



## My Grandmother s Hands: Racialized Trauma and the Pathways to Mending Our Hearts and Bodies (Paperback)

By Resmaa Menakem

Central Recovery Press, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. The body is where our instincts reside and where we fight, flee, or freeze, and it endures the trauma inflicted by the ills that plague society. In this groundbreaking work, therapist Resmaa Menakem examines the damage caused by racism in America from the perspective of body-centered psychology. He argues this destruction will continue until Americans learn to heal the generational anguish of white supremacy, which is deeply embedded in all our bodies. Our collective agony doesn't just affect African Americans. White Americans suffer their own secondary trauma as well. So do blue Americans--our police. My Grandmother s Hands is a call to action for all of us to recognize that racism is not about the head, but about the body, and introduces an alternative view of what we can do to grow beyond our entrenched racialized divide. Paves the way for a new, body-centered understanding of white supremacy--how it is literally in our blood and our nervous system. Offers a step-by-step solution--a healing process--in addition to incisive social commentary. Resmaa Menakem, MSW, LICSW, is a therapist with decades of experience currently in private practice...



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