**Essay: The more you sweat in peace, the less you bleed in war**

**Sample Introduction:**

**(Grabber)** Of 193 United Nations member countries, compared on the percentage change in Gross Domestic Product (GDP) between 2007 and 2009, the most impacted countries were predominantly the United States and the whole of Europe alongside East Asian states, except China. The crisis triggered by low interest rate mortgage loans granted in the advanced economies without prior actions in fiscal and monetary policies. According to the Federal Reserve report published in April, 2009, the U.S. gross domestic product decreased by **4.3 percent**, making it the deepest recession since World War II. Conversely, the countries which undertook tight fiscal and monetary policy actions, thereby integrating their system of financial institutions, assisted them to overcome the crisis. China on the other side started raising its primary interest rates before the crisis actually occurred. Indubitably, borrowing activity was slowed down as a result, but didn't freeze and helped the Chinese economy continues to progress. This engenders a phenomenon called stitch in time saves nine. Questions + Brief Outline + Thesis Statement…

The most impacted countries were predominantly Eastern European and trade-dependent lower-middle income nations.

**Estonian Case Study:**

During the crisis, GDP decreased by **4.2%** in 2008 and by 14.1% in 2009, making it the third-deepest decline in the European Union (EU).

**Ukrainian Case Study:**

Ukraine's economy shrunk 14.4 percent year-on-year in November 2008. (Investopedia)

**U.S. Case Study:**

US gross domestic product fell by **4.3 percent**, making this the deepest recession since World War II. The unemployment rate more than doubled, from less than 5 percent to 10 percent. **(Federal Reserves History)**