

“Dr. Zeitz is a man of conscience who shares my
commitment to bringing hope to the world’s poor.”

—Archbishop Emeritus Desmond Tutu



Waging Justice

A DOCTOR'S JOURNEY
TO SPEAK TRUTH AND BE BOLD

DR. PAUL ZEITZ

Waging Justice

A DOCTOR'S JOURNEY
TO SPEAK TRUTH AND BE BOLD

DR. PAUL ZEITZ



Copyright © 2018 Dr. Paul Zeitz.

Jacket design by Karen Phillips
Author photograph by Connie Z. Reider

All rights reserved. No part of this book may be used or reproduced by any means, graphic, electronic, or mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the author except in the case of brief quotations embodied in critical articles and reviews.

Balboa Press
A Division of Hay House
1663 Liberty Drive
Bloomington, IN 47403
www.balboapress.com
1 (877) 407-4847

Because of the dynamic nature of the Internet, any web addresses or links contained in this book may have changed since publication and may no longer be valid. The views expressed in this work are solely those of the author and do not necessarily reflect the views of the publisher, and the publisher hereby disclaims any responsibility for them.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

Any people depicted in stock imagery provided by Getty Images are models, and such images are being used for illustrative purposes only.
Certain stock imagery © Getty Images.

This book is a work of non-fiction. Unless otherwise noted, the author and the publisher make no explicit guarantees as to the accuracy of the information contained in this book and in some cases, names of people and places have been altered to protect their privacy.

ISBN: 978-1-9822-0542-3 (sc)
ISBN: 978-1-9822-0544-7 (hc)
ISBN: 978-1-9822-0543-0 (e)

Library of Congress Control Number: 2018906485

Balboa Press rev. date: 07/31/2018

Reading Group Guide

T HIS guide for **Waging Justice** includes an introduction, discussion questions, and ideas for enhancing your group's reading experience and discussion. The suggested questions are intended to deepen group members' understanding of the book, as well as inspire them to turn the book's lessons into their own experiments for waging justice within themselves, their relationships, their community, and our world. Taking action together, we can co-create a healthier, more peaceful, and more just world. It is Dr. Zeitz's hope, as a doctor, activist, and impassioned voice for justice, that this guide will spark curiosity, enrich conversations, increase enjoyment of the book, and motivate all readers to wage justice in ways that work for them.

Introduction

AFTER a tumultuous childhood in Philadelphia, Paul Zeitz, the son of a Jewish hoagie maker, lands at Muhlenberg College in Allentown. Being away from his family “opens something up” in him. A lifelong introvert, Paul starts making friends, pledges a fraternity, and enjoys being popular. He becomes a student organizer, runs for student office, and sets his sights on becoming a doctor.

In medical school, life gets even more interesting. Paul is fascinated by the complex information he is learning. He travels to Moscow to champion an end to nuclear proliferation and gets a glimpse of life behind the Iron Curtain. Both abroad and at home, Paul feels a deep connection to his peers and mentors who all share an interest in healing.

On the outside he looks like a young man at the top of his game. But on the inside, Paul is struggling and unhappy. He finds intimacy difficult. As hard as he tries, he does not know how to open his heart to a partner. He is color-blind and this presents unexpected obstacles—he realizes he cannot become a surgeon because he cannot distinguish between the greenish-brown bile duct and blueish veins. Perhaps most irksome, he starts to question if modern medicine is the right way to make

a lasting impact. When a patient in severe liver failure comes into the ER and is stabilized, the doctors don't seem to care that their patient will binge drink again as soon as he is released and end up right back in the hospital. *Where is the healing in that?* Paul wonders. *What about addressing the underlying causes of disease?*

Then Paul meets the woman of his dreams—a fellow doctor-in-training who also happens to be the daughter of his former therapist. He is instantly attracted to her. They share a similar commitment to changing the world, spend countless hours imagining a future together, and even take a heartwarming trip to Korea to escort four orphans home to their American families.

To truly fight for justice, as well as for the relationships that matter most to him, Paul must first come to terms with the dark secret that threatens everything he believes about his past. With bold and courageous truth-telling, Paul finds a path to forgiveness and healing for himself and his family. Driven by the quest to serve justice for all, Paul devises an ambitious program to achieve truly sustainable development. *Waging Justice* is an honest, raw, searing memoir that lays bare everything, from the killing fields in Zambia, to political battles in Washington, D.C., to the fragility of the human heart.

An Antidote to Hopelessness

FROM devastating hurricanes to calls to impeach the president, we are being reminded daily that we are living in a time of huge social and geopolitical upheaval. The amount of injustice in the world right now feels overwhelming to many of us. How can we respond when we feel overwhelmed by the latest random act of gun violence, the increasing threat of war, the worsening of the climate crisis, the rise of white supremacy, and the distortion of truth? Many of us feel trapped in a state of confusion, and at times hopelessness.

Enter *Waging Justice*. Waging justice, as Paul Zeitz shows throughout this book, is a way of living life grounded in a personal commitment to speak truth, be bold, and take action. We can turn our fear into action that matters, for ourselves and for our world. We can act quickly and we can act now! We can each, in our own way, help make progress towards gender equality, racial justice, and a robust response to climate change. Each action or good deed by each of us creates a ripple of justice. Ripples turn into waves, and waves of justice can become a sweeping transformation that takes us closer to living in a global, peaceful, and sustainable world.

Topics and Questions for Discussion

1. In the first paragraph of *Waging Justice*, Paul Zeitz writes that he was “eager to be part of this world,” and was born about a month before his due date. Discuss how Paul is intense, active, and socially engaged, even as a small child. What factors, in your mind, lead him to being such a sensitive, determined, and sometimes angry young person?
2. When he is in first grade, Paul comes to a startling realization: The way the world looks to him is not the way it looks to other children and grown-ups around him. How does being red-green color-blind affect his life? Do you have a moment from your early childhood when you realized there was something different about you?
3. Why do you think Paul wants to become a doctor? As he studies and practices medicine, in what ways does modern medicine appeal to his determination to wage justice, and in what ways does he find that modern medicine falls short?

4. From the Holocaust to children orphaned in the HIV/AIDS epidemic, death is a subject that plays an important role in this story. How does the death of his friends and colleagues in Zambia affect Paul? What do you think of his death shroud meditation practice? How do your feelings and thoughts about your own death and the death of your loved ones affect your life and your activism?
5. As an activist fighting the spread of HIV/AIDS and in favor of children's lasting good health, Paul insists that funding to African countries include an anti-corruption strategy. However, his supervisors at UNAIDS (the Joint United Nations Programme on HIV/AIDS) insist that anti-corruption is not an approved United Nations policy. Infuriated, he quits his job. What do you think of his decision to stand by his principles even though his integrity cost him his livelihood? Have you ever found yourself in a similar situation?
6. Throughout the book, Paul explores how different spiritual and emotional practices help him through difficulties. Discuss what therapy, meditation, chanting, and the Male Survivor weekend teach him. The book implies that to do outer work—and help save the world—you must also do inner healing. Do you agree or disagree?
7. There are many pivotal scenes in this book—times when Paul feels he has made a breakthrough in his thinking or has learned something that he cannot unlearn—that makes him recommit to waging justice. Perhaps the most dramatic is when he comes to realize that he is the victim of early childhood sexual abuse. What scene do you think was the most pivotal? What discovery or

change point resonated most with you? What discovery or change point surprised you most? Has anyone in your family been affected by incest?

8. What do you think of Paul's father? Do you feel sorry for him, as a victim of a long history of incest and child abuse, or do you feel furious at him for perpetuating sexual violence by assaulting his son?
9. Paul has worked both outside government, trying to hold it more accountable, and inside the system, trying to change it from the inside out. Which kind of activism do you think is most effective? Is one better than the other?
10. Throughout the book we learn what waging justice means to Paul: helping the poor, providing life-saving medicine to those who need it most, keeping children safe from sexual violence and disease, providing homes for orphans, holding countries accountable for the preventable deaths of their citizens. Do you agree or disagree that these are the most urgent ways to wage justice? What does waging justice mean to you?
11. If you are already an activist, how will this book inspire you to move forward in your own activism? If you have never been socially engaged before, what kind of activism would you like to do in the future? Where do you think it is most important to wage justice in the world?

Enhance Your Reading Experience

1. Throughout *Waging Justice*, Paul Zeitz makes an argument in favor of social activism. One of the prime messages of the book is that *we are all* responsible for social injustice. Together as a group, choose a cause that matters to you; then spend an afternoon waging justice together. You could clean a public space, volunteer at a local food bank or library, sign up to be Big Brothers or Big Sisters, write letters on behalf of the causes that mean the most to you, or take another justice-driven action. After your time waging justice, discuss the experience as a group. What else can you do to address injustice? What do you think needs to happen to create a more just and peaceful world?
2. *Waging Justice* is a brave book. It exposes male on male violence and incest, which both continue to be taboo subjects. What is a secret you have never shared before? What are you most ashamed of? What secrets do you think are buried in your family? Ask everyone in the group to spend a half hour writing a story or memory they have never admitted to anyone. Members can then

- choose to share their story with the group or keep it private.
3. We live in a time where activists are increasingly taking to social media (Twitter, Facebook, SnapChat, Instagram, even Pinterest and sometimes LinkedIn) to get their message of social justice across. Choose a hashtag inspired by the book (e.g., #SpeakTruth #BeBold, #WageJustice, #BreakTheSilence #ServeJustice4All) and have each member of the group write a post on social media in favor of waging justice. Take some time to comment on and share each other's posts. Then discuss the role social media plays for today's activists.
 4. *Waging Justice* tackles many controversial topics, including what constitutes effective policy to combat HIV/AIDS, international adoption, combating poverty and disease, preventing child abuse, climate crisis, and even circumcision. Choose one or two of these topics and host a Lincoln-Douglas type debate. Let each speaker make an argument in favor of their side for a prescribed amount of time (two or three minutes is usually enough), then give each speaker a chance to rebut the other speaker's argument, after which each makes closing arguments. Make it even more interesting by requiring the debaters to choose the side they disagree with. After the formal debate, discuss the topic together as a group.
 5. Form a *Waging Justice* "Circle" or "Community" with your family, community, faith organization, employers, or anywhere. Consider bringing together different groups or networks of people who don't normally connect. Consider bringing together people across the political spectrum and create a culture of transpartisan

community. Consider including people who are working on different aspects of justice, so that we can break down the walls and silos and build towards a unified justice movement. Join others who are waging justice in whatever ways you can, wherever you are.

About the Author

DR. Paul Zeitz is a physician, epidemiologist, and tenacious, energetic, award-winning advocate for global justice and human rights. He has dedicated his career to catalyzing large-scale global impact. Dr. Zeitz is currently waging justice in the U.S. and globally to mobilize community-wide action to achieve the Sustainable Development Goals (SDGs) and Paris Agreement compliance by 2030. He serves as the co-founder of SDG Compacts and the Sustainable Development Games at the Global Development Incubator (GDI) and the U.S.A. Focal Point for Action for Sustainable Development, a global social movement. He has been happily married to Dr. Mindi Cohen for 27 years and they are the proud parents of Cletus, Lian, Yonah, Emet, and Uriel.