



Race Against Time

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"I have spent the last four years watching people die." With these wrenching words, diplomat and humanitarian Stephen Lewis opens his 2005 CBC Massey Lectures. Lewis's determination to bear witness to the desperate plight of so many in Africa and elsewhere is balanced by his unique, personal, and often searing insider's perspective on our ongoing failure to help.

Lewis recounts how, in 2000, the United Nations Millennium Summit in New York introduced eight Millennium Development Goals, which focused on fundamental issues such as education, health, and cutting poverty in half by 2015. In audacious prose, alive with anecdotes ranging from maddening to hilarious to heartbreaking, Lewis shows why and how the international community is falling desperately short of these goals.

This edition includes an afterword by Lewis, covering events after the lectures were delivered in fall 2005.

Race Against Time Details

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From Reader Review Race Against Time for online ebook

Nami says

even though i only gave this book three stars, i still really recommend people to read it.

stephen lewis (the author) is the UN secretary general's special envoy for HIV/AIDS in africa and in this book, reflects on each millennium development goal and concludes that we will be no where near achieving these goals.

i really liked the first half, as he does a wonderful job on how unjust the situation in africa is and how we, as citizens of humanity, have the obligation to be active in addressing these injustices. and while i'm happy to see that stephen lewis, who has real-life, on-the-ground experiences in africa, is doing policy work, i just don't see how the policy changes he urges in the second half of the book will make a real impact on the lives of those living in africa. but of policy makers, i think he's one of the better ones...

Brian says

Stephen Lewis, former Canadian ambassador to the UN and head of the Stephen Lewis Foundation which fights AIDS in Africa, writes 5 lectures as part of the CBC Massey Hall Lecture Series.

It provides an insider's perspective into the machinations of the UN and how its so bogged down with bureaucracy, politics, and self congratulatory back-patting that it often fails to meet its own objectives.

Published in 2005, much of his critique it directed at the UNs Millennium Development goals for Africa which aimed reduce poverty, achieve universal primary education, promote gender equality, etc, by 2015. But by 2005, it looked like they had already failed.

Lewis is clearly pissed off. He is very passionate about Africa and it is very interesting to hear him talk about visiting Africa in the 60s when it still wasn't a rich place but it was culturally vibrant and the people were happy and optimistic. It wasn't until the 80s and 90s that AIDS got out of hand and eviscerated a whole generation of people.

It's not a long book, and the five lectures help break it up. I'd recommend it to anyone who wonders what the heck is going on over there and why is it so hard to fix?

PS. I bought this a Value Village. In my copy was a photograph taken in 1998. In it are three white women standing in an African classroom full of kids. All the kids are wearing paper masks they clearly made and everyone looks pretty happy. Yeah, there are Africans on the cover but I found the amateur photograph - taken by a non-professional - to be more compelling. It certainly looked at the photo differently before and after reading the book.

Alison says

Important topic, with some interesting insights. Lewis is well educated on the issues and brings the reality of HIV/AIDS in Africa to life, as well as the situation around foreign aid. However, it gets brutally bogged down in discussion of this or that UN internal issue and becomes nearly unreadable to the layperson. As well, reading it six years later does no favours as the material spends so much time on facts and figures and people who are now out of date. The message of this book - that we **must** act, and now - is critical and worth reading, but how I wish it had been half the length and more focused and approachable.

James says

I was born in Canada and while I am proud to be American (where at least I KNOW I'M FREE), my Canadian heritage still informs my identity. But I have not read any of the Massey Lectures (with the exception of Jean Vanier's *Becoming Human*). So thus begins my penance.

Stephen Lewis delivered wrote these lectures in 2005. At the time he was a UN special envoy for HIV/AIDS in Africa. It is now a dozen years later, and my understanding of the politics of Africa and humanitarian aid is cursory enough that I have no real ability to evaluate how much of this is dated, and how much still holds true. But it was an informative look at what was happening a decade ago with AIDS/HIV in Africa, and how the global community responded.

Shannon (Giraffe Days) says

It's been twenty-five years, and if anything, the HIV/AIDS pandemic is getting worse. In South Africa alone, there are six million people requiring treatment. Suffering from the "perverse economic policies" of the World Bank and International Monetary Fund (IMF); the poaching of professionals by the UK and other countries; colonialism and neo-colonialism; the USA's right-wing policies and a myriad of other external problems, Africa is also under the burden of famine, huge numbers of orphans, and greedy dictators.

Stephen Lewis is a famous Canadian humanitarian, whose father was one of the founders of the CCF - later the New Democrat Party (NDP). His son is Avi Lewis, his daughter-in-law Naomi Klein. That'd be one hell of an intimidating family to have dinner with. Currently the UN's special envoy for HIV/AIDS in Africa, Lewis draws on long years working for the United Nations and its various divisions, his travels to Africa and his participation in many a conference, to offer a searing indictment on the lamentable response of the wealthy western world to the plight of Africa - a plight that we should at the very least share the blame for.

Lewis speaks directly to the debt, the mistaken macroeconomic policies of the World Bank and IMF that have helped to cripple Africa, the lack of education and the fact that there are entire generations of Africans missing - people in their late twenties, their thirties and forties, simply gone because of AIDS. He also speaks to gender inequality and the flaws of the United Nations, as well as offering alternatives and clear targets. And all with so much passion that I wanted to cry every second page.

At the time of writing, 2005, Africa had \$294 billion of debt. Of that, they had paid back \$260 billion by 2002 - in interest, leaving another \$230 billion owing. Obviously, they will never be able to pay off this debt. The debt is ridiculous in the extreme, especially considering how many billions in foreign aid - the "Global Fund" - the countries need in order to treat and prevent HIV/AIDS. What is especially criminal are the "cost-sharing" conditions imposed against all advice by the World Bank and IMF, conditions that have effectively

crippled the economies of these countries - the direct opposite of what they were supposed to do. These countries were prevented from putting any money into the public sector: education, health, government (including the control of clean water etc.) The only source of funds for this is the Official Development Assistance, but over 60% of this money is "phantom aid", being spent by the donors on overpriced consultants, goods and services from the donor country's firms, and admin costs - "otherwise known as inflated overhead."

In June 2005, \$40 billion of debt for eighteen countries was wiped clean - but Lewis points out that that still leaves \$200 billion "shackling [Africa's:] future". Countries had committed themselves to donating 0.7% of their GNP to African aid, but only Sweden, Norway, Denmark, Holland and Luxembourg have reached or surpassed it - countries not known for their wealth. Compared to the 1 trillion spent on the military and arms, worldwide, the \$50 billion Africa needs is small change.

Lewis comes down hard on the wealthy nations of the world for their procrastination, for not giving what they promise to give, and for attaching conditions like the US's abstinence-only teaching requirement (as part of PEPFAR) - a seriously damaging policy that Lewis himself came under fire for critiquing - as well as the UN's silence. As he quotes one man from the World Bank when trying to get them to give money towards treatment, not just prevention, in Rwanda, "You see, Stephen, it's difficult. Let's face the painful truth: the people with AIDS are going to die. The money would probably be better used for prevention. It's all a matter of trade-offs." This kind of thinking Lewis likens to poison, and with good reason.

That's just the tip of the iceberg. The sorry state of affairs surrounding debt and aid is shocking. No less upsetting is the condition of the people themselves, the many orphans being cared for *en masse* by grandmothers, the missing generations, the lack of farmers - all tied into the famine. What happens when the grandmothers have passed away? The countries' governments have no idea, they are completely at a loss. There is no money for these orphans, or not much anyway. Simply scrapping school fees so the international law of the rights of the child, that every child have free access to a primary education, is problematic in Africa. All the children that Lewis has met in Africa, wanted one thing above all else: to go to school. They're desperate for it, and when they get it they shine. The path for a prosperous future Africa lies in educating its children, *today*.

But the twisted inner paths of the UN thwarts their own goals, and until AIDS is dealt with, no real progress can be made. Tied into AIDS is gender equality - women are the backbone of Africa, Lewis says, the unpaid farmers and caretakers and the very weave and fabric of their culture and society. Until the UN establishes a department that deals solely with women's rights, and gives it the same funding and power as UNICEF, nothing will change.

Lewis does have some good news, little glimpses of hope, schemes that have worked, a few success stories. And some heart-wrenching anecdotes from his travels in Africa that help give a face to the millions of people suffering there.

This book won't give you a history of the plague of AIDS - a pandemic that African leaders refer to as an extermination, and a holocaust. What it focuses on is the western world's response to the situation, or lack of, and the Millennium Development Goals that won't be met. It's a passionate but level-headed and factual diatribe as well as a plea. It's educational, informative and hopeful. That Lewis loves Africa is abundantly clear. He also has tremendous respect for the UN and other agencies, for the amazing people of Africa who have made great in-roads, and for individuals who have likewise brought hope and help. He makes an excellent case for Africa, and a justification for helping them when it is so easy to simply shrug and say, "well it's Africa, it's their problem." But it's not.

Ryan says

Stephen Lewis is one amazing person & makes me proud to be Canadian. I think we WILL see drastic change (for the better) in years to come from the international community, with respect to treatment of AIDS in Africa. The other issues like malnutrition and inaccess to primary education and how it all ties together with AIDS is also presented really well. More than anything though, this book was written with such overwhelming passion that it's hard to not want to see what more each of us as individuals can do to help.

He also has some massive vocabulary which reminded me of the time I tried to read Lord of the Rings when I was 11 or 12. Keep a dictionary handy if you want to get the most out of this book. But if you don't, you can still get through it reasonably well.

Mook says

This is the fourth CBC Massey Lecture book I've read and I have enjoyed all of them. Without fail they are well written and really make me *think* about topics and ideas in ways I usually don't.

"Race Against Time" is a bit dated. Stephen Lewis published this in 2005, addressing his beliefs about how the world was failing to pull itself together in order to adequately fulfill the Millennium Development Goals. The fact that it's dated doesn't subtract anything at all - the goals were supposed to be accomplished by 2015, so putting together Lewis' predictions of failure next to the accomplishments and shortcomings made the book better for me. For anyone interested, the short fact sheet can be found here: <http://www.un.org/millenniumgoals/201...> and the full report can be downloaded as well.

Stephen Lewis eloquently described the frustrating, bizarre, and slow moving politics and bickering that occurs behind the scenes. For someone like me, who did not know very much about how the UN worked or how things like the MDGs come into being it was a fascinating peek into a world of international interaction.

Of course, you can't talk about "Race Against Time" without mentioning Africa. Lewis has a lifetime of experience of living, working, and traveling to various African countries and is deeply invested in the wellbeing of those countries. The Sixth MDG "Combat HIV/AIDS, Malaria, and other diseases" was one he stressed as crucial. He laid out exactly why he felt it would be impossible for African countries to meet any of the other MDGs if this one was not addressed as quickly as possible. The epidemic in some African countries is so bad that it's being described as a genocide, with entire generation being lost to disease.

Lewis shared several personal narratives of people living with disease and dying with it. He stressed the need for immediate action and laid out various ways the disease could be fought. I won't lay out his arguments here; they stand better in his own words.

Lewis wrote this in 2005, 5 years after the MDGS were set out. It's been 10 years since then. How did we do? According to the fact sheet, for HIV/AIDS "new infections fell 40%" That's better than no progress but it's not what Lewis had in mind. "By June 2014 13.6 million people living with HIV were receiving antiretroviral therapy (ART)" - Lewis had mentioned how incredibly difficult it was for people in less developed African countries to get access to ART but apparently those countries were doubling or more the amount of people receiving therapy, though 13 million falls short of the 15 million goal.

Other issues are harder to address - the draconian measures imposed on countries by the International Monetary Fund that restricted social services, included desperately needed health care, to unsustainable minimums; the impractically massive debts owed by the countries; the refusal to keep promises of aid, or increase aid by wealthier countries; social unrest etc.

Obviously, as Africa is a massive continent with hundreds of countries and billions of people, Lewis focused on the people he felt needed the most help: those too sick to work, to afford medical care, to afford education for their children. And it's for those people that he tried to stir up awareness and action with "Race Against Time." It's an excellent read.

Michael says

This is actually a CD collection from CBC Audio of Stephen Lewis and the 5 lectures he gave in 2005 on Africa. It is a history of himself in Africa and the promises made - and broken - to aid the African nations. He delves into the labyrinths of politics at the UN and worldwide. He recounts with anguish the loss of so many people that could have been friends and the lives that could have been lead. HIV/AIDS has taken a terrible toll on Africa equally as much a price has been paid for the policies put in place to "help" Africa. Listen to the passion and anguish in his voice and you too will feel compelled to do something, to say something.

Harvey says

- Lewis is the United Nations' Secretary-General's Special Envoy for H.I.V./A.I.D.S. in Africa. He has served as the Canadian Ambassador to the United Nations, as special advisor on the continent of Africa to the U.N. Secretary General; and as deputy executive director of U.N.I.C.E.F..
- In 2003 he was listed by TIME Magazine as one of the 100 most influential people in the world, and chosen by McLeans Magazine as Canadian Of The Year for 2003.
- this is the published version of his five Massey Lecture Series
- "I have spent the last four years watching people die!"
- a world-renowned diplomat and humanitarian, Lewis is determined to bear witness to the international community's failure to adequately assist the plight of 10's of millions of Africans.
- along with the brilliant insights that only an 'insider' (of the 'system') can see, he mixes scathing criticisms with attainable solutions

Caroline says

Stephen Lewis is a firebrand. A well qualified firebrand, who deeply loves Africa - and he is angry with many of the huge and bureaucratic organisations involved with the country. He is passionately interested in

- * the treatment in Africa of HIV/AIDS
- * equality and support for women
- * the AIDS orphans
- * free education for children
- * and money, money, money.

Thanks to an initiative by the World Health Organisation (The Three by Five campaign), the virus is slowly being turned around. Before 2005 it was in the ascendant, but now real efforts are being made to treat people. Whilst some argue that prevention should take priority over treatment, Lewis is adamant that prevention and treatment go hand in hand. One is not more important than the other. "With treatment comes hope, with hope there comes testing, with testing there comes prevention...." It makes sense to me.

He mentions the wonder drug Nevirapine, given to mothers during the birthing process (followed by the babies being given a liquid equivalent), and this cuts down transmission of the virus from mother to child by 53%. In the West, full antiretroviral treatment is given for the last 24 weeks of pregnancy, and the transmission rate is only 1-2%. But in Africa 53% reduction is a vast improvement on what there was before. More and cheaper generic drugs are now also being used, to prolong the lives of people who have AIDS. Elsewhere he mentions the huge tragedy of children who have to experience the trauma of their parents' deaths, and the result of this sometimes being child-led households, without any adult at all to offer them support. Drugs that can support the lives of people with AIDS seem invaluable within this context.

About women - he says that Africa is now a country largely dependent upon the grandmothers – women who have had to bury their children, and are now raising their grandchildren – and sometimes other orphaned children as well. Often their traditional role as farmers has to fall by the wayside, as they are now committed to full time child care, and they are horrendously overstretched. He says that at all levels, women's needs are being overlooked.

Another big bugbear for Lewis is universal primary education. When the IMF or World Bank give loans, they often impose strictures on the countries concerned – and in many instances this included imposing fees on schooling – either in terms of straight payment by school users, or payment for books, a compulsory uniform, or a payment to take exams. All of these things stopped children from being able to go to school. Later the IMF and World Bank changed their position about wanting school fees, but Lewis feels the damage was done, and that they should now help subsidize free schooling. He also says schools are not only about teaching children, they can also be about giving them food and medical help as well.

The money is the really difficult bit.

*The need for cancellation of debt.

* The shortfall between the monies promised by governments and the monies realised.

* The reluctance of many countries to give generously.

He also mentions an Action Aid (UK) study on G8 foreign aid in 2005. It says that over 60% of overseas development aid should be called "phantom aid" because it is never available where it is needed. It goes to over-priced consultants, the purchase of goods and services from donor countries, and inflated administration costs. Ouch! I hope that since then these charges have been looked at closely, and changes made to rectify

the situation....

Finally, he mentioned those organisations whose presence in Africa he feels is really constructive.

*Médecins Sans Frontières

*Partners in Health

*Jeffrey Sach's Millennium Village projects

*The Clinton Foundation.

All in all this was a very good book for someone as 'overwhelmed' and ignorant of Africa's problems with HIV/AIDS as I was. Its one shortcoming is that it is very time specific. The problems being addressed are very much happening in the here and now. I just wish I could have bought a 2012 edition with a lengthy update.

Maryjoamani says

I read this book a few years ago when we first moved to Mozambique and thought it very provocative. It's important to question what we are doing in our humanitarian efforts to make sure our judgment and wisdom are not clouded by our compassion. True compassion involves wisdom and much of what we seem to be doing in the international aid community lacks wisdom. Though Lewis seems a bit sweeping in his comments, given his personal and professional work at a very high level, his criticism should be taken seriously. I rated it highly for its insistence on making us question some of assumptions.

Wendy Caron says

This book is the Massey Lectures given by Stephen Lewis in written form. I admire Stephen Lewis very much as an orator and humanitarian. I couldn't escape his voice and articulation while reading which made the read enjoyable. I was prompted to read this book because I wanted to learn more about the Millennium Development Goals I had heard so much about and Lewis' perspective was an added bonus. However, I made the mistake of reading this book 7 years too late; written in 2005 the information is woefully out of date and circumstances changed - perhaps for the worse. I now need to find out the current state of affairs with respect to the MDGs from as reliable and credible source as Lewis. Perhaps he has written an update...the search is on.

Gayathiri says

This book made me want to drop whatever I was doing and take up with an NGO to go around whatever the UN isn't doing for Africa and the AIDS pandemic. The inner workings of the UN reveal it to be nothing like it claims to be: instead it's plagued by bureaucracy and high-level inertia.

Lewis brings up numbers, anecdotes, precedents, anything you could possibly need to show that the Millennium Development Goals are not going to be met; he also gives solutions to the problems he identifies. It is a pity that I cannot see any of these happening any time soon, but reading these lectures was almost like a confirmation of what we're all aware of in the back of our minds.

Lyn says

This book was an amazing read on so many levels. Stephen Lewis is a humanitarian who has dedicated his life to the fight against the HIV/AIDS pandemic and for advocating for the most vulnerable members of the humanrace in the most challenging nations on the planet. To say he is inspirational is a gross understatement - - he rocks you to the core with his passion and resolve and unfledging commitment to this cause. He is the voice of outrage at our inaction to solve what he believes are solvable problems facing humankind. He is master of the English language and for those of us who have a love affair with words and language, his are delicious. He provokes thought; he throws down the gauntlet and he reminds us what it means to be a loving, caring, compassion member of the tribe that is the human race. If you enjoy non fiction and you have an interest in the world around you, you will enjoy this collection of lectures from a great Canadian - and a personal hero of mine.

Chinook says

Race Against Time, Stephen Lewis

"It seems to me that those of us who care about the United Nations have an ethical responsibility to point out its failings and to suggest constructive alternatives. There is a tendency to think that dissent should be contained or that self-censorship is to be applauded. I regard both sentiments as the last refuge of an intellectual wimp."

"The Bank and the Fund were fully told about their mistakes even as the mistakes were being made. It's so enraging that they refused to listen. It's so enraging that they refused to listen. They were so smug, so all-knowing, so incredibly arrogant, so wrong. They simply didn't respond to arguments which begged them to review the human consequences of their policies. The fact that poverty became increasingly entrenched, or that economies were not responding to the dogma as the dogma predicted, made no difference. It was a form of Capitalist Stalinism. The credo was everything; the people were a laboratory."

"Three years ago, former Tanzanian President Julius Nyerere asked the question "Must we starve our children to pay our debts? That question has now been answered in practice. And the answer is "Yes." In those three years, hundreds of thousands of the developing world's children have given their lives to pay their countries' debts, and many millions more are still paying the interest with their malnourished minds and bodies..."

The fact that so much of today's staggering debt was irresponsibly lent and irresponsibly borrowed would matter less if the consequences of such folly were falling on its perpetrators. Yet now, when the party is over and the bills are coming in, it is the poor who are being asked to pay.

Today, the heaviest burden of a decade of frenzied borrowing is falling not on the military or on those with foreign bank accounts or on those who conceived the years of waste, but on the poor who are having to do without necessities... on the women who do not have enough food to maintain their health, on the infants whose minds and bodies are not growing properly... and on the children who are being denied their only opportunity ever to go to school." Peter Adamson, UNICEF State of the World's Children, 1989

"There's just no way around the constant neglect in addressing the priorities for women. Perhaps the most recent glaring example of that truth is the report on the celebrated Commission for Africa, appointed by

Prime Minister Tony Blair. I can't get over it. Let's start with the commissioners. There were seventeen in total, three of whom were women. Three, or 17 percent. Prime Minister Blair had the whole world to choose from, and he could come up with only three women... That commission was fatally flawed from the outset, simply by way of gender representation."

"It was evident to the mission that although the prevalence of HIV infection is highest among women and girls - who also take on nearly all the responsibilities of caring for the sick and orphaned, in addition to their regular obligations such as providing food for the households - very little is being done to reduce women's risks, to protect them from sexual aggression and violence, to ease their burdens or to support their coping and caring efforts." Paula Donovan,

"We're in a desperate race against time, and we're losing. It's simply impossible to reduce poverty, hunger, gender inequality, disease, and death significantly at the present pace, and other than the contrapuntal beat of hyperactive rhetoric, the necessary acceleration is nowhere evident. Alas, man and woman cannot live by rhetoric alone."

"In 2005, the world will pass the trillion-dollar mark in the expenditure, annually, on arms. We're fighting for \$50 billion annually for foreign aid for Africa: the military total outstrips human need by 20 to 1. Can someone please explain to me our contemporary balance of values?"

Pat Mills says

Race Against Time by Stephen Lewis was read by me quite some time ago. My kids were younger then and as a mom I found our North American obliviousness really shameful. I remember it as searing and insightful. Mr. Lewis's frustration was palpable.

Alex Gregory says

Solid read from the CBC Massey Lecture series, in which Stephen Lewis (former MP, envoy and founder of the Stephen Lewis Foundation for HIV/AIDS relief in Africa) goes through the United Nations' failure to address the deteriorating situation in the region over the last two decades, and what ordinary people can do to help.

I enjoyed it, but there's a lot of monotony throughout the five speeches in this book. There are some good anecdotes about Lewis' travels in the region and dealings with UN reps in New York, but I found that most of the conclusions he came to were either common sense already (more education, equality for women) or were just an opportunity to insult the UN as much as possible.

Still, worth a read if you find it on sale.

Vanessa says

I was disappointed to find that this book was more focused on UN politicking than Africa. Not that the UN doesn't need the critique, but reading about its problems 6+ years after the fact (I really should have picked

this up when it first came out), and in every chapter, just wasn't that compelling for me.

I was also bothered that Lewis seemed to be cutting the exact same circuit through Africa that every other diplomat/aid giver/politician does. He visits schools and communities where locals sing and dance for him and then tell him their most pressing need is for coffins or something equally bleak. Such *joie-de-vivre*, contrasted against such misery! If they had a nickel for each book by a Westerner that contains a similar story, designed to tug at the heartstrings of readers back home... well, no one would need foreign aid. I'm really longing for more authors to go to Africa and come back with a story, any story, that isn't cut from that mold.

Anyway, I put the book down after reading 3 of the 5 lectures contained within, and decided, with exams coming up, to just return it to the library lest it linger even longer. If Stephen Lewis ever releases another book, I'll probably pick it up.

Ruth says

this is a required read for anyone who wants to make a difference in AIDS ravaged Africa. Stephen Lewis is a champion for the millions of victims of this horrible pandemic.

Anna says

The timing of my reading this was interesting. I had just finished a three-week African Summer Institute, where professors from Nigeria, Burundi, Kenya, and Tanzania taught us about Africa from a much more Afro-centric perspective than I've been used to. And then I read Dambisa Moyo's *Dead Aid*, which aims to reject all foreign aid to Africa entirely. And then I read this and I'm kind of conflicted.

Stephen Lewis makes a lot of good points and I think on a moral level he's absolutely correct about a lot of them. Western nations haven't done much to help Africa fight AIDS and that has had a disproportionately negative effect on women and children in Africa. I absolutely agree with that and I think he makes a compelling argument that we need to do more on that front, especially in terms of providing HIV retroviral drugs and making sure that aid gets to women in children. But I'm not sure he really very manages to get at *how* this can/should be done *efficiently*. And that needs to be addressed because the current solutions aren't working yet they continue to be accepted by large chunks of the international community. And I felt like the final chapter of the book fell short of answering the "how?" questions I had was asking when I finished reading.

I also found his writing to have a preachy tone to it, which made it hard for me to swallow. And I realize he had to do this but all of the name-dropping ("I met with Mr. So-and-so of the ZYZ Fund") annoyed me to no end. I guess in general I felt pretty annoyed with the writing style. So it took me way longer to read this than it should have.

In all, I wish he had written a more concise, more substantial text but this was still very insightful.
