*The Four Turnings / Cycles of American History*[Main Theme Topics]

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| HIGH | AWAKENING | UNRAVELING | CRISIS | OVER-COMPENSATION |
| COMMONWEALTH  [1690s - 1730s]  salutary neglect | GREAT AWAKENING  [1730s-1750s]  free-will doctrine | TAX REVOLT  [1756-1775]  actual representation | AMERICAN REVOLUTION  [1775-1783]  Declaration of Independence | THE CONFEDERATION  [1777-1789]  Shays Rebellion |
| NEW REPUBLIC  [1787-1825]  Hamiltonian Economics | TRANSCENDENTALISM  [1825-1845]   Abolition | SECTIONALISM  [1845-1861]  Mexican War | CIVIL WAR  [1861-1864]  Secession | RECONSTRUCTION  [1866-1877]  Civil War Amendments |
| GILDED AGE  [1877-1901]  Industrial Revolution | PROGRESSIVES  [1901-1919]    Women Suffrage | ROARING 20S  [1919-1930]    Prohibition | GREAT DEPRESSION  [1930-1933]   Stock-Market Collapse | NEW DEAL  [1933-1946]   Three Rs  Relief, Reform, Regulation |
| POST-WAR AMERICA  [1946-1967]  Cold War  Civil Rights | CONSCIOUSNESS  [1967-1987]  Counter Culture  Black Power | Culture Wars  [1987-  9/11  Economic Meltdown | ??? | ??? |