and learn how to play the game!](#)

“I love the game concept because one of the biggest challenges we see is passing our values on to the next generation. Everybody who comes in the Economic War Room understands that our challenge is to pass our culture to the next generation. People over 50 have the same vote as an 18-year-old. The votes exactly are the same. But the 18-year-old doesn’t typically have the same wisdom as a 50-year-old. They don’t have the same money either. And so how do we pass that culture on?”

“We do have values that we want to pass on. Our parents passed it to us. President Reagan said this know, freedom is only one generation away from extinction. It doesn’t pass into the bloodstream. We must teach it. And I love what your game does because it passes that culture.” –Kevin Freeman

6. Moving forward in the Economic War – Resilience and the NSIC.

We're in an economic war. We're going to need great strategic thinkers to help us win this economic war. And it's going to come down to individuals and how they invest. It's going to come down to whether or not we save America.

The NSIC is honored to include General Bob Dees as a thought leader within our ongoing training.

General Dees was invited to be on the Advisory Board for the NSIC

"In my strategic training, the economic element is a critical piece of infrastructure. It's a critical element of national power. See, all the acronyms related to elements of national power. Economics is always there prominently. I firmly believe that is a strategic tool as an element of national power. I look forward to helping you and the NSIC however I can." –General Bob Dees



At the NSIC, we want to train this generation of advisors to help save America. We think everybody wins from a free-market approach.

Many retired military veterans move into the financial services industry and the NSIC wants to leverage their talent in this area, so it is a great fit.

"What I love about that is that veterans make ideal financial advisors. At Templeton, my boss was a West Point grad. He graduated in 1964, I think, and he served in Vietnam, as an Army Ranger. When he got out, he could live wherever he wanted to. Captain Ledzinski wanted to live in California. So, he set up in the Carmel Monterey area and began a financial planning practice in an area that had a lot of respect for military people. And as a quick study, he learned the financial business, and he became one of the top financial planners in the country." –Kevin Freeman

7. The Economic War Room training plans to educate 10,000 financial advisors over the next several years. They could represent as much as \$1 trillion of investable capital!

- » That's enough money to change the trajectory of America!
- » That is why we developed the NSIC Institute. To serve clients who believe in the future of liberty and this great nation.

NSIC stands for National Security Investment Consultant. We believe our money should be weaponized to preserve our Liberty, Security, and Values.

Once advisors complete our training course, they can join the NSIC Institute and work with other like-minded advisors to find new and better solutions for America. This is truly revolutionary stuff. It is how we win the Economic War already underway.



We've teamed with top experts in multiple fields to get this launched. Don't forget to nominate your financial advisor at EconomicWarRoom.com/advisor. This training is offered by invitation only so nominating your advisor is the first step.

Why You Should Care:

- » It is important to be ready and create individual resilience.
- » America is at tipping point towards Marxism and we must not go there.
- » Maintaining vital optimism is critical in what feels like a dark world.
- » Resiliency is not being taught well in our culture today.
- » There are ways to pass resiliency and lessons from history to the next generation.
- » You can make a difference weaponizing your money with your financial advisor.



Action Steps:

1. Check out <https://resiliencegodstyle.com/> and sign up for the newsletter, or check out their books, video series and the game.
2. Make sure you are resilient - **Identify your calling. Understand what it is before the storm. And then when you get in the storm, remember your calling. After the fact, it's a golden opportunity to revalidate your calling.**
3. Remember warriors fight, warriors are wounded, warriors bounce back, and then warriors get back and fight again.
4. Maintain your vital optimism, even during the dark times.
5. Is one of your callings to weaponize your money? You control your giving, spending, and investing. Nominate your financial advisor to attend our Founders class coming soon.
 - » **Investing**, we suggest you get a like-minded financial advisor. We've done surveys and a clear majority of investors want an advisor who matches with their political and cultural beliefs. Unfortunately, Wall Street is pushing for you to just take what they offer and then sets about to force a leftist agenda on you.
 - "If your advisor isn't willing to match your investments with your values, send them to us for training and education. If they won't do that, I can promise you that there are lots of other advisors looking for new clients." Kevin Freeman
6. **It is time to fight the economic war we are facing. Nominate your financial advisor at EconomicWarRoom.com/advisor** and let them know you think this would be a great opportunity for them. Classes are launching soon, and our list is growing fast.
7. **Also, if you have not already done so, please consider the following:**
Be sure to sign up for our free weekly Economic Battle Plans™ at www.EconomicWarRoom.com/battleplans
 - » If you are following Economic War Room you will be on the leading edge as it relates to global threats, geopolitical analysis, and how you can weaponize your money to strengthen America. Your money, livelihood, and way of life are at risk and these tools are designed to mobilize America to protect their economic liberty.



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In the **Economic War Room®**, we encourage Americans to be the “small ships that make the difference.” You cannot solely rely on the government or the president to solve America’s problems. You have to make a difference. It is up to you to help take our country back and create a voice for economic liberty. [The small ships are based on Churchill’s Operation Dynamo that rescued the British Expeditionary Forces in the Miracle of Dunkirk.

We need more Economic Patriots on the team! Consider what you can do now to help strengthen America or even help someone in need. Keep in touch with your congressional representatives. Choose from the list or set your own goals:

- ✓ At our [Economic War Room®](#) website, sign up to TheBlaze for our complete weekly shows. Please use our code (**ECON**) from that link for a discount and FREE trial.
- ✓ Follow, like, comment, and share on [FB](#) and [Twitter](#). Look for short video segments on [FB](#) and [Rumble](#) and make sure. We recognize these tools may be compromised at times, but if they are not filtered, they are the major platforms available to reach out to the public. [Know that alternatives to the social platforms listed above are under EWR consideration.]
- ✓ Check out XOTV (<https://xotv.me/channels/233-economic-war-room>), a new free speech video platform that Economic War Room is proud to partner with. Access is FREE but consider making a donation to EWR on that website to help with Economic War Room’s research and production costs.
- ✓ You are welcome to share this battle plan and our short video segments with friends on [FB](#) or [YouTube](#). We set up the Economic War Room® to be your resource for information, preparation, and mobilization.
- ✓ Do this now! Have a financial action plan based on multiple geopolitical scenarios developed now. Advanced preparation is key. Trying to figure what to do when an economic event happens is usually too late.



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Shareable Quote:

“Do not doubt in the dark what you believed in the light.”

–Army Chaplin after being tortured.

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The EWR Collection Deck – From Kevin Freeman

(List of resources and external links for more information)

Quick Access Links

[About General Robert Dees and the Resiliency Trilogy](#)

[Learning From History](#)

[The Life Cycle of Nations](#)

[About the NSIC and the Need for Patriotic Investors](#)

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Our XOTV Channel <https://xotv.me/channels/233-economic-war-room>

Link to all Economic Battle Plans™ <https://www.economicwarroom.com/battleplans>

Episodes and Economic Battle Plans™ from Prior Shows with Application to this Topic:

[] SPECIAL EDITION, EP08 America's Dunkirk Moment, [Download Economic Battle Plan™](#)

[] 03/07/19, EP24 Top Gun Pilot, Ed Rush, [Download Economic Battle Plan™](#)

[] 05/09/19, EP34 Leaving a Legacy, [Download Economic Battle Plan™](#)

[] 05/23/19, EP36 American Exceptionalism, [Download Economic Battle Plan™](#)

[] 08/15/19, EP48 Phil Robertson - Unplugged, [Download Economic Battle Plan™](#)

[] 04/29/21, EP136, Formula for Healing America, Dr. Ben Carson, [Download Economic Battle Plan™](#)

About General Robert Dees and the Resiliency Trilogy

[] About RGS Leader-Major General (Retired) Bob Dees <https://resiliencegodstyle.com/about-us/>

[] Resilience Is a Critical Life Skill! <https://resiliencegodstyle.com/>

[] Resilience Blog <https://resiliencegodstyle.com/resilience-blog/>

Facing Adversity? This Retired Military General Wants To Help You Develop Resilience | Bob Dees
<https://youtu.be/78fMUvkwO4o>

Major General (Retired) Robert F. "Bob" Dees and The National Center for Healthy Veterans
<https://topdoctormagazine.com/news/general-bob-dees-and-the-national-center-for-healthy-veterans/>

Retired General, author shares prayers for Spiritual Resilience
https://www.army.mil/article/101248/retired_general_author_shares_prayers_for_spiritual_resilience

Resilience God Style. A New Version of Our Game Designed To Teach You How To Bounce Back Without Getting Stuck.
<https://www.wttg.net/god-resilience/>

Learning From History

[] Battle of the Somme <https://www.history.com/topics/world-war-i/battle-of-the-somme>

5 THINGS YOU NEED TO KNOW ABOUT THE BATTLE OF THE SOMME
<https://www.iwm.org.uk/history/5-things-you-need-to-know-about-the-battle-of-the-somme>

Dunkirk's darkest day: when the evacuation came close to disaster
<https://www.theguardian.com/world/2017/jul/16/dunkirk-darkest-day-29-may-1940-evacuation-came-close-to-disaster>

FIGHT THEM ON THE BEACHES When was the World War 2 battle at Dunkirk, what happened, and how many soldiers were evacuated?
<https://www.thesun.co.uk/news/3706936/world-war-two-battle-dunkirk-soldiers-evacuated/>

[] The Miracle of Dunkirk <https://www.britannica.com/event/Dunkirk-evacuation/The-miracle-of-Dunkirk>

The Life Cycle of Nations

[] The Life Cycle of Empires and Nations
<https://historyofyesterday.com/the-life-cycle-of-empires-and-nations-a858e25fe250>

Where is America in the 'cycle of nations'?
<https://www.christianpost.com/voices/where-is-america-in-the-cycle-of-nations.html>



[] The Life Cycles of Empires, Lessons for America Today?

<https://www.ucg.org/the-good-news/the-life-cycles-of-empires-lessons-for-america-today>

How to Pray for America

https://www.nationaldayofprayer.org/how_to_pray_for_america

About the NSIC and the Need for Patriotic Investors

[] Nominate Your Financial Advisor

<https://www.economicwarroom.com/advisor>

[] National Security Investment Consultant Institute <https://www.nsic.org/>

Pentagon Wary Of Adversaries Buying Defense Firms Amid Economic Crisis

<https://breakingdefense.com/2020/04/pentagon-wary-of-adversaries-buying-defense-firms-amid-economic-crisis/>

Ellen Lord Warns of Economic Warfare During Pandemic

<https://www.afcea.org/content/ellen-lord-warns-economic-warfare-during-pandemic>

Pentagon 'Matchmakers' aim to keep US small tech firms from taking Chinese \$

<https://www.defenseone.com/technology/2019/05/pentagon-matchmakers-aim-keep-tech-firms-taking-chinese-money/156944/>

Pentagon seeking patriotic investors to fund American small drones

<https://www.cnn.com/2019/08/26/politics/pentagon-american-drones-investors/index.html>

[] To counter China, Pentagon wants to create patriotic investors

<https://www.defensenews.com/pentagon/2019/05/10/to-counter-china-pentagon-wants-to-create-patriotic-investors/>

Financial Enemies Fighting for America's Economic Collapse <https://www.nsic.org/cbn012315.html>

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