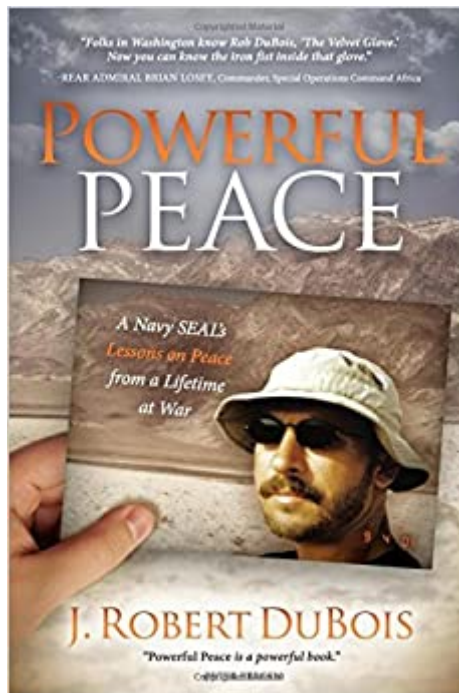




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# Powerful Peace: A Navy SEAL's Lessons On Peace From A Lifetime At War



## Synopsis

In *Powerful Peace*, J. Robert DuBois takes on a crucial, unprecedented mission for a U.S. Navy SEAL: the relentless pursuit of interpersonal and international peacemaking. With gut wrenching candor and surprising moments of comedy, he narrates a personal journey through decades of conflict, its often-absurd origins, its ever-present innocent victims, and its potential solutions. Most importantly, Robert delivers practical recommendations for private citizens and policy makers alike. He offers rare context for students of international relations, community leaders, and soldiers bound for unfamiliar lands. *Powerful Peace* is the unvarnished ground truth on face-to-face engagements worldwide. Robert DuBois demonstrates that prevention of hostile intent is far more necessary to genuine security than the race for tactical or technological superiority. Whether countering Soviets, terrorists, insurgents or improvised explosive devices, he observes and reports on the fundamental similarities behind hatreds. Ignorance and misunderstanding poison human potential. Dignity and respect are powerful antidotes. *Powerful Peace* is the fascinating story of human beingsâin war and peace and school and work and playâlearning to better understand others to avoid unnecessary conflict and enrich the world. Seasoned by professional experience in more than thirty countries, Robert has plainly âbeen there, done thatââyet his insightful conclusions on fighting may surprise you.

## Book Information

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## Customer Reviews

*Powerful Peace* is a logical arrangement of brief topics on conflict. Four progressive sections (Body,

Mind, Heart and Soul) each contain a dozen, easily-digestible but hard-hitting chapters. Each chapter builds on the one before it in leading the reader to first understand that force is sometimes necessary, that persuasion is more powerful, and that some conflict is unnecessary and preventable. The goal of *Powerful Peace* is to open the reader's mind about other cultures to comprehend that different does not have to mean wrong, and that an individual's life can be richer and more enjoyable by trying out some of the concepts contained in *Powerful Peace*. *Powerful Peace* is unique and appealing. Never before has a book been written by a SEAL with the intent of reducing conflict and its painful consequences for innocent victims. *Powerful Peace* addresses the hot topic of American fatigue from the wars in Iraq and Afghanistan. Also, today's political environment is souring many citizens' confidence in the direction of our national leadership. *Powerful Peace* offers hope that real solutions are available.

J. Robert DuBois is a security advisor who was once labeled a "smart power authority" while assisting U.S., British and Iraqi forces in Baghdad. A multilingual Navy SEAL with experience in more than thirty nations, he retired from service in 2006 and then headed back into Iraq and Afghanistan to support commanders facing complex threat situations. Robert has provided his "Think like the Adversary" workshop to units in combat zones, companies to include Lockheed Martin, and government entities like the National Counterterrorism Center. He is currently a staff officer on the Deputy Secretary of Defense's four-person Senior Integration Group (SIG), and chairs the National Security Subcommittee of the Homeland Security Foundation of America. Robert's articles on cultural awareness and security assurance have appeared in *The Counterterrorist* magazine and the *Compass* of the National Language Service Corps, among others. He is the founder of VoDuBo Consulting and author of the blog at [PowerfulPeace.net](http://PowerfulPeace.net).

Mr. DuBois has written a compelling, unusual book, obviously drawing on his experiences as a Navy SEAL, but building on that base to discuss specific things even an ordinary citizen can do to work toward a better understanding of his or her "fellow man". He illustrates how to see through the eyes of the other person, no matter what culture or belief system you may be or they may be, in order to find common ground. Written in a down to earth, easy to digest style, the book includes many examples of what *Powerful Peace* means, what it looks like in action, suggestions for other reading, actionable steps the Reader can take (both large and small). I haven't taken actual notes on a book I was reading since college but I found myself jotting down questions and thoughts as I read his examples, conclusions and challenges. It was fascinating to me that this retired SEAL

chose not only to write of his time at war, but also to propose a path forward that might lead to fewer wars in the future. I appreciated his realistic acknowledgement that force is sometimes essential and must always be kept in the toolbox, no matter how much we desire to live in peace. Powerful Peace presents a balanced view of the world as it stands now, coupled with hope for the future and a road map for achieving positive change.

Teddy Roosevelt said "Speak softly and carry a big stick." Ronald Reagan believed in "Peace through Strength." Sting penned a song "If the Russians Love their Children Too." Rob takes those basic ideas, which are really just platitudes when they stand by themselves, and makes them real. Think of Roosevelt, Reagan and Sting as the policy authors, and Rob DuBois as the author of the policy implementation guide. I work in the defense industry and I can honestly say that reading Rob's book will impact how I approach my work. It will also impact how I absorb the news from conflict zones, which will in turn impact how I approach my work. This book is a PRIMARY information resource, and not yet another secondary information resource run through a filter with unknown biases. After reading this I asked myself, "If I were the President, would I want Rob advising my Secretary of Defense, or my Secretary of State?" I think he would be the right guy to get both of those Secretaries into the same room to make them work together in a complementary fashion that we seldom see anymore.

Stop shooting, and you might hear what he's saying! (such as...) - It is practical, not altruistic, to consider the other person's needs and grievances. - It takes energy to be a jerk. Don't be a jerk. - Sometimes you have to kill a guy. Applied smart power is not just about being nice. DuBois reminds us that children have value; women should not be raped as a weapon of war; if a man has three choices; 1. get a job (>30% unemployment), 2. prostitute his wife (he refused), and 3. emplace a roadside bomb for \$150.00, enough to feed his family for one more month... \*\*\* what would you do? (most of us can't answer clearly, because most of us have never really faced such narrow margins)[...] (listen to 1 hr discussion of book with the author- then decide if you want to purchase)[...] (this will give you an overview of the book) I've ordered several more, and am giving them to foreign military officers I work with. Powerful ideas, huge responsibility: to whom much is given, much will be required.

As a former combat veteran who's been through the muck of SpecOps, Rob provides valuable insight from both ends of the spectrum in order to guide the readers through their search for

solutions to some of life's universal challenges. Immediately, those who choose to embark on this literary endeavor are whisked away by Mr. Dubois' relentless and collective pursuit of personal and international peace keeping. Just as our elite special forces warriors understand that there is no easy operation, readers of this book are reminded early and often of the painstaking and arduous process the element of seeking and keeping peace in order to resolve conflict. A short but powerful read (154 pages) This book is a superb fit for purveyors of policy, educators and generally "doves and hawks" alike.

I liked this book and read it after reading Lone Survivor. It is not Lone Survivor but it is about what do warriors do when they have finished fighting. What can they do and how can they still help. It is a thoughtful book. It is an easy read that a good reader will finish it over a lone weekend. I highly recommend it for anyone who thinks about helping themselves by helping others.

Very good read. Refreshing life philosophy. I have read many books by former Navy SEALs and this one seemed different so I gave it a shot. At its core this book is less about time in service and more about how we as humans should act. The author demonstrates empathy for others with out loosing a hold on the reality of situations. This is a good read for anyone. As the author instructs (i am paraphrasing) Buy the book, absorb the ideas, and give the book to someone else... I did.

Rob DuBois has seen warfare at the sharp end of the spear and, as such, is able to provide perspective unavailable to those of us that have not seen combat, or met the people who are most affected by war, the locals. His studies in international relations have been polished by the human interactions with local nationals, both friendly and - perhaps - otherwise. Rob knows that at times, kinetic options are a must; however, he is also very clear that in order for humanity to move forward and reduce the potential for conflict, we must first address the underlying causes. He clearly lays out these causes, and provides smart-power solutions to address them.

Well written, impressive view of the conflict, impressive writer.

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