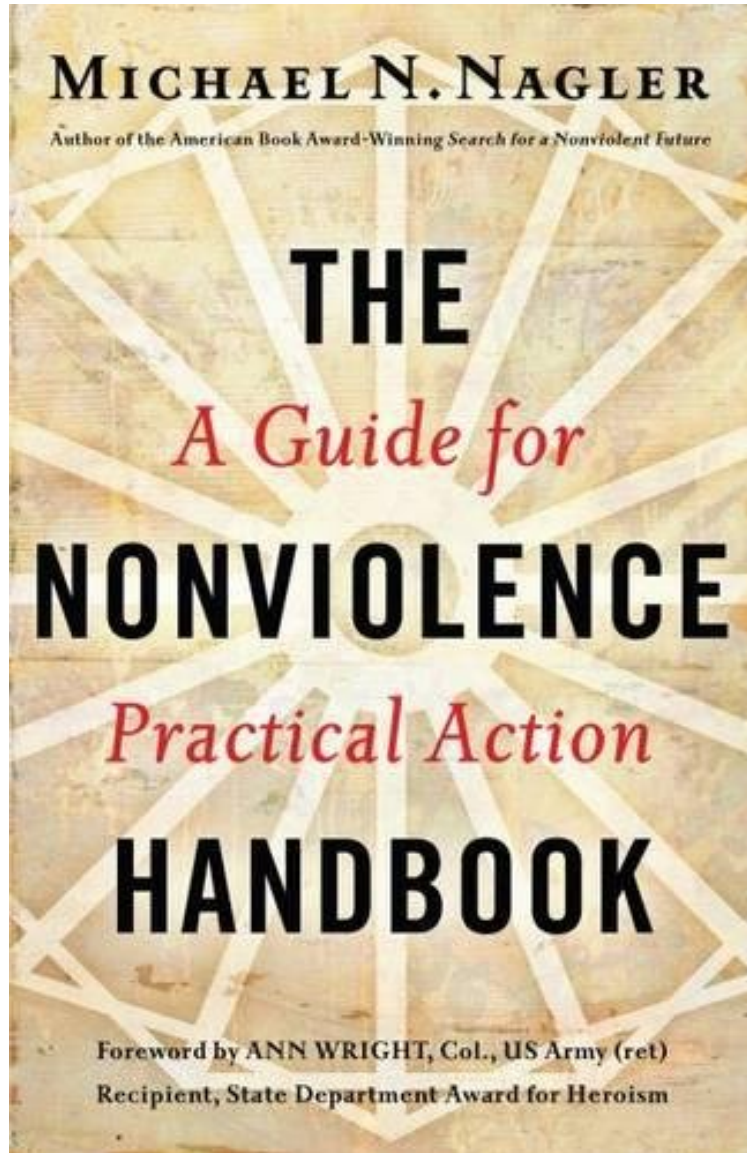


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## The Nonviolence Handbook: A Guide for Practical Action

*Michael N. Nagler Ph.D.*

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**Michael N. Nagler Ph.D. :** **The Nonviolence Handbook: A Guide for Practical Action** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Nonviolence Handbook: A Guide for Practical Action:

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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.

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.

About the Author  
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.