

# Social Power Dynamics: Start Here

The Power Moves | 21 February, 2020 | by Lucio Buffalmano

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Go in this order:

## Social Skills

Before learning [power dynamics](#), acquire a minimum level of social skills and emotional intelligence.

Some people naturally have both, while some others learned it with time. Still, it won't hurt to review the basics:

1. [Best social skills books](#): the best books and resources to learn the basics
2. [The laws of social success](#): learning to analyze social relationships as exchanges will help you get into a mindset of being a giver, which will do a lot of good things for you
  1. Also check the forum entries for some typical mistakes linked to the law of social exchange: missing the [WIIFM](#) and [failing to put their best foot forward](#)
3. [Learn to move beyond exchanges for close relationships](#): The social exchange law is strongest among *strangers* and business-based transactions. But the closer you get to someone, the more you want to add different layers. For example, see "[how to bond with people](#)" and "[how to be a leader](#)" to get a feel for the higher levels of social skills
4. [Learn power dynamics](#): this is a series of 4 articles on [dominant body language](#), [verbal expressions of power](#), [body language of submission](#), and [verbal expressions of submission](#). They will help you understand social dynamics at a deeper level than most other resources

## Power Dynamics

These are some of the basics

1. [Power dynamics](#): let's start with a definition, and why they matter
2. [The irrefutable laws of power](#): this post lists the main laws of personal and social power, and it will help you prioritize your self-development goals
3. [The fundamental strategies of power](#): this post details what works best for long-term success - success and power are the same-
4. [Mix power with warmth](#): Machiavelli said that, ideally, a prince should be feared and loved at the same time. He was right. That's why you want *both* power and warmth. Also read "[value and availability](#)", which is the ultimate goal of mixing power and warmth.
5. [Frame control techniques](#): understanding frames is understanding power dynamics. The full lesson is in social power, but here you get 75% of the value

These will provide you with the basics.

From here on, you can move to mastery with [Power University](#).

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