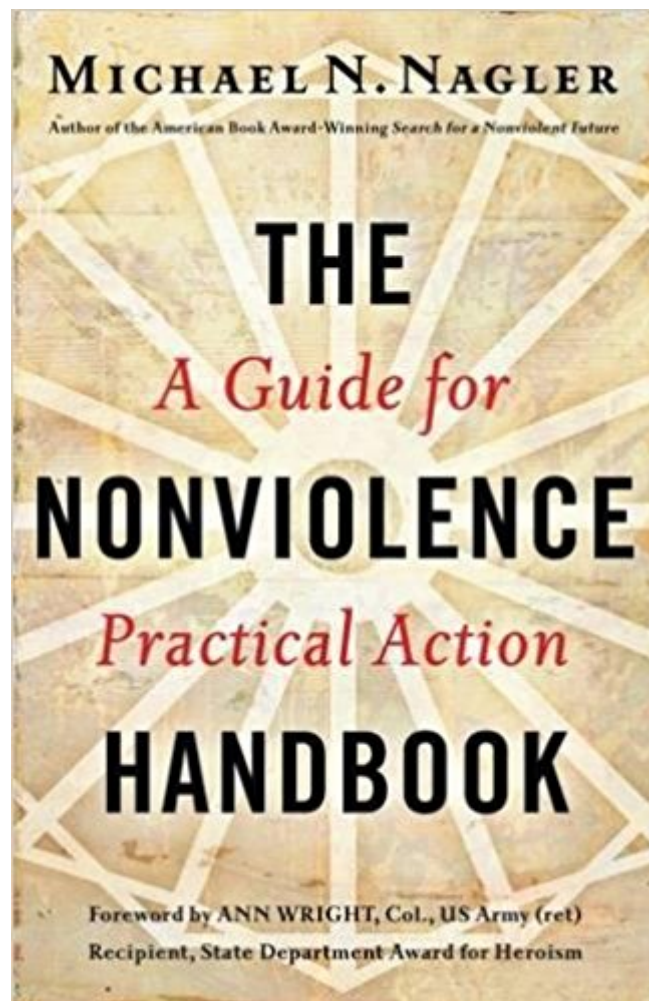




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# The Nonviolence Handbook: A Guide For Practical Action



## Synopsis

“Nonviolence is not the recourse of the weak but actually calls for an uncommon kind of strength; it is not a refraining from something but the engaging of a positive force,” renowned peace activist Michael Nagler writes. Here he offers a step-by-step guide to creatively using nonviolence to confront any problem and to build change movements capable of restructuring the very bedrock of society. Nagler identifies some specific tactical mistakes made by unsuccessful nonviolent actions such as the Tiananmen Square demonstrations and the Occupy protests and includes stories of successful nonviolent resistance from around the world, including an example from Nazi Germany. And he shows that nonviolence is more than a tactic—it is a way of living that will enrich every area of our lives.

## Book Information

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## Customer Reviews

Michael N. Nagler is the founder and president of the Metta Center for Nonviolence. He cofounded the Peace and Conflict Studies Program at UC Berkeley, where he is professor emeritus of classics and comparative literature.

Pithy, readable and practical! A book that will definitely inform my work in launching a Peace Studies program at my institution. It could easily be used as a text or a reference. Students would get a lot out of it's practicality rooted in the wisdom of activists and academics while not getting

weighed down by lengthy monologues on theory. I've recommended it to others and do so here as well.

Michael Nagler, who is the intellectual champion of nonviolence in my experience, a deeply spiritual man who has provided the disciplined intellectual guidance to complement my spiritual journey into nonviolence, has put together this very handy practical handbook. Everyone learning to be nonviolent, realizing its full power, can use this book as the handbook and guide to keep them on the road to realize their nonviolence fully.

For all of us who want to be the change, this is a must. Michael shares his experience with non-violence and demonstrates the huge benefits this way of being provides to ourselves and our society.

I have followed Mr. Nagler and his mentor Eknath Easwaran for many years. Nonviolence is a mental challenge for me. This brings the many strands of the spiritual dimensions of nonviolence together with practical examples of how to focus on the problem and avoid humiliation of either party. I am working to bring these concepts into my life and my thoughts. The creativity demanded is very demanding. Even for such a simple thing as helping my younger daughter resolve school conflicts and low level domestic conflict.

This is a good introduction to nonviolent action.

Read this and use the book as a manual for implementation!

A fine introduction to nonviolent struggle both personal and public

Not much new here. Nevertheless, a practical little book.

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