Strength Through Peace

How Demilitarization Led to Peace and Happiness in Costa Rica, and What the Rest of the World Can Learn From a Tiny, Tropical Nation

JUDITH EVE J\textsuperscript{P}PTON, MD
and
DAVID P. BARASH, PHD

OXFORD UNIVERSITY PRESS (2019)
CONTENTS

1. Pursuing the Paradox  1
2. War and Human Nature  25
3. Costa Rica’s Demilitarization  49
4. Demilitarization Elsewhere  71
5. Good Luck  103
6. Good Policy  119
7. The Past as Prologue  143
8. Guns and Butter, Bananas and Coffee  177
9. National Security: Bombs, Bonobos, and Banks  211
10. Conclusion: On the Fragility of Good Things  241

Index  247