

# Manuale Pratico Di Comunicazione Nonviolenta Per Lo Studio Individuale O Di Gruppo Del Libro ALe Parole Sono Finestre Oppure MuriA

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*What Your Mother Couldn't Tell You and Your Father Didn't Know* John Gray 1995 A practical guide to achieving and maintaining personal fulfilment within a thriving and exciting long-term relationship, without having to chose between self-sacrifice or divorce.

*Men Are from Mars, Women Are from Venus* John Gray 1993-04-23 Popular marriage counselor and seminar leader John Gray provides a unique, practical and proven way for men and women to communicate and relate better by acknowledging the differences between them. Once upon a time Martians and Venusians met, fell in love, and had happy relationships together because they respected and accepted their differences. Then they came to earth and amnesia set in: they forgot they were from different planets. Using this metaphor to illustrate the commonly occurring conflicts between men and women, Gray explains how these differences can come between the sexes and prohibit mutually fulfilling

loving relationships. Based on years of successful counseling of couples, he gives advice on how to counteract these differences in communication styles, emotional needs and modes of behavior to promote a greater understanding between individual partners. Gray shows how men and women react differently in conversation and how their relationships are affected by male intimacy cycles ("get close", "back off"), and female self-esteem fluctuations ("I'm okay", "I'm not okay"). He encourages readers to accept the other gender's particular way of expressing love, and helps men and women learn how to fulfill each other's emotional needs. With practical suggestions on how to reduce conflict, crucial information on how to interpret a partner's behavior and methods for preventing emotional "trash from the past" from invading new relationships, *Men Are from Mars, Women Are from Venus* is a valuable tool for couples who want to develop deeper and more satisfying relationships with their partners.

## **The Surprising Purpose of Anger**

Marshall B. Rosenberg 2005 You can feel it when it hits you. Your face flushes and your vision narrows. Your heartbeat increases as judgmental thoughts flood your mind. Your anger has been triggered, and you're about to say or do something that will likely make it worse. You have an alternative. By practicing the Nonviolent Communication (NVC) process you can use that anger to serve a specific, life-enriching purpose. It tells you that you're disconnected from what you value and that your needs are not being met. Rather than managing your anger by suppressing your feelings or blasting someone with your judgments, Marshall Rosenberg shows you how to use anger to discover what you need, and then how to meet your needs in constructive ways. This booklet will help you apply these four key truths: - People or events may spark your anger but your own judgments are its cause - Judging others as "wrong" prevents you from connecting with your unmet needs - Getting clear about your needs helps you identify solutions satisfying to everyone - Creating strategies focused on meeting your needs transforms anger into positive actions

*On the Problem of Empathy* Waltraut Stein 2013-12-11

**Regime coloniale intellettuali e notabili in India** Michelguglielmo Torri 1996

**Deep Purple** Ted Allbeury 1990-03 Street saavy Army Intelligence agent Eddie Hoggart climbs through the ranks of MI6 and forms an unsettling alliance with a Russian defector in order to expose a highly placed traitor within the Corps

Manuale pratico di comunicazione nonviolenta Lucy Leu 2014

## **A Little Book on the Human Shadow**

Robert Bly 2009-10-06 Robert Bly, renowned poet and author of the ground-breaking bestseller *Iron John*, mingles essay and verse to explore the Shadow -- the dark side of the human personality -- and the importance of confronting it.

## **How to Argue With a Racist**

Adam Rutherford 2020-08-04 Racist pseudoscience is on the rise. Neo-Nazis and white supremacists are obsessed with

genetics, as they believe it will prove their racial purity. But they don't know what they're talking about. Learn why in this timely, authoritative weapon against the misuse of science to justify bigotry.

The Anarchist Cookbook William Powell 2018-03-11 The Anarchist Cookbook will shock, it will disturb, it will provoke. It places in historical perspective an era when "Turn on, Burn down, Blow up" are revolutionary slogans of the day. Says the author "This book... is not written for the members of fringe political groups, such as the Weatherman, or The Minutemen. Those radical groups don't need this book. They already know everything that's in here. If the real people of America, the silent majority, are going to survive, they must educate themselves. That is the purpose of this book." In what the author considers a survival guide, there is explicit information on the uses and effects of drugs, ranging from pot to heroin to peanuts. There is detailed advice concerning electronics, sabotage, and surveillance, with data on everything from bugs to scramblers. There is a comprehensive chapter on natural, non-lethal, and lethal weapons, running the gamut from cattle prods to sub-machine guns to bows and arrows.

## **Catalogo dei libri in commercio**

On Kindness Adam Phillips 2010-06-22 Kindness is the foundation of the world's great religions and most-enduring philosophies. Why, then, does being kind feel so dangerous? If we crave kindness with such intensity, why is it a pleasure we often deny ourselves? And why—despite our longing—are we often suspicious when we are on the receiving end of it? In this brilliant book, the eminent psychoanalyst Adam Phillips and the historian Barbara Taylor examine the pleasures and perils of kindness. Modern people have been taught to perceive ourselves as fundamentally antagonistic to one another, our motives self-seeking. Drawing on intellectual history, literature, psychoanalysis, and contemporary social theory, this book explains how and why we have chosen loneliness over connection.

argues that a life lived in instinctive, sympathetic identification with others is the one we should allow ourselves to live. Bursting with often shocking insight, this brief and essential book will return to its readers what Marcus Aurelius declared was mankind's "greatest delight": the intense satisfactions of generosity and compassion. *The Seed Savers' Handbook* Jeremy Cherfas 1996 Founder of the UK Heritage Seed Programme and founders of the Australian Seed Savers' Network have collaborated to show how gardeners can protect our global food heritage -- and eat it, too. The seeds and growth cycles of 80 vegetables and culinary herbs described in detail.

**Global Media and Information Literacy Assessment Framework: country readiness and competencies** UNESCO 2013-12-31

**Manuale di storia della pedagogia**

Franco Cambi 2014-11-01T00:00:00+01:00 Il manuale ricostruisce, in forma agile, il lungo percorso della pedagogia in Occidente, prendendo in esame le forme assunte nelle varie epoche con una particolare attenzione per quelle che ne contrassegnano l'identità più attuale, sia dal punto di vista scientifico sia da quello ideologico, ma anche critico-filosofico.

**Dalla rabbia alla gentilezza** Giancarla Tisselli 2021-07-29T00:00:00+02:00 Genitori, insegnanti, educatori e psicologi possono trarre da questo percorso in quattro passaggi dalla rabbia, ai sentimenti, ai bisogni e alla richiesta gentile, una concezione innovativa e paritaria dei rapporti interpersonali e educativi utile da applicare nel quotidiano per migliorare le relazioni. Questo libro aiuta a cambiare le idee inerenti l'utilizzo di comportamenti aggressivi, che possono essere sostituiti da modalità efficaci di espressione dei propri bisogni e vissuti emotivi, comunicati con assertività, empatia e gentilezza. Quando siamo stanchi o stressati ci arrabbiamo pensando di ottenere più velocemente ciò che ci serve, invece la rabbia complica le relazioni: a volte ferisce l'identità di chi la subisce e lascia insoddisfatto di sé chi si è comportato con prepotenza. Riconoscere

che forme di maltrattamento psicologico come deridere, criticare, offendere, punire, ricattare sono modalità prevaricanti che vanno sostituite con modi rispettosi: ascoltare, lodare, incoraggiare, riconoscere, comunicare con empatia, dare fiducia. Migliorare i rapporti in famiglia, a scuola, nei contesti sportivi e sociali è possibile. Alla violenza c'è sempre un'alternativa.

**Dialogue Theories** Frances Sleap 2013 [Nonviolent Communication Companion Workbook](#) Lucy Leu 2015-09-01 "Marshall Rosenberg's groundbreaking Nonviolent Communication: A Language of Life reveals the power of connecting with others on an entirely new level. You realize immediately that every relationship in your life--with family or friends, co-workers, students, teachers, even with yourself--now has the potential for positive, permanent transformation. Learning the Nonviolent Communication (NVC) process has often been equated with learning a whole new way of thinking and speaking. The NVC Companion Workbook helps you easily put these powerful, effective skills into practice with chapter-by-chapter study of Rosenberg's cornerstone text, NVC: A Language of Life. Create a safe, supportive group learning or practice environment that nurtures the needs of each participant. Or, learn on your own as the workbook guides you through self-directed study. Find a wealth of activities, exercises, and facilitator suggestions to refine and practice this powerful way of communicating"--

**Ecolinguistics** Arran Stibbe 2015-05-01 The increasingly rapid destruction of the ecological systems that support life is calling into question some of the fundamental stories that we live by: stories of unlimited economic growth, of consumerism, progress, individualism, success, and the human domination of nature. Ecolinguistics shows how linguistic analysis can help reveal the stories we live by, open them up to question, and contribute to the search for new stories. Bringing together the latest ecolinguistic studies with new theoretical insights and practical analyses, this book charts a new course for ecolinguistics as an

engaged form of critical enquiry. Featuring: A framework for understanding the theory of ecolinguistics and applying it practically in real life; Exploration of diverse topics from consumerism in lifestyle magazines to Japanese nature haiku; A comprehensive glossary giving concise descriptions of the linguistic terms used in the book; Discourse analysis of a wide range of texts including newspapers, magazines, advertisements, films, nonfiction books, and visual images. This is essential reading for undergraduates, postgraduates and researchers working in the areas of Discourse Analysis and Language and Ecology.

#### Nonviolent Communication Toolkit for Facilitators Judi Morin 2022-12

Internationally respected NVC trainers, Judi Morin, Raj Gill, and Lucy Leu have come together to codify more than twenty years of training experience in one hands-on facilitator guide. Whether you're a new facilitator, a seasoned trainer looking to incorporate a more experiential approach, or a team of trainers, the Nonviolent Communication Toolkit for Facilitators has a wealth of resources for you. By breaking Nonviolent Communication down into 18 key concepts, this toolkit provides succinct teaching tools that can be used on their own for shorter sessions, or combined for a long-term or multi-session training.

#### **Nigrizia** 2005

The Power of Nonviolent Resistance M. K. Gandhi 2019-09-24 In time for the one hundred and fiftieth anniversary of his birth, a specially curated collection of Mahatma Gandhi's writings on nonviolent resistance and activism. A Penguin Classic The year 2019 marks the 150th anniversary of Mohandas Karamchand (Mahatma) Gandhi's birth, and Penguin Classics presents a short but comprehensive selection of text by Gandhi that speaks to non-violent civil disobedience and activism. In excerpts drawn from his books, letters, and essays--including from Hind Swaraj, Satyagraha in South Africa, Yeravda Mandir, Ashram Observances in Action, his readings of Thoreau and Tolstoy, and his essays on the life of Socrates--the reader observes the

power and eloquence in which Gandhi expressed his views on non-violent resistance, which have inspired activists from the U.S. Civil Rights movement and around the world. The Power of Nonviolent Resistance includes a new introduction and suggestions for further exploration by renowned Gandhi scholar Tridip Suhrud, which gives context to the time of Gandhi's writings while placing them firmly into the present-day political climate, inspiring a new generation of activists to follow the civil rights hero's teachings and practices.

#### **Reiki - Manuale Pratico per Principianti**

Amelia Teije Hai costantemente a che fare con gli effetti negativi della tua insonnia, ansia, depressione o altri fattori di stress nella tua vita quotidiana? Forse stai anche prendendo dei farmaci per cercare di tenerli sotto controllo... ma niente sembra funzionare nel modo giusto. O forse nessuno di questi disturbi affligge la tua vita quotidiana, ma puoi vedere che sono problemi comuni tra i tuoi amici più stretti e la tua famiglia, e ti piacerebbe essere in grado di aiutare. Sia che si tratti di un viaggio personale, o che il tuo obiettivo sia quello di aiutare gli altri a vedere la luce, il percorso che ti aspetta sta per diventare molto più chiaro. Sapevi che la maggior parte della nostra guarigione e crescita personale avviene nel nostro corpo emotivo e spirituale? Se non sei anche attivo nella guarigione di queste parti di te stesso, probabilmente troverai alcuni dei tuoi altri sforzi che non sono sufficienti. Ma questo non significa che le risposte non sono lì - non significa che non si può ancora andare oltre tutto questo. In realtà, una volta che cominci a guardare in questa nuova direzione, vedrai che la crescita che stavi aspettando è sempre stata dentro di te. Dopo aver studiato e praticato Reiki per cinque anni, ho imparato che la crescita emotiva e spirituale amplifica la guarigione fisica e mentale molte volte più velocemente che concentrandosi solo su di essa. Il Reiki è una delle tecniche di guarigione più potenti conosciute dall'uomo... e la parte migliore è che questa energia ci circonda tutti in ogni momento di

ogni giorno. Non è necessario essere un esperto maestro spirituale o un monaco trascendente per attingere ai benefici del Reiki. È un processo molto semplice e diretto una volta che si comprendono le tecniche e si iniziano ad applicare i principi. Con questa semplice consapevolezza e cambio di mentalità, è possibile liberare l'energia che cambierà tutta la tua vita in meglio. In questo libro troverete : - I principi fondamentali del Reiki ... e perché questo modo di vivere è così benefico per tutti i suoi praticanti - Un breve sguardo alla storia del Reiki (in modo che tu possa capire bene come un così potente e facile modo di vivere sia diventato quello che è oggi) - Approfondimenti innovativi sui diversi stili di Reiki, evidenziando il potere di ciascuno e come puoi utilizzarli tutti a tuo vantaggio - Come è possibile utilizzare strumenti comuni Reiki per contribuire a migliorare la vostra pratica e portare la vostra consapevolezza energetica a nuovi livelli - Le applicazioni più comuni di Reiki - e come si potrebbe applicare questi nella vostra vita quotidiana - Come è possibile utilizzare Reiki per aumentare il vostro umore, non importa quale sia la situazione di fronte a voi sembra - Uno sguardo più profondo al processo di sintonizzazione - come prepararsi e cosa fare dopo ... e molto altro ancora! Non importa dove ti trovi oggi, una vita di relax e pace interna ti sta aspettando. Se sei pronto a sentirti centrato e radicato in tutte le tue interazioni quotidiane, allora scorri in alto e clicca sul pulsante "Aggiungi al carrello" proprio ora!

**Secrets of the Baby Whisperer** Tracy Hogg 2001-06-01 "TRACY HOGG HAS GIVEN PARENTS A GREAT GIFT-the ability to develop early insight into their child's temperament." -Los Angeles Family When Tracy Hogg's *Secrets of the Baby Whisperer* was first published, it soared onto bestseller lists across the country. Parents everywhere became "whisperers" to their newborns, amazed that they could actually communicate with their baby within weeks of their child's birth. Tracy gave parents what for some amounted to a miracle: the ability to understand their baby's every coo

and cry so that they could tell immediately if the baby was hungry, tired, in real distress, or just in need of a little TLC. Tracy also dispelled the insidious myth that parents must go sleepless for the first year of a baby's life-because a happy baby sleeps through the night. Now you too can benefit from Tracy's more than twenty years' experience. In this groundbreaking book, she shares simple, accessible programs in which you will learn: • E.A.S.Y.-how to get baby to eat, play, and sleep on a schedule that will make every member of the household's life easier and happier. • S.L.O.W.-how to interpret what your baby is trying to tell you (so you don't try to feed him when he really wants a nap). • How to identify which type of baby yours is-Angel, Textbook, Touchy, Spirited, or Grumpy-and then learn the best way to interact with that type. • Tracy's Three Day Magic-how to change any and all bad habits (yours and the baby's) in just three days. At the heart of Tracy's simple but profound message: treat the baby as you would like to be treated yourself. Reassuring, down-to-earth, and often flying in the face of conventional wisdom, *Secrets of the Baby Whisperer* promises parents not only a healthier, happier baby but a more relaxed and happy household as well.

[WHO Resource Book on Mental Health, Human Rights and Legislation](#) Melvyn Freeman 2005 This publication highlights key issues and principles to be considered in the drafting, adoption and implementation of mental health legislation and best practice in mental health services. It contains examples of diverse experiences and practices, as well as extracts of laws and other legal documents from a range of different countries, and a checklist of key policy components. Three main elements of effective mental health legislation are identified, relating to context, content and process.

**The EPZ Conflict of Interpretations** Paul Ricoeur 2005-01-01 Paul Ricoeur (1913-) is Professor Emeritus of Philosophy at the University of Chicago and Dean of the Faculty of Letters and Human Sciences at

the University of Paris X, Nanterre. One of the foremost contemporary French philosophers, his work is influenced by Husserl, Marcel and Jaspers and is particularly concerned with symbolism, the creation of meaning and the interpretation of texts. The Conflict of Interpretations ranges across an astonishing diversity of fields: structuralism, linguistics, psychoanalysis, religion and faith. The essays it comprises are bound together by Ricoeur's customary concern for interpretation and language and all bear the stamp of the systematic and critical thinking which has become his hallmark in contemporary philosophy. Edited by Don Ihde >

**Dear Data** Giorgia Lupi 2016-09-13 Equal parts mail art, data visualization, and affectionate correspondence, Dear Data celebrates "the infinitesimal, incomplete, imperfect, yet exquisitely human details of life," in the words of Maria Popova (Brain Pickings), who introduces this charming and graphically powerful book. For one year, Giorgia Lupi, an Italian living in New York, and Stefanie Posavec, an American in London, mapped the particulars of their daily lives as a series of hand-drawn postcards they exchanged via mail weekly—small portraits as full of emotion as they are data, both mundane and magical. Dear Data reproduces in pinpoint detail the full year's set of cards, front and back, providing a remarkable portrait of two artists connected by their attention to the details of their lives—including complaints, distractions, phone addictions, physical contact, and desires. These details illuminate the lives of two remarkable young women and also inspire us to map our own lives, including specific suggestions on what data to draw and how. A captivating and unique book for designers, artists, correspondents, friends, and lovers everywhere.

**Mandala** José Argüelles 1972 This lavishly illustrated classic, selling over 70,000 copies in English and translated into four European languages, is the first to deal comprehensively with the mandala, the

principle of the center, as a universal image, a vision, a way of growth, a ritual technique, and an essential life process. 92 illustrations, 11 in color.

### **A Helping Hand: Mediation with**

**Nonviolent Communication** Liv Larsson 2013-07-09 IS IT POSSIBLE TO HELP OTHER PEOPLE SOLVE THEIR CONFLICTS WITHOUT GETTING SUCKED IN YOURSELF? YES! And there is a specific set of skills which makes it much more likely that your efforts will be successful. This book teaches you step by step how to become an effective mediator. Add practice, practice, practice (and some self-reflection) and you will soon celebrate your first successes in helping people to connect, whether you are a parent, teacher, business manager, counselor or peace worker. Apart from that, you will get a good foundation in Marshall Rosenberg's Nonviolent Communication (NVC), on which this very down-to-earth approach to mediation is based upon. You will also get lots of answers to practical questions. Take the chance to learn mediation from Liv Larsson, an experienced trainer who has taught peacemakers in violent conflicts in Thailand and Sri Lanka (and to many others western countries) and who applies the very same skills to solve conflicts in her family!

### **Positive Discipline** Jane Nelsen 1996

Explains why children misbehave; discusses class and family meetings, mutual respect, and responsibility; and tells how parents and teachers can be more understanding and supportive

### **Thought as a System** Chris Jenks

2004-01-14 First Published in 1994.

Routledge is an imprint of Taylor & Francis, an informa company.

### **Transforming Violent Conflict** Oliver

Ramsbotham 2010-01-25 This book

investigates intractable conflicts and their main verbal manifestation - radical disagreement - and explores what can be done when conflict resolution fails. The book identifies agonistic dialogue - dialogue between enemies - as the key to linguistic intractability. It suggests how agonistic dialogue can best be studied, explored, understood and managed even in the most

severe political conflicts when negotiation, mediation, problem solving, dialogue for mutual understanding, and discourse ethics are unsuccessful. This approach of viewing radical disagreement as the central topic of analysis and conflict management is a new innovation in this field, and also supplements and enhances existing communicative transformational techniques. It also has wider implications for cognate fields, such as applied ethics, democratic theory, cultural studies and the philosophy of difference. This book will be of great interest to students of conflict resolution, peace and conflict studies, ethnic conflict and International Relations in general. Oliver Ramsbotham is Emeritus Professor of Conflict Resolution at the University of Bradford, UK, Chair of the Oxford Research Group, President of the Conflict Research Society and co-author of Conflict Resolution in Contemporary Conflict.

### **High-Intensity Lasers for Nuclear and Physical Applications**

Margherita Zavelani-Rossi 2022-01-01 The aim of the book is to provide a comprehensive and unified description of high-intensity short laser pulses and their applications at the simplest level compatible with a correct physical understanding. The idea is to provide an intuitive picture of the phenomena under consideration with simple mathematical description useful for a better understanding. The book is based on the teaching experience of the graduate course of the Politecnico di Milano "HIGH INTENSITY LASERS FOR NUCLEAR AND PHYSICAL APPLICATIONS I + II" and is particularly addressed to graduate students with a background in electromagnetism; is mostly suitable for master students in Nuclear Engineering, in Engineering Physics, and in Physics and It's recommended also to students in material sciences (or similar) and to PhD students. The text organization is due to help to follow the lessons in the classroom and to be used for self-study by students.

**Francis Bacon** John Russell 1993 Based on conversations with Bacon that extended over several years, John Russell's original

study revealed much about the man and the artist. On Bacon's death in 1992, the unique vision and accomplishment of one of the greatest artists of the century could be appreciated in their totality. In a new final chapter, Russell does just that, as well as discussing Bacon's late work, Bacon's intentions and his achievements, both frequently misunderstood, are here set in perspective.

**How to Bullet Plan** Rachel Wilkerson Miller 2017-09-21 So what is a bullet journal? It's a planner, to-do list and diary that will help you get your life together! This fun, practical guide shows you how to start and keep a bullet journal: a single notebook in which you write down all the things that you want to remember, or need to do, or you've already done - from every aspect of your life: work, home, relationships and hobbies. With colourful illustrations and easy tips to get you started, early adopter Rachel Wilkerson Miller explains how to make a bullet journal work for you - whether you want to create something simple or elaborate. Ideas for content include: - Lists of your to-dos and to-don'ts - Symbols that will make your lists efficient and effective - Calendars to plan your day, week, month or year - Trackers for your habits and goals (think health, money, travel) - Stationery such as washi tape, book darts and more! The phenomenon that is bullet journaling has led to thousands of journalers sharing their work on Pinterest, Instagram and Facebook. In How to Bullet Plan, BuzzFeed editor Rachel Wilkerson Miller tells you everything you need to know to start your own.

**Complexity Perspectives on Language, Communication and Society** Angels Massip-Bonet 2012-10-13 The "language-communication-society" triangle defies traditional scientific approaches. Rather, it is a phenomenon that calls for an integration of complex, transdisciplinary perspectives, if we are to make any progress in understanding how it works. The highly diverse agents in play are not merely cognitive and/or cultural, but also emotional and behavioural in their specificity. Indeed,

the effort may require building a theoretical and methodological body of knowledge that can effectively convey the characteristic properties of phenomena in human terms. New complexity approaches allow us to rethink our limited and mechanistic images of human societies and create more appropriate emo-cognitive dynamic and holistic models. We have to enter into dialogue with the complexity views coming out of other more 'material' sciences, but we also need to take steps in the linguistic and psycho-sociological fields towards creating perspectives and concepts better fitted to human characteristics. Our understanding of complexity is different – but not opposed – to the one that is more commonly found in texts written by people working in physics or computer science, for example. The goal of this book is to extend the knowledge of these other more 'human' or socially oriented perspectives on complexity, taking account of the language and communication singularities of human agents in society. Our understanding of complexity is different – but not opposed – to the one that is more commonly found in texts written by people working in physics or computer science, for example. The goal of this book is to extend the knowledge of these other more 'human' or socially oriented perspectives on complexity, taking account of the language and communication singularities of human agents in society.

*Preventing violent extremism through education* UNESCO 2017-04-17

**Manuale pratico di comunicazione nonviolenta per lo studio individuale o di gruppo del libro «Le parole sono**

**finestre (oppure muri)»** Lucy Lev 2018  
Nonviolent Communication Marshall B. Rosenberg 1999-01-01 A simple yet powerful method of communication for mediating conflicts and peacefully resolving differences at the political, professional, and personal levels.

Compasito Nancy Flowers 2007-01-01 Living among other people, in their families and communities, children become aware from a very early age of questions related to justice, and they search for the meaning of the world. By fostering an understanding of human rights, shaping opinion and developing attitudes, human rights education strongly supports this natural interest and learning process. This is what human rights education is about and this is what 'Compasito manual on human rights education for children' is for. 'Compasito' is a starting point for educators, teachers and trainers who are ready to deal with human rights education with children of 7-13 years. The book covers the key concepts of human rights and children's rights, and provides substantial theoretical background to 13 key human rights issues, such as democracy, citizenship, gender equality, environment, media, poverty, and violence. The 42 practical activities serve to engage and motivate children to recognise human rights issues in their own environment. They help children to develop critical thinking, responsibility and a sense of justice, and help them learn how to take action to contribute to the betterment of their school or community. The manual also gives practical tips on how it can be used in various formal and non-formal educational settings.