

Peace by Peace

99 Steps Toward Violence Prevention and De-escalation

Ian Brennan

Ending violence and creating peace begins with ourselves and our interpersonal encounters in our daily lives. With impeccable wisdom and graceful simplicity, *Peace by Peace* offers 99 points to provoke thought and discussion and transform our relationships and lives, addressing questions such as:

- What are some common pitfalls that lead us to make a crisis situation worse?
- How do trauma, fear, and despair factor into escalation of conflict?
- If anger is not something that we can get “out of our system” by giving it free rein, then what can we do about it instead?
- How does binary black-and-white thinking impede our mental well-being?
- Is it possible to find common ground with someone even if we believe they are factually wrong?
- When is it better to walk away rather than stand one’s ground?
- How can we resolve common types of confusion that most often lead to conflict?

Ian Brennan’s insights draw from his decades of experience successfully providing violence prevention and crisis resolution training to hundreds of thousands of people in schools, hospitals, and acute-psychiatric settings, and beyond, as well as those facing criminal charges for violent conduct.

ABOUT THE AUTHOR

Ian Brennan is a Grammy-winning music producer who has produced three other Grammy-nominated albums. He is the author of ten previous books and has worked with the likes of Fugazi, John Waters, Merle Haggard, Tinariwen, and Green Day, among others. His work with international artists such as the Zomba Prison Project, Tanzania Albinism Collective, and Khmer Rouge Survivors, has been featured on the front page of the *New York Times* and on an Emmy-winning *60 Minutes* segment with Anderson Cooper reporting. Since 1993 he has taught violence prevention and conflict resolution around the world for such prestigious organizations as the Smithsonian, New York’s New School, Berklee College of Music, the University of London, the University of California–Berkeley, and the Accademia Nazionale delle Scienze in Rome. His previous books with PM Press include *Silenced by Sound: The Music Meritocracy Myth* and *Missing Music: Voices from Where the Dirt Roads End*.

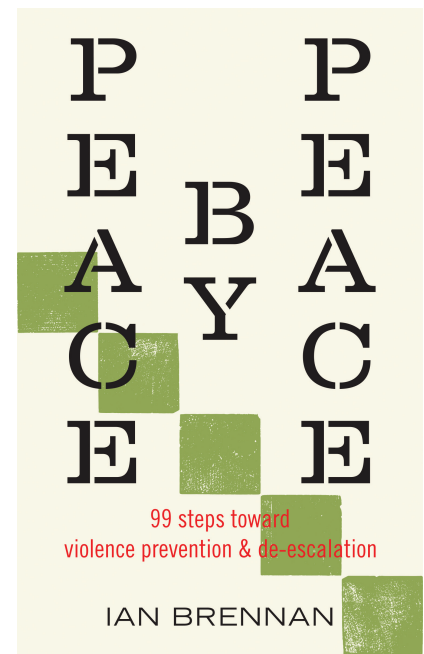
ACCOLADES

“Brennan calls for a restructuring of how we speak as a way to expand our ways of thinking, eliminating all-or-nothing/black-and-white words and creating a world without hate.”

—Patt Denning, Harm Reduction Center

“In a world gone mad, Ian Brennan’s teachings are a calm in the storm.”

—Bob Forrest, author of *Running with Monsters: A Memoir*



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IAN BRENNAN

SUBJECT CATEGORY

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