



# **Putting Defense Back into U.S. Defense Policy: Rethinking U.S. Security in the Post-Cold War World (Praeger Security International)**

*Ivan Eland*

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In this compelling study, Eland questions the core assumptions of the American foreign policy and defense establishments that call for military interventions around the world and high and increasing defense budgets at home. He outlines a security policy more appropriate to the sober realities of the post-Cold War era. This is an approach that calls for military restraint overseas, taking advantage of the already secure U.S. geostrategic position, while safeguarding vital national interests. Eland details the military force structure needed for this new role and calculates the reduced defense budget required to pay for these forces.

This book is a timely wake-up call to those who make American foreign and defense policies. It demands a badly needed re-thinking of America's national interests. In the author's view, America's natural geostrategic position places it at a natural advantage, rendering unnecessary a forward defense posture. A non-interventionist foreign policy would save money by requiring lower defense budgets. An America less willing to get involved in complex overseas disputes unrelated to U.S vital interests would also be less likely to make enemies around the world.

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