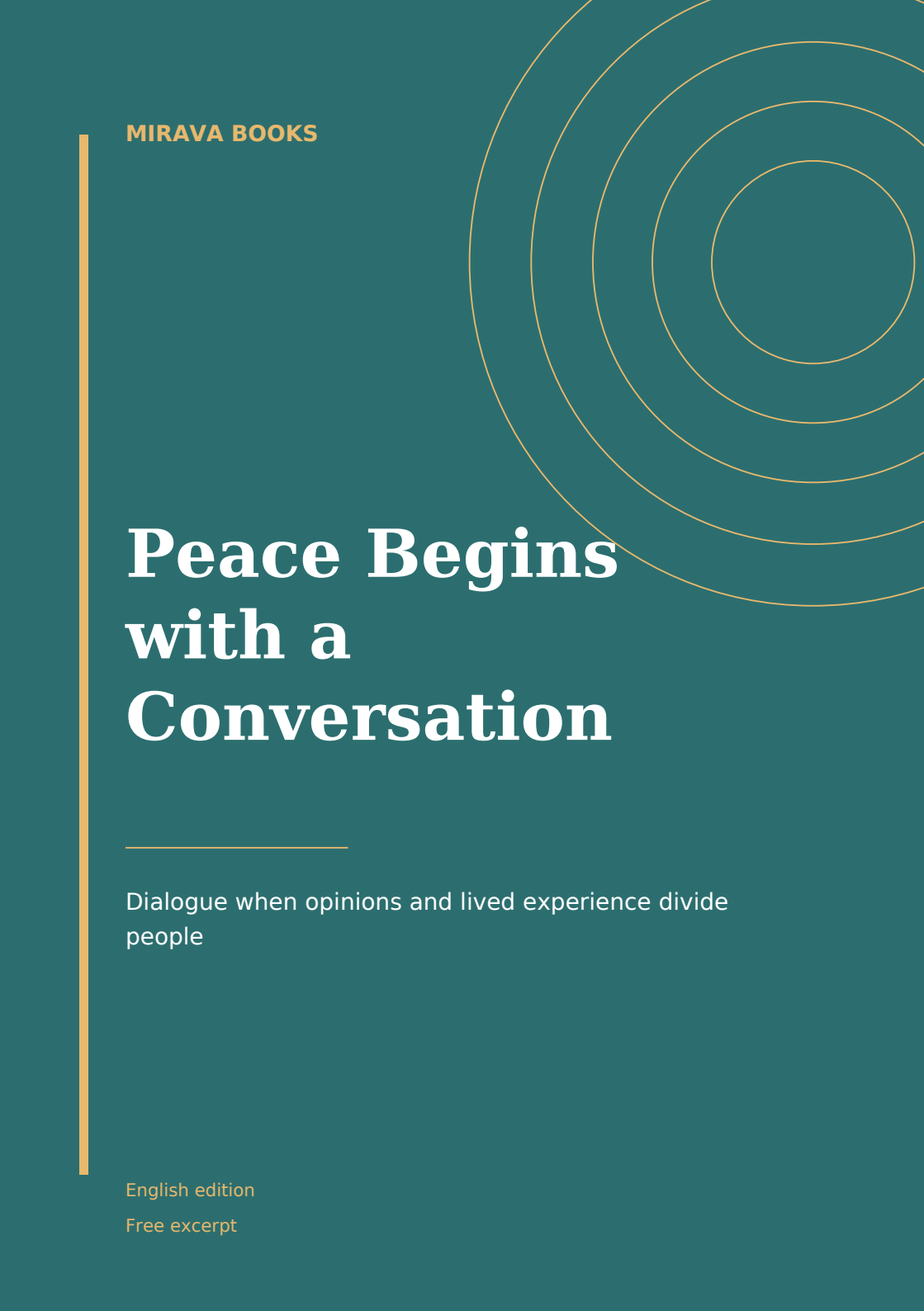




MIRAVA BOOKS

Peace Begins with a Conversation

Dialogue when opinions and lived experience divide
people

English edition

Free excerpt

Peace Begins with a Conversation

Dialogue when opinions and lived experience divide people

English edition · Revised edition · October 2026

This short guide is for neighbours, families and volunteer groups who need to discuss disagreements. The examples are fictional and intended for practice. Read one chapter at a time and try its exercise only in a safe situation. Conversation is voluntary: it does not require forgiveness, abandoning facts or tolerating threats. This book concerns everyday cooperation and does not promise to stop a war. The text was prepared with artificial intelligence assistance and edited for this edition.

MIRAVA · Text and translation prepared with AI assistance.

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01

Conversation Does Not Mean Agreement

Agreement asks, “Which position is right?” Dialogue can begin with a more modest question: “What happened between us, and what are we willing to do next?” Listening to someone does not mean supporting their views. You can understand their request, state your disagreement and keep your boundary in place.

At a residents’ meeting, two families disagree about helping displaced people. One speaks about solidarity; the other worries about extra costs. The facilitator suggests discussing one task rather than judging either family: how to use the shared room so that help is possible, costs are clear and passageways remain free.

Before replying, separate observation from explanation. “The room was used on three evenings this month” is a checkable record; “You want to take over the whole building” attributes a motive. Ask for missing information: who pays for electricity, which hours are needed and who cleans up. An accusation cannot supply those details.

Then restate the position in a way the other person can correct: “You agree with helping, but want to know the contribution in advance—is that right?” After clarification, add your own position. A shared practical goal does not require shared beliefs. Keep it narrow enough for everyone to understand their contribution and the conditions of participation.

Exercise. Take one disagreement and write three lines: an observation, my position and a possible shared task. Read them aloud. If the task sounds like “Make the other person see that I am right,” replace it with a checkable result, such as a room timetable. Finally, ask both sides whether this is the specific task they actually accepted.

This is a free excerpt. The complete PDF contains every chapter listed in the contents. Sales have not opened yet.

Further reading

[1] UNESCO — Global citizenship and peace education (further reading) · www.unesco.org