



# Family Activism: Empowering Your Community, Beginning with Family and Friends

*Roberto Vargas*

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# **Family Activism: Empowering Your Community, Beginning with Family and Friends**

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We live in a world that needs radical transformation if our children and grandchildren are to live healthy, peace-filled lives. But where to start? In this inspiring new book, activist Roberto Vargas says the answer lies surprisingly close: at home, with our closest relationships.

In our daily lives we experience countless opportunities to empower, inspire, and support positive change in those around us. In Family Activism Vargas explains how fostering what he calls *familia*—close, loving connections with our relatives and with those we choose to call family—can help us develop the skills and attitudes we need to tackle broader problems in our community, our nation, and the world.

Vargas explains the ideas underlying the *familia* approach and the techniques that support it using examples from his own life, some of them very emotionally charged. He does more than just describe practices like the family council, unity circles, and family ceremonies—he shares how they transformed him as a husband, father, son, brother, friend, and as a committed community activist. Each chapter ends with a series of questions that will help readers understand these practices more deeply and apply them inside and outside of the family.



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