Contents

	Achnowledgements	vi
1	Introduction	1
	Janet Gabriel Townsend and Emma Zapata	
	Women and power /1 About this book /2 Rural women in Mexico /6 Eight organisations /7 Putting the book together /13	
2	Empowerment Matters: Understanding Power	19
	Janet Gabriel Townsend with other authors	
	Power, the rich and the poor /19 Power over /26 Power from within /30 Power with /31 Power to /33 Power as resistance /34 Women and power /36 Questions about empowerment /39 Summary /43	
3	Outsiders and Self-empowerment	46
	Emma Zapata and Janet Gabriel Townsend	
	The 'associational revolution' /46 New organisations and work for a better world /50 Outsiders and self-empowerment /58 Summary /60	
4	'Power from Within': Getting Out of That House!	62
	Janet Gabriel Townsend	
	Who is writing? /62 The power from within /63	
	New consciousness /64 Getting out of that house! /68	
	Understanding the talk /75 Carmen's picture /81 Summary /83	
5	'Power with': Getting Organised	85
	Emma Zapata	
	One story /85 Who is writing? /86 The organisations /87 What is the 'power with'? /91 Organisation and the search for the 'power with' /94 A road full of obstacles? /99 Visions of the future /103 Summary /106	

WO	men and Power	vi
6	Power to Do: and to Make Money	108
	Marta Mercado	
	Who is writing? /108 What is the 'power to', for rural and academic women? /111 Obstacles to the 'power to' /122 Building up the 'power to' /124 Where next? /126 Summary /127	
7	Power over: Domination, Oppression and Resistance Pilar Alberti	129
	Who is writing? /129 What is 'power over'? /129 Academic women and advisers on 'power over' /131 Rural women on 'power over' /140 Responses to 'power over' /148 Summary /149	
8	Levels of Power: from the Person to the World	150
	Emma Zapata	
	Dimensions of power /150 Power in relationships /154 Summary /163 Personal power /152 Group power /158	
9	Where Next?	164
	Emma Zapata, Pilar Alberti, Janet Gabriel Townsend and Joanna Rowlands	
	Where next? Emma Zapata / 164 Where next?	
	Pilar Alberti / 166 Where next? Janet Gabriel Townsend / 168 Where next? Joanna Rowlands / 170	
	Appendix: Empowerment at Tapalehui and in American 'Community Psychology'	179
	Janet Gabriel Townsend	
	References	183

Index

195