

“A liberation movement that is nonviolent sets the oppressor free as well as the oppressed”



*Barbara Deming, 1917-1984
US feminist, nonviolent activist and
theoretician.*

Barbara Deming was an important advocate of a secular basis for nonviolence, and of having justice as its goal. A major theme in her work is that justice and nonviolence are intimately connected because injustice is always violent.