# Anatomy of Peace

Anatomy of Peace was a great book and a very beneficial read! It starts very interesting, it is coming from the perspective of Lou, the dad of a juvenile convict. To set the scene Lou is sending his son on this retreat to “change” him. Right off the bat I had some questions, Lou seems to be a very stereotypical dad, he is a hard worker but has priorities. He is not a person that acknowledges his emotions causing him to be distant.

When reading this conversation and the way the “audience” of the lecture to the parents. My initial response to those parents with constant interruptions and distractions instead of listening really bothered me, but not seeing the group leaders snap and get upset really set the scene and gave a great example of having peace.

The realization on how you treat people was mind-blowing for me! The though provoking idea that you might be treating people as a vehicle or hindrance really set different things in perspective. After reading this, I constantly and consistently think about how I am treating people and why I am treating people that way. Thinking this way I realized how greedy I often am when helping someone out, and because of that I have gone out of my way this week to do good deeds without anything in return.