Wallensteen argues that further defining and specifying key concepts in peacebuilding will result in increased consistency and contribute to the development of policy-relevant strategies for peace. He suggests that any analysis of peacebuilding efforts should employ a typology of conflicts that distinguishes between interstate war, internal conflict, and new state formation. It should also consider that the state is central to many wars, so it is essential to distinguish among the specific aims or ambitions of post-conflict peacebuilding: limited forms of state-building, democracy-building, security-building, nation-building, and market-building. A review of current research on sustainable peace processes highlights the importance of four factors: how the previous war ended; whether the causes of the war have been addressed; the impact of international actors on local state-building, including the timing of democratization; and the extent to which the regional context is conducive to peacebuilding.

In twenty-five conclusions, all the relationships of the book are analyzed; the overarching conclusion is that while a victory consolidation with dignity for the loser and security for all parties may generate some quality, negotiated settlements are the most likely to give quality
outcomes. Democracy building, transparency in relationships and settling territorial disputes is essential (which is why wars resulting in state separations are the most difficult). Finally international organizations’ major role in peacebuilding needs to continue, especially in prevention, mediation, and peacebuilding in conflicts with heavy major power interest. Quality peace is a concept that helps highlight significant approaches for a world order that will reduce inter-state and intra-state wars. It is hoped that it will inspire theory as well as practice.