



My Grandmother's Hands

*Racialized Trauma and the Pathway to
Mending Our Hearts and Bodies*

RESMAA MENAKEM

MSW, LICSW, SEP

Resmaa Menakem

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Your body is where our instincts reside and where we fight, flee, or freeze. Writer Resmaa Menakem introduces an alternative solution watch of what we are able to do to grow beyond our entrenched racialized divide.s Hands is a call to action for Americans to recognize that racism isn't about the head, but about the body. My Grandmother'



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accessible manual for healing at the crossroads of .. Extremely important topic at this time and everyone ought to be reading this book. Resmaa Menakem's book is a timely, easy to access manual for therapeutic at the crossroads of somatic psychology/trauma skills & racism in the usa (and beyond). All of my research originated from veteran PTSD related resources. This is a well crafted compelling treatment of trauma as it exists in bodies of each explanation across our land. There are a great number of wonderful exercises that folks can use to understand how to work with racialized trauma in every chapter. It's (past) time to sink into this operating of curing the legacies of racism that live in our bodies. Strongly suggested for therapists, activists, military and police, and anyone prepared to courageous embrace the clean discomfort and relational healing called for in cultural healing. If you're prepared to start studying racial trauma, that is a great place to begin. As a trauma therapist, I wish to claim that Resmaa's reserve is very well organized with clear descriptions of the most current understanding of trauma physiology and healing. we must experience it, and practice recovery approaches. Menakem will this without shaming or rigidity and without pulling any punches. Recently I mentioned the reserve to an African American law enforcement captain, who within invaluable in creating the kind of law enforcement we need for a just society. The idea is to metabolize our historical trauma so that we can make space for something new. Important for healers I think a ground breaking work on the transmitting of trauma and it's connection to systemic oppression. I allow myself to experience the hurt and shame that my ancestors perpetrated atrocities on black-bodies that were perpetrated against them in traditional times in Europe. After scanning this work our efforts were enhanced in a powerful way. Healing can be an incremental procedure and an ongoing one. Help is on the way. Before scanning this extraordinary book, I was persuaded that African Americans reside in a trauma basin framed by historical impacts of slavery and contemporary assaults of injustice and deprivation. I needed to release a meaningful community-centered response and involved some highly esteemed Black Psychologists who brought great insights and hearts of dedication to the task. EASILY can process these emotions, I might be less inclined to recreate them in today's and future. I want to buy out the national share and distribute to every citizen of our property. His expansion of DeGruy's work on 'Post Traumatic Slave Syndrome' to include the old roots of European trauma properly calls white Americans to job in the cultural curing of our occasions. My reflection on the concepts Menakem introduces of clean and filthy pain led to a breakthrough in an integral relationship headed for the rocks. Get it. Read it. Move it on! Best self-help reserve EVER, because it's not about "self" or "help" it's about community and recovery. Menakem shares deeply personal stories woven effortlessly with threads of contemporary neuroscience and ancestral wisdom to illuminate a very clear path to racial healing in

America. His language around "white body supremacy" brings racism out of our heads and into our bodies so that we are able to FEEL that, despite our noblest intellectual intentions, our bodies remember and continue to act out learning from past generations that reproduce racism inside our relationships today. Fortunately, our bodies are also the areas we experience restoration and reconnection. He writes about how this fear of the other is in the torso, and it requires a body-centered approach to heal it. Insightful Book This is essential read book for helping us to comprehend the race issue on a deeper level." I didn't have an answer. If you're looking for that sort of instruction, you've discovered one in Menakem. A full page turner... As a clinician trained to diagnose and treat Post Traumatic Tension and as a white facilitator in racial collateral function/life, I prayed because of this book for years. This book will help us understand sense then and now. Menakem writes with kindness and clarity from decades of lived experience and pragmatic healer awareness. A black girl in leading row graciously thanked me for this content I was sharing and asked "where are these equipment for black people that live the realities of trauma in our neighborhoods, homes and every organization we ever enter? I am also grateful for guides like Menakem who contact me to hold myself in charge of damage I continue steadily to trigger, with a existence so loving I could bear the discomfort of their honesty and maintain attempting to do better. Right now I do. This reserve. As psychotherapist with a somatic strategy helping people heal from the unpleasant influence of racism, homophobia, sexism, and transphobia, I found this book a fascinating read. There's no doubt in my mind, after years of doing my internal function and gathering in circles with various other white people, that perpetrator trauma is usually lodged in our white bodies. This publication gives us a materials history of how exactly we got that method and gives very accessible somatic-centered exercises to dislodge it. Thank you to the writer, Resmaa Menakem, for bringing an unparalleled and far needed resource into the world with regard to healing and liberation. Excellent Read.. amazing!!!! I actually am currently reading 'My Grandmother's Hands' by Resmaa Menakem, everyone this book has no color, this reserve is for everybody, Please get yo duplicate.. I say once again please obtain your copy, This is a well written undertaking/understanding treatment of trauma since it exists. My reflection on the principles Resmaa point out the discomfort and and really if you conceive what the reserve is saying it can heal, bottled up feelings. It's so vital that you understand trauma and how it impacts every second of life. I'll never forget making a display at a classroom in Berkeley CA on spirituality as a resilience building tool for people living with Post Traumatic Stress. You'll need some knowledge of how the mind and body are a single entity to become listed on Menakem, as he brings his lucky readers to the epistemological base of the trauma problem. In his publication, "My Grandmother's Hands," Resmaa Menakem

requires a body-inclusive approach toward understanding racism, and inviting the body to evolve beyond the racialized divide that many experience surviving in America. I am grateful for Menakem's vocabulary and equipment as I work to bring about healing in my own white body and our collective white cultural body. I have learned so much in regards to a subject I thought I currently knew a lot. "Trauma-informed" is everywhere now - and thank god that is the case. I can go on and on about the reserve, you must get yourself a copy. I am particularly grateful mainly because a white practitioner in racial collateral work to have a reference that grounds how required a somatic strategy is to liberation. Everyone in the US should read this reserve, no matter who they are. This book is crucial read for those of us living in communities struggling with racism. Resmaa Menakem has generated a masterpiece of storytelling, restorative justice, recognition raising, and curing. The writing is just excellent, and the clarity with which Menakem lays out the evidence for racism and how to proceed about it is brilliant, and the effect is disturbing, since it should be. The chapter on competition and law enforcement brutality is a strong exemplary case of that, of how black bodies create fear in white bodies. He writes about how exactly people of color sacrifice elements of themselves every time to stay safe, and occasionally they don't succeed. Menakem's brand-new language and body-based curing practices are an important basis for what I hope will grow into effective antidotes to white body supremacy: white body humility and white racial fix. I highly recommend this publication, and the practices within. There is a lot of planning for the reader to greatly help support us in our journey through difficult material, including how exactly to manage tough thoughts, feelings and sensations as they occur. Each chapter offers exercises for us to apply to heal ourselves, black and white. He recommends personal confrontation as a form of "clean discomfort," versus the "dirty discomfort" of avoidance, denial and blame. The illustrations in the book are so accurate and riveting. We must self confront and stop talking about it; I prayed for this publication for years. I could not place it down. A must read if you work with bodies in any capacity. Resmaa Menakem's, in my own Grandmother's Hands, with humility, delivers a beautifully written tale, a page turner that I couldn't put down, that is initially disguised as an easily accessible book about trauma but is actually no less than a clear step-by-step process for ending racism, class prejudice, oppression and violence in all its forms. A must-read book for anyone interested to grow beyond an entrenched racialized divide. Van Der Kolk falls short though for the reason that he is focusing on individuals who have experienced trauma with a capital T, like rape, or war, or car crash - these people know that they have observed trauma, which is only the end of the iceberg. His recommendation however was for people who have observed trauma, some mix of medication, therapy and yoga could heal them. Van Der Kolk's Body Keeps the Rating got the physiological

processes of trauma out there in a big method. His #metoo-ing not really with standing up, I'd say read it, or at least listen to his interviews. Then go through My Grandmother's Hands. This book can help you launch the tensions. For example, when I hear about another black-bodied young man being shot, I take the time and feel the feelings that come up, rather than pushing them aside or feeling helpless to change anything. Great and supportive interventions for all those people who wish to improve themselves (and for me personally to do my own work). I've already incorporated some of the information and exercises into my practice. In addition, it includes a bunch of different exercises to help people hook up to their bodies.. I understood of and understood PTSD as it relates to folks of color. As a facilitator and activist, I look for My Grandmother's Hands most influential. Important Book! It is an eyesight opening to observe and understand the trauma in white people and police officers. A MUST READ This book is amazing! As a white-bodied person, it has changed the way I relate with stories of racial violence.



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