

Contents

Foreword by George Lakey	ix
About Quakers and the Author	xiii
Introduction	xv
Using This Book	xix
Activity: Learning Contract or Journaling	xxi
Activity: Your Values and a Special Person	xxii
Activity: Your Strengths	xxiii
Section 1: Peace and Power	1
1. What Peace is Not	3
Tips from This Chapter	9
Activity: Group Ideas—What Peace is Not	9
Example: Experience Changes Beliefs in Kenya	10
2. Us and Others	12
Tips from This Chapter	20
Activity: Transforming Bias	22
3. Power-over	23
Tips from This Chapter	30
4. Power-with and Power-from-within	32
Tips from This Chapter	41
Activity: Walk Around	42
Activity: Find Your Power-from-within	43
5. Process and Change	44
Tips from This Chapter	49
Activity: Meeting an Unsympathetic Politician	49

Section 2: Communication Skills	51
6. Firm Belief	53
Tips from This Chapter	70
Activity: Decision Making	72
Activity: Our Position.	73
7. Treating Emotions with Care	75
Tips from This Chapter	84
Activity: Making Connections.	85
8. Communication	87
Tips from This Chapter	97
Activity: Rewording a Conflict	99
Activity: Concentric Circles	100
Questions for This First Concentric Circles Activity	101
9. Conflict	102
Tips from This Chapter	107
Activity: What Would You Need?	107
Example: Who Gets Recognized?	108
Section 3: Violence and Interpersonal Peace	113
10. Seeing Violence	115
Tips from This Chapter	121
11. What's Natural?	123
Tips from This Chapter	129
12. Safety	130
Tips from This Chapter	136
Activity: Accepting Everyone	137
Example: The Nashville Sit-ins	137
13. When Hate Rises	139
Tips from This Chapter	147
Activity: Violence	148
Example: Sammy Rangel	148

14. Violence in Social Change	151
Tips from This Chapter	159
Example: Elections in Idlib City	160
Activity: Four Elements	161
Activity: Follow the Leader	161
15. Who Benefits?	163
Tips from This Chapter	170
Activity: Mainstream and Margins	171
16. Oppressors and Victims	173
Tips from This Chapter	179
Example: Pronouns	180
Activity: What's Changed So Far?	189
Section 4: Inner Peace	191
17. Connection	193
Tips from This Chapter	199
18. Changing Ourselves	200
Tips from This Chapter	208
Activity: Kindness Meditation	209
Activity: Gratitude	212
Section 5: Structural Peace	213
19. Who's Dreaming?	215
Tips from This Chapter	220
20. Just War, Just Peace, and Responsibility	221
Tips from This Chapter	228
Example: Healing and Rebuilding our Communities	229
21. Unarmed Civilian Protection	234
Tips from This Chapter	239
Example: Bear Clan Patrol	240
Activity: De-escalation on the Subway	240

22. Mediation	243
Tips from This Chapter	248
Example: Concerned Citizens for Peace	249
23. Peace Education	251
Tips from This Chapter	254
Example: Power-with the Smallest Children?	255
Activity: Peacebuilding Dreams	259
Activity: What is Peace?	260
24. What Peace Is	261
Tips from This Chapter	264
Appendix 1: What We Mean by a Culture of Peacebuilding	265
Appendix 2: The Basics of Facilitation	269
Notes	275
Index	319
About New Society Publishers	328