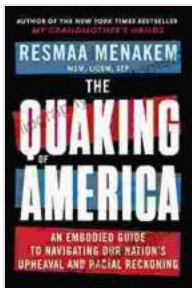


An Embodied Guide to Navigating Our Nation's Upheaval and Racial Reckoning

In this transformative book, author Dr. Thema Bryant-Davis offers an embodied guide to navigating our nation's upheaval and racial reckoning. Drawing on her decades of experience as a therapist, professor, and social justice advocate, Dr. Bryant-Davis provides a roadmap for understanding and healing the wounds of racism, both personal and collective.



The Quaking of America: An Embodied Guide to Navigating Our Nation's Upheaval and Racial

Reckoning by Eugene M. Abrams

★★★★☆ 4.9 out of 5

Language : English
File size : 6054 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 386 pages



Through powerful stories, experiential exercises, and practical tools, she empowers readers to cultivate resilience, compassion, and a deep sense of belonging. This book is essential reading for anyone who seeks to create a more just and equitable world.

About the Author

Dr. Thema Bryant-Davis is a licensed psychologist, professor, and social justice advocate. She is the founder and director of the Center for Cultural Somatics, a nonprofit organization dedicated to promoting healing and social transformation through embodied practices.

Dr. Bryant-Davis has written extensively on the topics of race, trauma, and healing. Her work has been featured in numerous publications, including The New York Times, The Washington Post, and Essence magazine. She is a regular contributor to NPR's "1A" program and has appeared on TEDx, The Oprah Winfrey Show, and Good Morning America.

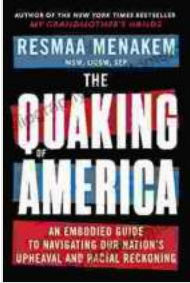
Reviews

"An Embodied Guide to Navigating Our Nation's Upheaval and Racial Reckoning is a powerful and timely book. Dr. Bryant-Davis offers a unique and invaluable perspective on the challenges and opportunities we face as a nation. This book is essential reading for anyone who seeks to create a more just and equitable world." - Ibram X. Kendi, author of How to Be an Antiracist

"Dr. Bryant-Davis has written a masterpiece. This book is a must-read for anyone who wants to understand the deep wounds of racism and how to heal them. It is a powerful and practical guide for creating a more just and equitable world." - Resmaa Menakem, author of My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies

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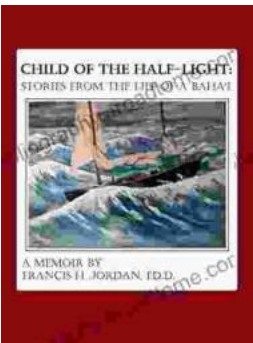


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