

# The Hundred Year Marathon

Marathon Woman

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China's Secret Strategy to Replace America as the Global Superpower

*The Hundred Year Marathon*

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**Marathon Woman** W. W. Norton & Company

"Bradley is sharp and rueful, and a voice for a more seasoned, constructive vision of our international relations with East Asia." --Christian Science Monitor James Bradley introduces us to the prominent Americans--including FDR's grandfather, Warren Delano--who in the 1800s made their fortunes in the China opium trade. Meanwhile, American missionaries sought a myth: noble Chinese peasants eager to Westernize. The media propagated this mirage, and FDR believed that supporting Chiang Kai-shek would make China America's best friend in Asia. But Chiang was on his way out and when Mao Zedong instead came to power, Americans were shocked, wondering how we had "lost China." From the 1850s to the origins of the Vietnam War, Bradley reveals how American misconceptions about China have distorted our policies and led to the avoidable deaths of millions. The China Mirage dynamically explores the troubled history that still defines U.S.-Chinese relations today.

**SUMMARY - The Hundred-Year Marathon: China's Secret Strategy To Replace America As The Global Superpower By Michael Pillsbury** Penguin

"An essential book" on PTSD, an all-too-common condition in both military veterans and civilians (The New York Times Book Review). Post-traumatic stress disorder afflicts as many as 30 percent of those who have experienced twenty-first-century combat—but it is not confined to soldiers. Countless ordinary Americans also suffer from PTSD, following incidences of abuse, crime, natural disasters, accidents, or other trauma—yet in many cases their

symptoms are still shrouded in mystery, secrecy, and shame. This “compulsively readable” study takes an in-depth look at the subject (Los Angeles Times). Written by a war correspondent and former Marine with firsthand experience of this disorder, and drawing on interviews with individuals living with PTSD, it forays into the scientific, literary, and cultural history of the illness. Using a rich blend of reporting and memoir, *The Evil Hours* is a moving work that will speak not only to those with the condition and to their loved ones, but also to all of us struggling to make sense of an anxious and uncertain time.

**War Without Rules** National Defense University (NDU)

The first in-depth biography of Nipsey Hussle, the hip hop mogul, artist, and activist whose transformative legacy inspired a generation--before he was tragically shot down in the very neighbourhood he was dedicated to building up.

[Why We Hate Each Other--and How to Heal](#) Penguin

\* AN INSTANT NEW YORK TIMES BESTSELLER \* From the New York Times bestselling author of *The Vanishing American Adult*, an intimate and urgent assessment of the existential crisis facing our nation. Something is wrong. We all know it. American life expectancy is declining for a third straight year. Birth rates are dropping. Nearly half of us think the other political party isn't just wrong; they're evil. We're the richest country in history, but we've never been more pessimistic. What's causing the despair? In *Them*, bestselling author and U.S. senator Ben Sasse argues that, contrary to conventional wisdom, our crisis isn't really about politics. It's that we're so lonely we can't see straight—and it bubbles out as anger. Local communities are collapsing. Across the nation, little leagues are disappearing, Rotary clubs are dwindling, and in all likelihood, we don't know the

neighbor two doors down. Work isn't what we'd hoped: less certainty, few lifelong coworkers, shallow purpose. Stable families and enduring friendships—life's fundamental pillars—are in statistical freefall. As traditional tribes of place evaporate, we rally against common enemies so we can feel part of a team. No institutions command widespread public trust, enabling foreign intelligence agencies to use technology to pick the scabs on our toxic divisions. We're in danger of half of us believing different facts than the other half, and the digital revolution throws gas on the fire. There's a path forward—but reversing our decline requires something radical: a rediscovery of real places and human-to-human relationships. Even as technology nudges us to become rootless, Sasse shows how only a recovery of rootedness can heal our lonely souls. America wants you to be happy, but more urgently, America needs you to love your neighbor and connect with your community. Fixing what's wrong with the country depends on it.

[The Great U.S.-China Tech War](#) Twelve

China expert Robert Spalding reveals the shocking success China has had infiltrating American institutions and compromising our national security.

The media often suggest that Russia poses the greatest threat to America's national security, but the real danger lies farther east. While those in power have been distracted and disorderly, China has waged a six-front war on America's economy, military, diplomacy, technology, education, and infrastructure—and they're winning. It's almost too late to undo the shocking, though nearly invisible, victories of the Chinese. In *Stealth War*, retired Air Force Brigadier General Robert Spalding reveals China's motives and secret attacks on the West. Chronicling how our leaders have failed to protect us over recent decades, he provides shocking evidence of some of China's most brilliant ploys, including: • Placing Confucius Institutes in universities across the United States that serve to monitor and control Chinese students on campus and spread communist narratives to unsuspecting American students. • Offering enormous sums to American experts who create investment funds that funnel technology to China. • Signing a thirty-year agreement with the US that allows China to share peaceful nuclear technology, ensuring that they have access to American nuclear know-how. Spalding's concern isn't merely that America could lose its position on the world stage. More urgently, the Chinese Communist Party has a fundamental loathing of the legal protections America grants its people and seeks to create a world without those rights. Despite all the damage done so far, Spalding shows how it's still possible for the U.S. and the rest of the free world to combat—and win—China's stealth war.

[China's Vision of Victory](#) Open Road Media

One of the U.S. government's leading China experts reveals the hidden strategy fueling that country's rise - and how Americans have been seduced into helping China overtake us as the world's leading superpower. For more than forty years, the United States has played an indispensable role helping the Chinese government build a booming economy, develop its scientific and military capabilities, and take its place on the world stage, in the belief that China's rise will bring us cooperation, diplomacy, and free trade. But what if the "China Dream" is to replace us, just as America replaced the British Empire, without firing a shot? Based on interviews with Chinese defectors and newly declassified, previously undisclosed national security documents, *The Hundred-Year Marathon* reveals China's secret strategy to supplant the United States as the world's dominant power, and to do so by 2049, the one-hundredth anniversary of the founding of the People's Republic. Michael Pillsbury, a fluent Mandarin speaker who has served in senior national security positions in the U.S. government since the days of Richard Nixon and Henry Kissinger, draws on his decades of contact with the "hawks" in China's military and intelligence agencies and translates their documents, speeches, and books to show how the teachings of traditional Chinese statecraft underpin their actions. He offers an inside look at how the Chinese really view America and its leaders - as barbarians who will be the architects of their own demise. Pillsbury also explains how the U.S. government has helped - sometimes unwittingly and sometimes deliberately - to make this "China Dream" come true, and he calls for the United States to implement a new, more competitive strategy toward China as it really is, and not as we might wish it to be. *The Hundred-Year Marathon* is a wake-up call as we face the greatest national security challenge of the twenty-first century.

[Fauja Singh Keeps Going](#) Penguin

This study offers over 600 selected quotations from the writings of over 200 Chinese authors published from 1994 to 1999. Analysis and interpretation are kept to a minimum so that the Chinese may speak for themselves. Many Chinese scholars assisted with this study by providing hard-to-get books and articles unfamiliar to most Westerners. Half the authors were interviewed in China. They explained some of the viewpoints in recent debates about the future security environment. Debates in China are generally concealed, and frequently authors pretend they do not exist. However muted they may be, China's debates about the future nevertheless exist and merit attention if we are to understand the premises of China's national strategy and set a baseline from which to measure any future change in these premises.

[The Long Game](#) Oxford University Press

When China opened its doors to the West in the late 1970s, Western businesses jumped at the chance to sell their products to the most populous nation in the world. Boardrooms everywhere buzzed with excitement? a Coke for every citizen, a television for every family, a personal computer for every office. At no other time have the institutions of Western capitalism tried to do business with a communist state to the extent that they did in China under Deng Xiaoping. Yet, over the decade leading up to the bloody events in and around Tiananmen Square, that experiment produced growing disappointment on both sides, and a vision of capturing the world's largest market faded. Picked as one of *Fortune Magazine's* "75 Smartest Books We Know," this updated version of *Beijing Jeep*, traces the history of the stormy romance between American business and Chinese communism through the experiences of American Motors and its operation in China, *Beijing Jeep*, a closely watched joint venture often visited by American politicians and Chinese leaders. Jim Mann explains how some of the world's savviest executives completely misjudged the business climate and recounts how the Chinese, who acquired valuable new technology at virtually no expense to themselves, ultimately outcapitalized the capitalists. And, in a new epilogue, Mann revisits and updates the events which constituted the main issues of the first edition. Elegantly written, brilliantly reported, *Beijing Jeep* is a cautionary tale about the West's age-old quest to do business in the Middle Kingdom.

[Master of the Game](#) Da Capo Press

In 1967, Kathrine Switzer was the first woman to officially run what was then the all male Boston Marathon, infuriating one of the event's directors who attempted to violently eject her. In what would become an iconic sports image, Switzer escaped and finished the race. This was a watershed moment for the sport, as well as a significant event in women's history. Including updates from the 2008 Summer Olympics, the paperback edition of

*Marathon Woman* details the life of an incredible, pioneering athlete, and the lasting effect she's had on women's sports. Switzer's energy and drive permeate the pages of this warm, witty memoir as she describes everything from the childhood events that inspired her to succeed to her big win in the 1974 New York City Marathon, and beyond.

[Stealth War](#) Blurb

An introduction to the works of authoritative and innovative Chinese authors whose writings focus on the future of the Chinese military. These carefully selected, representative essays make Chinese military thinking more accessible to western readers. It reveals, for example, China's keen interest in the Revolution in military affairs. This volume is an important starting point for understanding China's future military modernization. "Must reading for every executive of every Western firm doing business in China." "Readers will be impressed by China's ambitions in space, information warfare, stealth, and robots, in future warfare." Photos.

[Chinese Views of Future Warfare](#) HMH

What life was like for ordinary French and English people, embroiled in a devastating century-long conflict that changed their world *The Hundred Years War* (1337-1453) dominated life in England and France for well over a century. It became the defining feature of existence for generations. This sweeping book is the first to tell the human story of the longest military conflict in history. Historian David Green focuses on the ways the war affected different groups, among them knights, clerics, women, peasants, soldiers, peacemakers, and kings. He also explores how the long war altered governance in England and France and reshaped peoples' perceptions of themselves and of their national character. Using the events of the war as a narrative thread, Green illuminates the realities of battle and the conditions of those compelled to live in occupied territory; the roles played by clergy and their shifting loyalties to king and pope; and the influence of the war on developing notions of government, literacy, and education. Peopled with vivid and well-known characters--Henry V, Joan of Arc, Philippe the Good of Burgundy, Edward the Black Prince, John the Blind of Bohemia, and many others--as well as a host of ordinary individuals who were drawn into the struggle, this absorbing book reveals for the first time not only the Hundred Years War's impact on warfare, institutions, and nations, but also its true human cost.

[The Boston Marathon](#) Penguin

A timely, provocative exposé of American political and business leadership's deep ties to China: a network of people who believe they are doing the right thing--at a profound and often hidden cost to U.S. interests. The past few years have seen relations between China and the United States shift, from enthusiastic economic partners, to wary frenemies, to open rivals. Americans have been slow to wake up to the challenges posed by the Chinese Communist Party. Why did this happen? And what can we do about it? In *America Second*, Isaac Stone Fish traces the evolution of the Party's influence in America. He shows how America's leaders initially welcomed China's entry into the U.S. economy, believing that trade and engagement would lead to a more democratic China. And he explains how--although this belief has proved misguided--many of our businesspeople and politicians have become too dependent on China to challenge it. *America Second* exposes a deep network of Beijing's influence in America, built quietly over the years through prominent figures like former secretaries of state Henry Kissinger and Madeleine Albright, Disney chairman Bob Iger, and members of the Bush family. And it shows how to fight that influence--without being paranoid, xenophobic, or racist. This is an authoritative and important story of corruption and good intentions gone wrong, with serious implications not only for the future of the United States, but for the world at large.

[The Hidden History of American Disaster in Asia](#) Encounter Books

The twenty-fourth semi-annual Munk Debate, held on May 9, 2019, pits former Assistant to the President for National Security Affairs H. R. McMaster and Director for Chinese Strategy at the D.C.-based Hudson Institute think tank Michael Pillsbury against former President of the United Nations Security Council Kishore Mahbubani and president of one of China's top independent think tanks, the Center for China Globalization, Huiyao Wang to debate the threat of China to the liberal international order. Increasingly in the West, China is being characterized as a threat to the liberal international order, one that must be overcome through economic, political, technological, and even military means. For those who believe that the policies of the Chinese Communist Party pose a threat to free and open societies, the U.S. and like-minded nations must band together to preserve a rules-based international order. For others, this approach spells disaster; it ignores the history and dynamics propelling China's rise to superpower status. Rather than threatening the post-war order, China is its best, and maybe only, guarantor in an era of declining U.S. leadership, increased regional instability, and slowing global growth.

[China's Economy](#) Routledge

The walking dead from 15 centuries haunt this compendium of ghostly visitations through the ages, exploring the history of our fascination with zombies and other restless souls. Since ancient times, accounts of supernatural activity have mystified us. Ghost stories as we know them did not develop until the late nineteenth century, but the restless dead haunted the premodern imagination in many forms, as recorded in historical narratives, theological texts, and personal letters. *The Penguin Book of the Undead* teems with roving hordes of dead warriors, corpses trailed by packs of barking dogs, moaning phantoms haunting deserted ruins, evil spirits emerging from burning carcasses in the form of crows, and zombies with pestilential breath. Spanning from the Hebrew scriptures to the Roman Empire, the Scandinavian sagas to medieval Europe, the Protestant Reformation to the Renaissance, this beguiling array of accounts charts our relationship with spirits and apparitions, wraiths and demons over fifteen hundred years, showing the evolution in our thinking about the ability of dead souls to return to the realm of the living—and to warn us about what awaits us in the afterlife. For more than seventy years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,700 titles, Penguin Classics represents a global bookshelf of the best works throughout history and across genres and disciplines. Readers trust the series to provide authoritative texts enhanced by introductions and notes by distinguished scholars and contemporary authors, as well as up-to-date translations by award-winning translators.

[China's Master Plan to Destroy America](#) House of Anansi

*NEW YORK TIMES BESTSELLER DEALING WITH CHINA* takes the reader behind closed doors to witness the creation and evolution and future of China's state-controlled capitalism. Hank Paulson has dealt with China unlike any other foreigner. As head of Goldman Sachs, Paulson had a pivotal role in opening up China to private enterprise. Then, as Treasury secretary, he created the Strategic Economic Dialogue with what is now the world's second-

largest economy. He negotiated with China on needed economic reforms, while safeguarding the teetering U.S. financial system. Over his career, Paulson has worked with scores of top Chinese leaders, including Xi Jinping, China's most powerful man in decades. In DEALING WITH CHINA, Paulson draws on his unprecedented access to modern China's political and business elite, including its three most recent heads of state, to answer several key questions: How did China become an economic superpower so quickly? How does business really get done there? What are the best ways for Western business and political leaders to work with, compete with, and benefit from China? How can the U.S. negotiate with and influence China given its authoritarian rule, its massive environmental concerns, and its huge population's unrelenting demands for economic growth and security? Written in the same anecdote-rich, page-turning style as Paulson's bestselling memoir, *On the Brink*, DEALING WITH CHINA is certain to become the classic and definitive examination of how to engage China's leaders as they build their economic superpower.

*China's Playbook for Global Domination* Henry Holt and Company

Someday we may say that we never saw it coming. After seventy-five years of peace in the Pacific, a new challenger to American power has emerged, on a scale not seen in generations. Working from a deep sense of national destiny, the Chinese Communist Party is guiding a country of 1.4 billion people towards what it calls "the great rejuvenation of the Chinese nation," and, with it, the end of an American-led world. Will this generation witness the final act for America as a superpower? Can American ingenuity, confidence, and will power outcompete the long-term strategic thinking and planning of China's Communist Party? These are the challenges that will shape the next decade and more. China's Vision of Victory brings the reader to a new understanding of China's planning, strategy, and ambitions. From seabed to space, from Africa to the Arctic, from subsurface warfare to the rise of China's global corporations, this book will illuminate for the reader the new great game of our lifetimes, and how our adversary sees it all.

**The Marathon Don't Stop** John Wiley & Sons

The Once and Future Hegemon In a world bristling with dangers, only one enemy poses a truly mortal challenge to the United States and the peaceful and prosperous world that America guarantees. That enemy is China, a country -that invented totalitarianism thousands of years ago -whose economic power rivals our own -that believes its superior race and culture give it the right to universal deference -that teaches its people to hate America for standing in the way of achieving its narcissistic "dream" of world domination -that believes in its manifest destiny to usher in the World of Great Harmony -which publishes maps showing the exact extent of the nuclear destruction it could rain down on the United States Steven Mosher exposes the resurgent aspirations of the would-be hegemon—and the roots of China's will to domination in its five-thousand-year history of ruthless conquest and assimilation of other nations, brutal repression of its own people, and belligerence toward any civilization that challenges its claim to superiority. The naïve idealism of our "China hands" has lulled America into a fool's dream of "engagement" with the People's Republic of China and its "peaceful evolution" toward democracy and freedom. Wishful thinking, says Mosher, has blinded us to the danger we face and left the world vulnerable to China's overweening ambitions. Mosher knows China as few Westerners do. Having exposed as a visiting graduate student the monstrous practice of forced abortions, he became the target of the regime's crushing retaliation. His encyclopedic grasp of China's history and its present-day politics, his astute insights, and his bracing realism are the perfect antidote for our dangerous confusion about the Bully of Asia.

*Inside Communist China's Drive for Global Supremacy* Vintage

The United States and China are locked in a "cold tech war," and the winner will end up dominating the twenty-first century. Beijing was not considered a tech contender a decade ago. Now, some call it a leader. America is already behind in critical areas. It is no surprise how Chinese

leaders made their regime a tech powerhouse. They first developed and then implemented multiyear plans and projects, adopting a determined, methodical, and disciplined approach. As a result, China's political leaders and their army of technocrats could soon possess the technologies of tomorrow. America can still catch up. Unfortunately, Americans, focused on other matters, are not meeting the challenges China presents. A whole-of-society mobilization will be necessary for the U.S. to regain what it once had: control of cutting-edge technologies. This is how America got to the moon, and this is the key to winning this century. Americans may not like the fact that they're once again in a Cold War-type struggle, but they will either adjust to that reality or get left behind.

*Chaos Under Heaven* Yale University Press

The United States' approach to China since the Communist regime in Beijing began the period of reform and opening in the 1980s was based on a promise that trade and engagement with China would result in a peaceful, democratic state. Forty years later the hope of producing a benign People's Republic of China utterly failed. The Communist Party of China deceived the West into believing that the its system and the Party-ruled People's Liberation Army were peaceful and posed no threat. In fact, these misguided policies produced the emergence of a 21st Century Evil Empire even more dangerous than a Cold War version in the Soviet Union. Successive American presidential administrations were fooled by ill-advised pro-China policymakers, intelligence analysts and business leaders who facilitated the rise not of a peaceful China but a threatening and expansionist nuclear-armed communist dictatorship not focused on a single overriding strategic objective: Weakening and destroying the United States of America. Defeating the United States is the first step for China's current rulers in achieving global supremacy under a new world order based an ideology of Communism with Chinese characteristics. The process included technology theft of American companies that took place on a massive scale through cyber theft and unfair trade practices. The losses directly supported in the largest and most significant buildup of the Chinese military that now directly threatens American and allied interests around the world. The military threat is only half the danger as China aggressively pursues regional and international control using a variety of non-military forces, including economic, cyber and space warfare and large-scale influence operations. Deceiving the Sky: Inside Communist China's Drive for Global Supremacy details the failure to understand the nature and activities of the dangers posed by China and what the United States can do in taking needed steps to counter the threats.

*China's Secret Strategy to Replace America as the Global Superpower* Penguin

In its fight for global dominance, Communist China has thrown out the old rules of war. China expert General Robert Spalding walks us through their new playbook. Many Americans are finally waking up to the alarming reality of China's stealth war on the United States and puzzling over how to push back against its insidious infiltration. What few realize is that we have one real advantage in this war: the Chinese Communist Party strategy for total war has been written out in *Unrestricted Warfare*, the Chinese book, well known there, that has become their new Art of War. In *War Without Rules*, retired Air Force Brigadier General Rob Spalding takes Americans inside *Unrestricted Warfare*. He walks readers through the principles of this book, revealing the Chinese belief that there is no sector of life outside the realm of war. He shows how the CCP itself has promised to use corporate espionage, global pandemics, and trade violations to achieve dominance. Most importantly, he provides insight into how, once Americans are aware of the tactics, we can fight back against CCP's creeping influence. More than a vital read for those interested in China, *War Without Rules* is essential reading for anyone—from policymakers and diplomats to businessmen and investors—finally waking up to the stealth war. Knowledge is power, and it's time to arm yourself.