

Cultivating Nonviolence, Harvesting Peace Book List

Personal Nonviolence: A Practical Spirituality for Peacemakers
by Gerard Vanderhaar

In this book, a compilation of much of his decades-long work on nonviolence, Vanderhaar explains how a spirituality of nonviolence provides methods and guidance in everyday activities such as speech, leadership, and dealing with difficult people or even those who might be seen as enemies. He outlines how this spirituality helps us to understand both our gifts and our shortcomings and to deal with the challenges of life in the twenty-first century.

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