



The Practical Peacemaker: How Simple Living Makes Peace Possible

Kate Lawrence

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The Practical Peacemaker shows how compassionate people concerned about violence, inequity, and environmental destruction can, by living simply, transform their lives into an effective statement for peace. Everyday choices, if arising from ethical intention, can make a substantial difference. Written especially for those who have despaired of being able to make any meaningful response, **The Practical Peacemaker** empowers as it outlines a broader vision than has been articulated by previous books on simple living. To become peacemakers, we need to pay as much attention to what is happening in our thinking as we do to downsizing our budget or clearing our clutter.

The book examines such peace-destroying personal habits as careless eating and drinking, overbusy schedules, seeking instant gratification, and anger. It goes on to consider societal obstacles to peace, such as advertising, media saturation, rudeness, prejudice, environmental degradation, and overpopulation. At both the personal and societal levels, readers are shown specific positive actions they can take, without waiting for others to change, which will further the cause of peace in themselves and in the world.

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