

# Contents

Foreword..... xxi

## **Book One: WHY A STOCK MARKET CRASH, MONETARY DEFLATION AND ECONOMIC DEPRESSION ARE LIKELY TO OCCUR SOON**

### **Part I: The Case for Crash and Depression**

- 1: A Myth Exposed .....5
- 2: When Do Depressions Occur?..... 17
- 3: When Do Stock Markets Turn from Up to Down?.....22
- 4: The Position of the Stock Market Today .....32
- 5: Evidence from Stock Participation and Economic Performance .....41
- 6: The Significance of Historically High Stock Market Valuation.....50
- 7: The Significance of Historically Optimistic Psychology .....63
- 8: Implications for the Stock Market and the Economy .....78

### **Part II: The Case for Deflation**

- 9: When Does Deflation Occur?.....87
- 10: Money, Credit and the Federal Reserve Banking System.....96
- 11: What Makes Deflation Likely Today?..... 105
- 12: Timing Deflations: The Kondratieff Cycle ..... 113
- 13: Can the Fed Stop Deflation? ..... 121

## **Book Two: HOW TO PROTECT YOURSELF AND PROFIT FROM DEFLATION AND DEPRESSION**

- 14: Making Preparations and Taking Action..... 139
- 15: Should You Invest in Bonds? ..... 143
- 16: Should You Invest in Real Estate? ..... 151
- 17: Should You Invest in Collectibles?..... 158
- 18: Should You Invest in "Cash"?..... 161
- 19: How To Find a Safe Bank ..... 175
- 20: Should You Speculate in Stocks?..... 189
- 21: Should You Invest in Commodities? ..... 201
- 22: Should You Invest in Precious Metals?.....206
- 23: What To Do With Your Pension Plan.....216
- 24: What To Do With Your Insurance and Annuities .....219
- 25: Reliable Sources for Financial Warnings .....224
- 26: How To Ensure Your Physical Safety .....229
- 27: Preparing for a Change in Politics .....235
- 28: How To Identify a Safe Haven.....241
- 29: Calling in Loans and Paying Off Debt .....245
- 30: What You Should Do If You Run a Business.....248
- 31: What You Should Do with Respect to Your Employment .....250
- 32: Should You Rely on Government To Protect You?.....252
- 33: A Short List of Imperative "Do's" and Crucial "Don'ts" .....258
- 34: What To Do at the Bottom of a Deflationary Crash  
and Depression .....261

### **Book Three**

#### **Added for the 2009 edition**

- Appendix A: Added Services & Updated Contact Information .....269
- Appendix B: Updated U.S. Banks, Insurers and Money Market Funds .....291
- Appendix C: *Elliott Wave Theorist* Market Commentary, 2003-2007 .....303
- Appendix D: *Elliott Wave Theorist* Deflation Commentary, 2003-2007 .....363
- Appendix E: Full Circle.....441
- Media and Misc. References .....451