



Beginning Nonviolence: Learning and Teaching Nonviolence To Use Every Day

John Looney, Kezia Sproat

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Beginning Nonviolence is a guide to proactive problem solving using proven strategies and tactics of nonviolence. Not a remote system used only by saints, albeit deeply rooted in the Ghandian-Kingian tradition, this handbook offers specific strategies for building peace in families, schools, communities, and commerce. Readers will learn ways to tap into the vast reservoir of power called nonviolence for use in everyday life. Based on a highly respected course, Alternatives to Violence, developed in Northeast Ohio in the 1970s, this book can be used as a primer as well as an introduction to an ancient body of knowledge that is reflected in the world's major religions. The authors believe that the practice of nonviolence in everyday interactions is far more efficient and productive than common oppositional competitiveness. Those who try the strategies offered here will be convinced of the greater efficiency of nonviolence. For still more information, readers are encouraged to visit the website, alternativestoviolencecourse.org, as well as the book website, BeginningNonviolence.blogspot.com Keywords: nonviolence, violence, anger, conflict, resolution, peace, listening, arbitration, mediation

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