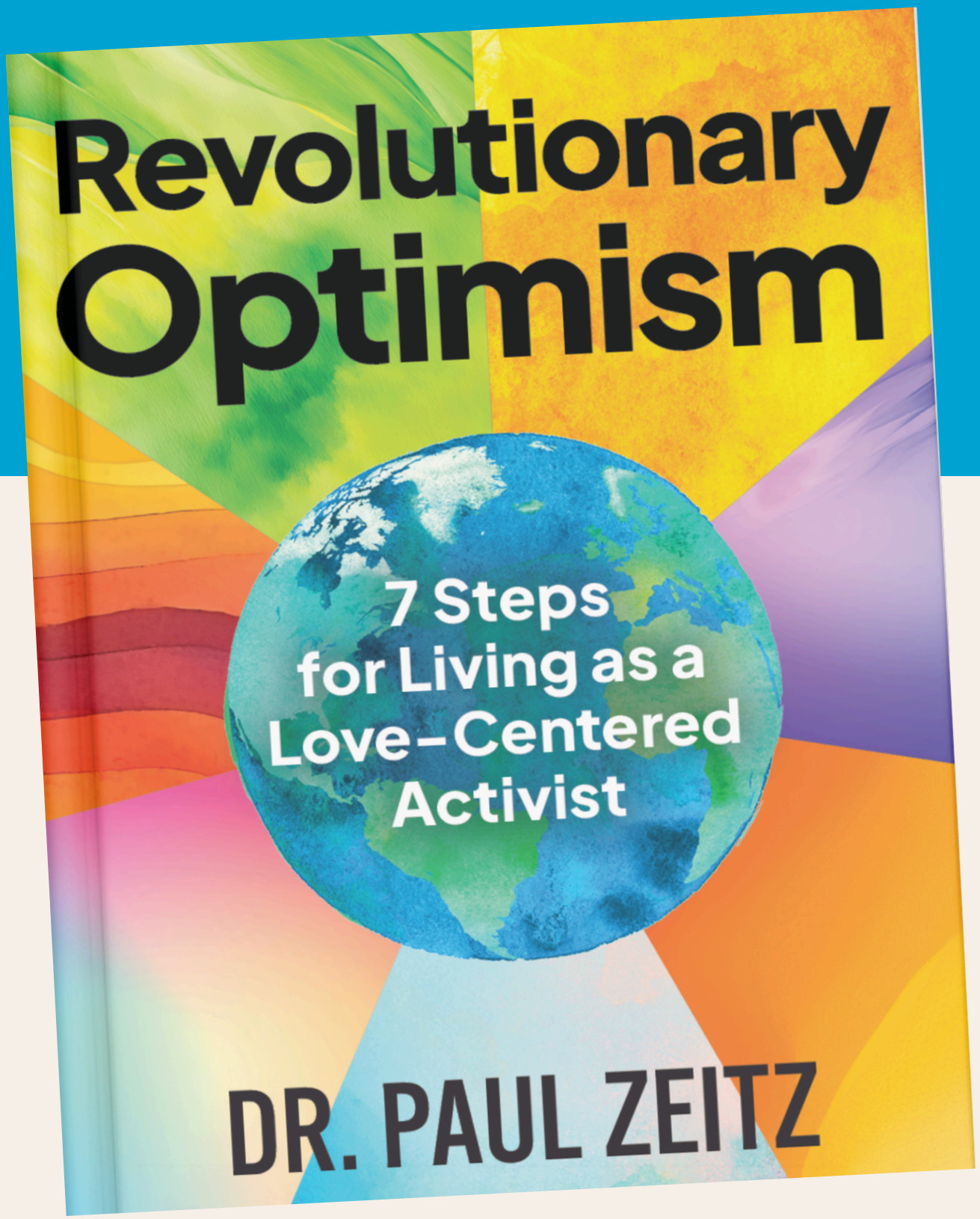


revolutionaryoptimism.com

# ABOUT THE BOOK

**Revolutionary Optimism: 7 Steps for Living as a Love-Centered Activist** by Dr. Paul Zeitz is a practical handbook for anyone feeling anxiety about their life and the super crisis affecting our world. Revolutionary Optimism inspires the reader, step by step, to live the path of love and choose to actively contribute to our collective healing and transformation.

Revolutionary Optimism is the Antidote to Anxiety and Apathy – Learn the 7 Steps that teach these three life-changing actionable strategies:

1. Doing your inner work to reach your highest potential and choosing to put love at the center of all you do.
2. Awakening your political imagination and manifesting your vision for a better world.
3. Discovering how to take action and contribute to peaceful revolutionary movements that are unifying so together we can heal and repair ourselves, our human family, and the beautiful world we inhabit.

# THIS IS REVOLUTIONARY OPTIMISM

In his acclaimed new book Revolutionary Optimism: 7 Steps for Living as a Love-Centered Activist, Dr. Paul shows us how to break free from feelings of confusion, pessimism, and cynicism about the world and step into a place of empowerment, resourcefulness, and inspiration.

Through this inside-out approach to healing, self-liberation, and transformation, Dr. Paul ignites in us a profound depth of optimism that has the power to change lives.

But unlike other books that focus solely on practical activism, this book first speaks to the personal transformation that we must commit to as we become equipped as love-centered activists who wish to foster change without rage, anger, and violence.

This handbook is for anyone ready to follow a passionate call to action. It offers a “how to” approach to practical activism coming from love and compassion. Dr. Paul shows how you can, one step at a time, become part of global movements or ultimately lead one yourself.

# ABOUT THE DETAILS

"Revolutionary Optimism gives healing prescriptions of action steps, tools, and practices for awakening your political imagination, your bravery, and unifying with others to achieve transformations that up until now may have seemed unattainable. I've laid out seven steps to show you how you can adapt Revolutionary Optimism and live your life fully empowered to serve in your highest capacity as a love-centered activist," says Dr. Paul.

This timely handbook is the antidote to feeling so overwhelmed you do nothing, make excuses, or just ignore the news and what is going on in the world around you. Dr. Paul provides a simple way to leave behind these feelings of helplessness and climb the mountain ahead one step at a time turning the corner from hopelessness to hope and apathy to action.

In Revolutionary Optimism, Dr. Paul chronicles how his work as a U.N. and U.S. public health doctor and epidemiologist on the AIDS epidemic in Africa and at home was stymied by bureaucracy, politics, and other factors that worked against solutions. Frustrated, he looked for other ways to create alliances that led the charge for change together, with hugely successful results that saved the lives of millions.

He reveals his transformation, from anger and frustration to choosing to put love at the center of all he does. He shares the impact of how love-centered communication positively changes the dynamic with co-activists, and even the opposition…something that immeasurably has improved all areas of his life, his relationships, and the ultimate outcomes of his movements.

He relates the stories of other individuals who at first didn't see how they could help or make a difference. Yet their feelings of injustice catalyzed them into taking action steps toward building movements locally and nationally that have had tremendous impact and created change for their cause.

# ABOUT THE SEVEN STEPS

The Seven Steps to becoming a love-centered activist are summarized as follows:

1. **Step 1: It's Go Time:** Going beyond any personal paralysis and taking the steps to put love into action from Day 1.
2. **Step 2: Self-Liberation:** Liberating oneself to find and act from your unique path of service.
3. **Step 3: Accessing the Unify Consciousness:** Opening yourself to higher levels of consciousness from which passion and visionary action spring forth.
4. **Step 4: Peace-Crafting:** Healing the separation and conflict between people or organizations—and emerging into collaborations for mutual benefit.
5. **Step 5: Imagineering:** Unlocking political imagination and "Imagineering" -- building revolutionary, love centered movements that turn individual and collective visions into reality.
6. **Step 6: Sparking Peaceful Revolutions:** Essential and practical tools that turn passion into action and power to make a revolutionary transformation a reality.
7. **Step 7: Unifying:** Diverse people, ideas, and movements to work toward collective success through clear action steps that allow you to move confidently and boldly forward with activations that arise from the state of love and compassion.

Revolutionary Optimism: 7 Steps for Living as a Love-Centered Activist is available on Amazon.com for $18.99 and on Kindle for $8.99

# WHAT THEY ARE SAYING

*Revolutionary Optimism is a comprehensive and insightful approach to the kind of social change leadership so needed at this time. It offers inspiration as well as practical tools for how to live and lead by 'being the change we want to see happen in the world*

***– Robert Gass, Co-Founder, Rockwood Leadership Institute***

*Revolutionary Optimism is an amazing book. It gives hope and offers vision. It provides compelling stories of people, including Dr. Zeitz himself, coping with great difficulties and taking small steps every day to build a healthier, better world. Well written and profound. Don't walk, run and get your copy. It can change your life.*

***Sheila Rubin and Bret Lyon, Co-Directors of the Center of the Healing Shame***

*Revolutionary Optimism is essential in providing a pathway for all activists. It bids us to a higher calling, no matter what cause we are fighting to change, it can only be done holistically and with love for self and others. All humans are interconnected, therefore all causes are, only when we unify, can we change the world. Thank you Paul for reminding us of our higher calling - Above all else, love your neighbor as yourself.*

***– Dr. Tabitha Mpamira, Founder, Mutura Global Healing***

# SUGGESTED INTERVIEW QUESTIONS

1. What inspired you to write Revolutionary Optimism: 7 Steps for Living as a Love-Centered Activist, and what do you hope readers will gain from it?
2. Could you provide a concise overview of the seven steps outlined in your book for living as a love-centered activist?
3. How do you define Revolutionary Optimism, and why is it particularly relevant in today's tumultuous world?
4. Can you share insights on Step 4, focusing on Peace-crafting, and how it translates into actionable steps in real-world scenarios? (This question can be applied to any of the 7 Steps)
5. In what ways has the process of writing and publishing your book transformed you personally? Could you share a personal anecdote illustrating the power of Revolutionary Optimism in your own life or work?
6. How can Revolutionary Optimism coexist in the midst of the super-crises and all of the systemic injustices and inequalities?
7. Are there specific strategies or practices from your book that individuals can implement to cultivate Revolutionary Optimism in their daily lives?
8. What potential pitfalls or challenges might individuals face with an overly optimistic worldview, and how does your book address them?
9. What do you hope readers will ultimately take away from your book, both on an individual level and in terms of societal impact?
10. Do you think a peaceful revolution is possible in the United States? And in other countries around the World?
11. Why did you create #unify as a movement-building platform, placing love at the center of social, economic, and political systems?
12. How do you plan to integrate the concept of "love at the center" into practical strategies for repairing societal divisions, achieving justice, and fostering peace within #unify's initiatives?
13. In what ways does #unify aim to engage and empower marginalized communities in the processes of systemic transformation?
14. What steps does #unify movements propose to ensure a robust democracy in the USA and globally?
15. How does #unify address the climate emergency within its framework of love-centered activism?
16. Can you outline #unifyUSA's vision for constitutional renewal and the establishment of love-centered systems across government, society, and the economy?
17. How does #unifyUSA plan to navigate the intricate landscape of American politics and society to effect meaningful change aligned with its principles of repair, justice, and peace?
18. How does #unify movements intend to engage with existing political structures while maintaining its commitment to the urgent need for transformation through a peaceful revolution?
19. Do you foresee #unify expanding to local communities and potentially on a global scale?
20. What are the potential challenges and opportunities associated with #unify's expansion to local communities and globally, and how do you plan to promote this spreading?

# Dr. Paul Zeitz

AUTHOR + ACTIVIST
PEACEFUL REVOLUTIONARY

# ABOUT DR. PAUL ZEITZ

Dr. Paul Zeitz is a veteran leader on the front lines of multiple global and domestic movements and a preventive medicine physician, epidemiologist, author, and award-winning champion of global justice and human rights.

He has been on the front lines of the global AIDS movement, climate transformation, racial and gender equity, authentic democracy, sustainable development, and child welfare in the U.S. and around the world.

Often when the odds against success appeared to be insurmountable, with Dr. Paul's leadership and support, barriers fell and victories arose. Through his many challenges and experiences, he also learned to fail forward!

Dr. Paul is sparking personal and global conversations to heal and repair ourselves, our relationships, and awaken political imagination and stimulate a new vision of peaceful, revolutionary transformation.

His committed work over the past thirty years reveals a deep truth: When we look within and approach our personal healing work with self compassion and love, we strengthen ourselves and are better able to extend a hand and heart of peace to others—to serve and participate in the urgent issues of the day with empathy, understanding, and wisdom.

# DR. PAUL ZEITZ BIOGRAPHY

In his forthcoming book, Revolutionary Optimism: Seven Steps for Living as a Love-Centered Activist, Zeitz shares an indispensable roadmap for personal and global liberation, with a clear, step-by-step guide—a timely remedy and cure of anxiety, hopelessness, and the potentially the super crises facing our world.

Through the book and the Revolutionary Optimism Podcast, Zeitz inspires others to ignite the sparks within and our collective flame to unify action for healing and transformation. His debut memoir published in 2018, “Waging Justice: A Doctor’s Journey To Speak Truth and Be Bold," offers profound personal perspectives on how one’s deep individual healing is intricately connected with the repair of our broken world.

Zeitz has a breadth of experience spanning diverse sectors including climate transformation, racial and gender equity, authentic democracy, sustainable development, child welfare and global health in the U.S. and globally. Currently, he serves as a co-convenor of the U.S. National Truth, Racial Healing, and Transformation (TRHT) Movement, on the Steering Committee of the March for Equity, on the Board of Directors of ALEPH: Alliance for Jewish Renewal, and serves on the Survivor’s Council of the Heat Initiative which is dedicated to eradicating childhood sexual violence.

As a movement-builder during 2000-23 he co-founded the Brave Movement, Keep Kids Safe, Global Action for Children and the Global AIDS Alliance. During 2015-18, Zeitz worked as the Director, Data Revolution for Sustainable Development, in the Office of the Global AIDS Coordinator, President’s Emergency Plan for AIDS Relief (PEPFAR), U.S. Department of State, under both the Obama and Trump administrations.

During 1994- 2000, Zeitz served in the U.S. Agency for International Development (USAID) in Washington, D.C. and then in Zambia. During 1992-94, he served in the Epidemic Intelligence Service of the Commissioned Corps of the U.S. Public Health Service at the Centers for Disease Prevention and Control (CDC).

Zeitz was ordained as a Shir Hashirim Rabbi in 2023. He has been certified by the American Board of Preventive Medicine since 1993. Married for over 32 years, Paul and his wife, Mindi, are the proud parents and grandparents of 5 sons, 2 daughters-in-law, and 2 grandchildren.

# ON-AIR INTRODUCTION

Drawing from over 35 years of advocacy, campaigning, and political movement leadership, Zeitz is the initiator of #unify movements, a movement-building platform dedicated to catalyzing new, love-centered social, economic, and political systems committed for our collective repair, justice, and peace. As a new movement, #unifyUSA was launched in 2023 as a peaceful revolutionary political movement to co-create a United States 2.0 through urgent constitutional renewal. #Unify Movements is a New Interpartisan Social and Political Movement Calling for Constitutional Renewal To Co-Create a Next Chapter with a Love-Centered United States.

Revolutionary Optimism is Dr. Paul Zeitz's mission, guidance, and call to action. Simultaneously, he has launched #unify, a revolutionary movement-building effort dedicated to catalyzing new love-centered social, economic, and political systems for collective repair, justice, and peace in America.

Dr. Paul is calling for unifying people-powered movements by mobilizing more people of all types to rise in peaceful resistance to the status quo. He offers an open invitation for all faiths, ages, races, genders, classes, and political parties everywhere who desire to hold a vision and create a love-centered U.S. 2.0.
To learn more, go to: www.unifymovements.org

# ABOUT #UNIFY MOVEMENTS

Drawing from over 35 years of advocacy, campaigning, and political movement leadership, Zeitz is the initiator of #unify movements, a movement-building platform dedicated to catalyzing new, love-centered social, economic, and political systems committed for our collective repair, justice, and peace. As a new movement, #unifyUSA was launched in 2023 as a peaceful revolutionary political movement to co-create a United States 2.0 through urgent constitutional renewal. #Unify Movements is a New Interpartisan Social and Political Movement Calling for Constitutional Renewal To Co-Create a Next Chapter with a Love-Centered United States.

Revolutionary Optimism is Dr. Paul Zeitz's mission, guidance, and call to action. Simultaneously, he has launched #unify, a revolutionary movement-building effort dedicated to catalyzing new love-centered social, economic, and political systems for collective repair, justice, and peace in America.

Dr. Paul is calling for unifying people-powered movements by mobilizing more people of all types to rise in peaceful resistance to the status quo. He offers an open invitation for all faiths, ages, races, genders, classes, and political parties everywhere who desire to hold a vision and create a love-centered U.S. 2.0.
To learn more, go to: www.unifymovements.org

# LEARN MORE

## *DR. PAUL ZEITZ LINKS*

***BOOKS***

***Revolutionary Optimism:*** *7 Steps for Living as a Love-Centered Activist*

***Waging Justice:*** *A Doctor's Journey To Speak Truth and Be Bold*

***PODCAST***

*Revolutionary Optimism*

***WEBSITE***

*https://drpaulzeitz.org/*

***SOCIAL MEDIA***

*Facebook: https://www.facebook.com/DrPaulZeitz*

*Twitter/X: https://twitter.com/drpaulzeitz*

*Instagram: https://www.instagram.com/drpaulzeitz*

*Linkedin: https://www.linkedin.com/in/paul-zeitz*

## *#UNIFY MOVEMENTS LINKS*

***WEBSITE***

*https://unifymovements.org/*

***SOCIAL MEDIA***

*YouTube: https://youtube.com/@unifymovements*

*TikTok: https://www.tiktok.com/@unifymovements*

*Instagram: https://instagram.com/unifymovements*