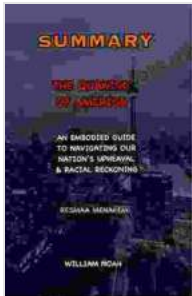


An Embodied Guide to Navigating Our Nation's Upheaval and Racial Reckoning



SUMMARY OF THE QUAKING OF AMERICA BY RESMAA MENAKEM: An Embodied Guide to Navigating Our Nation's Upheaval and Racial Reckoning

by Andrew Koppelman

★★★★☆ 4.7 out of 5

Language : English
File size : 305 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 7 pages
Lending : Enabled



An Embodied Guide For Troubled Times

The United States is in a state of upheaval. The COVID-19 pandemic has laid bare the deep inequalities in our society, and the deaths of George Floyd, Breonna Taylor, and Ahmaud Arbery have sparked a national reckoning on race. In this time of great uncertainty and pain, it is more important than ever to have a guide to help us navigate the challenges we face.

An Embodied Guide to Navigating Our Nation's Upheaval and Racial Reckoning is a powerful and timely book that offers a framework for understanding and responding to the challenges of our time. Rooted in the

wisdom of yoga, mindfulness, and social justice, this book provides a roadmap for healing, activism, and transformation.

In this book, you will learn how to:

- Ground yourself in the present moment and find your center amidst chaos.
- Understand the history and roots of systemic racism in the United States.
- Cultivate compassion and empathy for yourself and others.
- Take action to dismantle racism and create a more just and equitable world.

An Embodied Guide to Navigating Our Nation's Upheaval and Racial Reckoning is an essential resource for anyone who wants to understand and respond to the challenges of our time. This book will help you to find your voice, take action, and create a better future for all.

Praise for An Embodied Guide to Navigating Our Nation's Upheaval and Racial Reckoning

"This book is a powerful and necessary guide for these troubled times. It offers a roadmap for healing, activism, and transformation." - **adrienne maree brown**, author of *Emergent Strategy*

"An Embodied Guide to Navigating Our Nation's Upheaval and Racial Reckoning is a must-read for anyone who wants to understand and respond to the challenges of our time. This book is a beacon of hope and a call to action." - **Resmaa Menakem**, author of *My Grandmother's Hands*

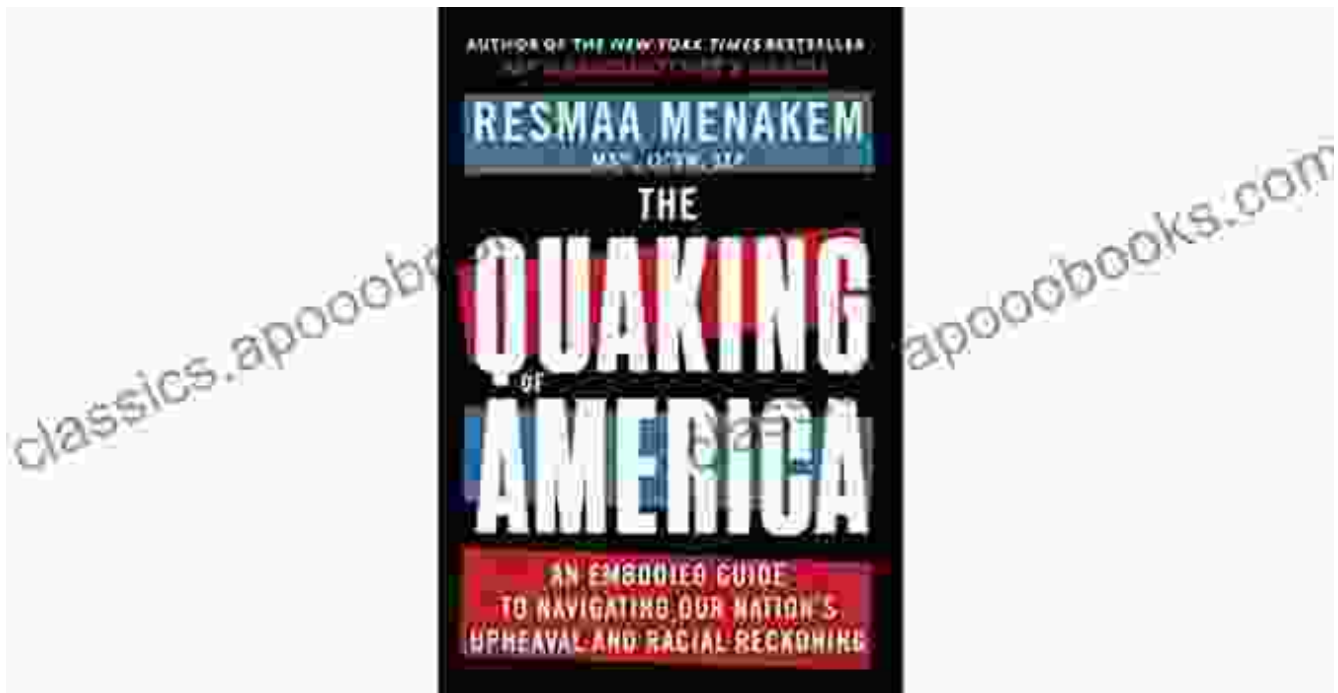
"This book is a gift. It is a powerful and practical guide for navigating the challenges of our time. I highly recommend it." - **bell hooks**, author of *All About Love*

Free Download Your Copy Today

An Embodied Guide to Navigating Our Nation's Upheaval and Racial Reckoning is available now from your favorite bookstore or online retailer. Click here to Free Download your copy today.

About the Author

Angie Thurston is a yoga teacher, mindfulness instructor, and social justice activist. She is the author of several books on yoga, meditation, and social change. Angie is a co-founder of the Yoga of Oppression Institute, which offers trainings on the intersection of yoga and social justice. She lives in Oakland, California.





SUMMARY OF THE QUAKING OF AMERICA BY RESMAA MENAKEM: An Embodied Guide to Navigating Our Nation's Upheaval and Racial Reckoning

by Andrew Koppelman

★★★★☆ 4.7 out of 5

Language : English
File size : 305 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 7 pages
Lending : Enabled

FREE

DOWNLOAD E-BOOK



Unlocking the Secrets of the Mind: Brain Mapping Indications and Techniques

The human brain, a intricate and mesmerizing organ, holds the key to our thoughts, emotions, and actions. Understanding its complexities has...



Novel of Misconception, Truth, and Love: A Journey of Transformation

Unraveling the Lies We Tell Ourselves Like a winding labyrinth, misconceptions ensnare us, distorting our perception of reality. This captivating novel...