

Resources on Social Movements and Nonviolence

David Lambert, Chair of the Spring Assembly Planning Committee Makes these recommendations. "Below are some books I think are excellent sources to explore."

1. **Civil Resistance: What Everyone Needs To Know.** Erica Chenoweth. 2021. The author is well known as a researcher on nonviolence and civil resistance movements. Deep examination of effects of violence and nonviolence in social movements.
2. **This Is An Uprising: How Nonviolent Revolt Is Shaping the Twenty-First Century.** Mark Engler and Paul Engler. 2016. Thorough examination of how seemingly spontaneous events are often preceded by long periods of active grassroots activism providing motivation and drive that culminates into mass action following a particular incident: Think the George Floyd murder.
3. **A Power Governments Cannot Suppress.** Howard Zinn. 2007. One of numerous books by Zinn (author of *A People's History of the United States-1492-present*). Zinn was a long time advocate and champion of what ordinary people could do when they organized together against injustices of all kinds.
4. **Active Hope: How to Face the Mess We're in without going Crazy.** Joanna Macy & Chris Johnstone. 2012. Macy and Johnstone write about how we can be part of a larger social movement in a deep, centered, and balanced way. Excellent book in helping us look inward while also acting on the world outwardly.
5. **How Nonviolence Struggle Works.** Gene Sharp. 2013. Excellent examination of all types of nonviolent struggles, tactics, and various other issues involving movements and nonviolence.
6. **Healing Resistance: A Radically Different Response To Harm. My Life and Training in the Nonviolent Legacy of Dr. King.** Kazu Haga. 2020. Haga weaves in considerable personal information in his writing on nonviolence and social change. Prior to Covid, he and his associates at East Point Academy in Oakland trained attendees at Seabeck (FOR Northwest Regional Conference) one year. He also has helped train MYPF youth activists in Kingian nonviolence.
7. **The Roots of Goodness & Resistance to Evil. Inclusive Caring, Moral Courage, Altruism Born of Suffering, Active Bystandership, and Heroism.** Ervin Staub. 2015. This book is somewhat different in that it is a deep study of war, survival, and especially a look at people who survive and/or help others survive horrendously dangerous situations. It also describes and points out what some have referred to as Post Traumatic Growth in individuals who have experienced terribly inhumane experiences.