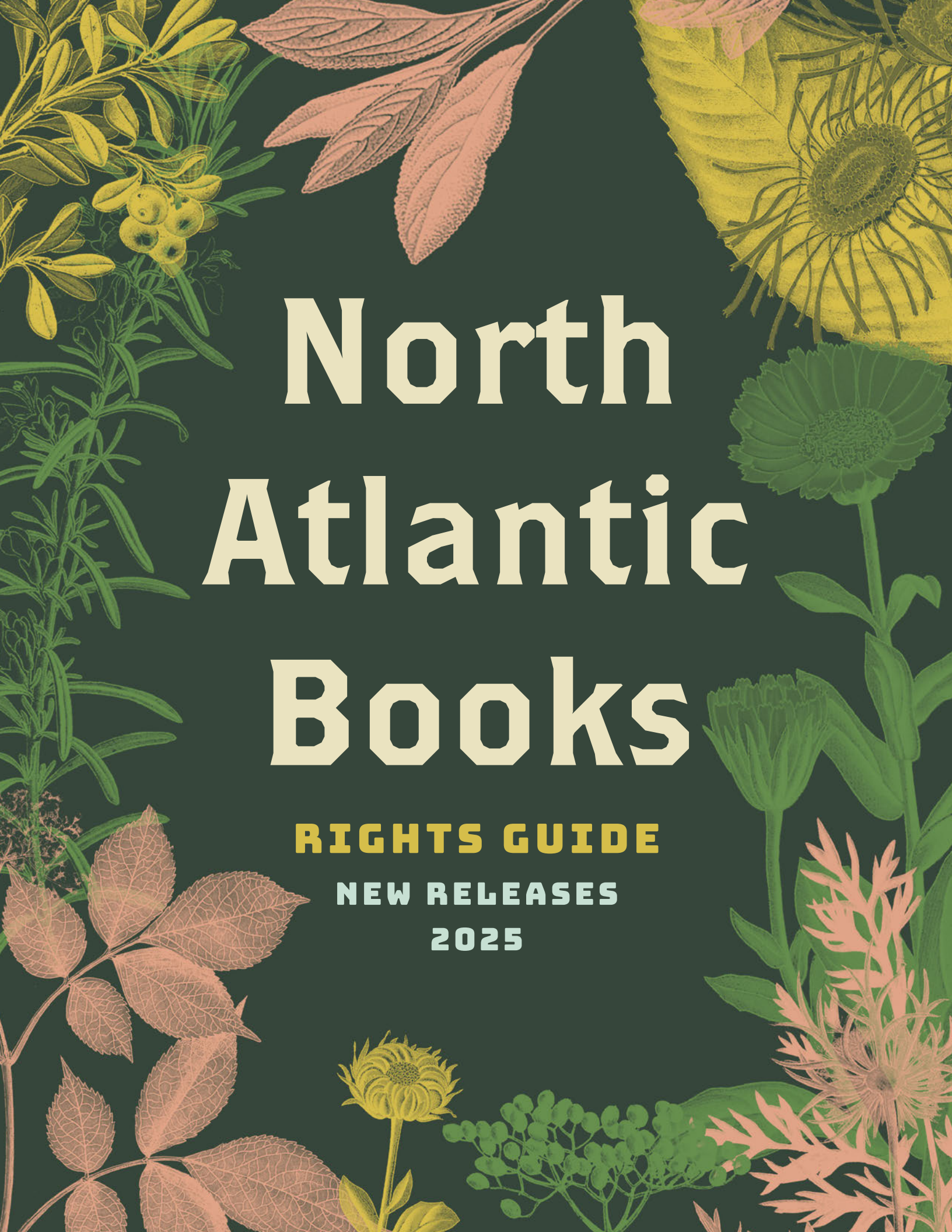


A detailed botanical illustration background featuring various plants. On the left, there are green herbs with small round fruits and long, thin leaves. At the top center, there are reddish-pink leaves. On the top right, a large yellow flower with a dark center is visible. Below it, a green daisy-like flower is shown. On the right side, there are more green plants and a pinkish-red flower at the bottom. The entire background is a dark teal color.

# North Atlantic Books

**RIGHTS GUIDE**

**NEW RELEASES  
2025**

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# Activism & Social Justice

# Outgrowing Modernity

## Navigating Complexity, Complicity, and Collapse with Accountability and Compassion

### VANESSA MACHADO DE OLIVEIRA

Climate collapse, social crisis, the decline of modernity: colonialism, capitalism, and our full-faced denial have ushered in an urgent new era. The highly anticipated follow-up to *Hospicing Modernity*, which asked us to grow up, step up, and show up for our communities and the living Earth, *Outgrowing Modernity* helps us make sense of where we're going—and deepen what's possible—in a time of endings.

Vanessa Machado De Oliveira helps us face the logics and workings of modernity, bringing us to clear-eyed terms with its expiration. She explores the impacts of colonialism as *neurocolonization*: an oppressive function of modernity that rewires how we think, act, imagine, and adapt. These impacts are wide-ranging and run deep: they cut us off from our natural ways of building community and seeking pleasure. They choke our ability to cope with trauma and embrace complexity. And they trap us in a state of artificial comfort and denial that keeps us from collectively growing up—even when our existence demands it. This book invites you to interrupt 5 lies that neurocolonization instills in us—beliefs (and behaviors) that have condition us to think we're owed the following, regardless of others or the planet:

- Moral and epistemic **self-righteous authority**
- Unrestricted, **unaccountable autonomy**
- **Arbitrating truth, law, and common sense**
- **Affirming one's virtues**, innocence, and purity
- **Exploitative appropriation and accumulation** of various forms of capital

In moving away from these ingrained worldviews, we can choose instead to develop 4 capacities necessary to our—and Earth's—survival: **sobriety, maturity, discernment, and responsibility**. Machado De Oliveira moves beyond critique into a praxis of strategic disinvestment: one that invites us to recognize what no longer serves us and reinvest in nurturing structures and lifeways that restore our knowledge in the value of life for life's sake.

**RIGHT BOOK, RIGHT TIME:** Meets our moment. Progressive readers are more interested now than ever in climate solutions that are complex, multi-layered, post-colonial, and move past individualized hacks that don't actually work.

**FOLLOW-UP TO BELOVED BREAK-OUT BOOK:** *Hospicing Modernity* has sold 27K copies across all formats, rated 4.8 out of 5 stars on Amazon, and has been licensed in both German and Slovakian.

**EXERCISES & PROMPTS:** Includes reflections, individual and group exercises, and examples

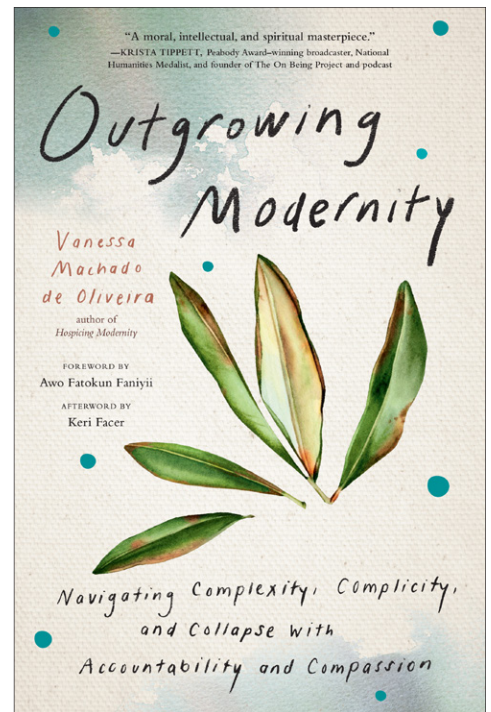
### AUDIENCE

Readers of *Hospicing Modernity*; “progressive preppers”—**socially engaged readers interested in safeguarding community wellness in the face of climate catastrophe and ecological collapse**; Gen-Z and millennial readers at the forefront of organizing transitional systems and alternate care structures; educated readers with some degree of privilege who are disillusioned with extractive capitalism, insufficient structural support, and current events; readers of Charles Eisenstein, adrienne maree brown, and Bayo Akomolafe

### AUTHOR BIO



**Vanessa Machado de Oliveira Andreotti** is a Latinx professor at the University of British Columbia. She holds a Canada Research Chair in Race, Inequalities, and Global Change. She began her career as a teacher in Brazil in 1994 and has led educational and research programs in the UK, Finland, Aotearoa/New Zealand, Brazil, and Canada. Andreotti works across sectors in international and comparative education with a focus on global justice, citizenship, Indigenous and community engagement, sustainability, and social and ecological responsibility. Andreotti is a founding member of Gesturing Decolonial Futures Collective (decolonialfutures.net) and Teia das 5 Curas, an international network of Indigenous communities mostly in Canada and Latin America. She collaborates with these groups to direct research projects and learning initiatives related to global healing and wellbeing in times of unprecedented challenges.



**ON SALE: 12-AUG-2025**

**RIGHTS: WORLD**

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**PRICE: \$20.95 / \$27.95 CAN**

**PAGE COUNT: 336**

**TRIM SIZE: 6 X 9**

**10 BW IMAGES**

**BISAC 1: Social Science - Activism & Social Justice**

**BISAC 2: Political Science - Colonialism & Post-Colonialism**

**BISAC 3: Science - Indigenous Knowledge & Perspectives**

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Foreword

Preface: Questions Worth Holding Collectively

Introduction: Outgrowing Modernity

### Workout 1 Core Strength Training: The Dis-Ease of Separability

Orientation 1: *Hospicing Modernity* Recap

Warm-up 1: Three Entry Points

Weightlifting 1: Molecular Colonialism (7A and 7Es)

Cool-Down Stretch 1: Top Ten Hallucinations of Modernity

### Workout 2 Endurance Training: Coming Together in VUCA Times

Orientation 2: Bringing People Together in VUCA Times

Warm-up 2: Being Taught Mostly by Failures

Weightlifting 2: Solid and Liquid Modernity

Cool-Down Stretch 2: Buckle Up for Turbulence

### Workout 3 Flexibility Training: Whole-Shebang Relationality

Orientation 3: Beyond Ledger Relationality

Warm-up 3: Bending without Breaking

Weightlifting 3: Meta-Relational Dispositions

Cool-Down Stretch 3: Invitations for 7 Steps Back and 7 Steps Forward/Aside

### Workout 4 Full Body Strength Training: The Factuality of Entanglement

Orientation 4: The Factuality of Entanglement

Warm-up 4: Sovereignty, Choice, and the Weight and Wisdom of Rocks

Weightlifting 4: Cardio with Aiden Senior

Cool-Down Stretch 4: The Undergrowth Protocol (or “In Case of Collapse, Press ‘Yes’”)

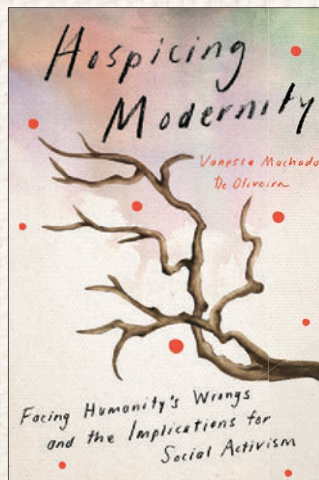
(In)Conclusion: Death and Life

Conversational Coda/Epilogue: On Weaving and Being Woven

“Vanessa Machado de Oliveira is one of the wisest minds on this planet, with a singular clarity on the catharsis that is upon us and humanity’s challenging and magnificent callings before it. She frames a roadmap, at once prophetic and intricate, toward a generative future for our species, in kinship with every form of life and intelligence—including a truly original proposal of relationship with technology and AI. This book is a moral, intellectual, and spiritual masterpiece.”

—KRISTA TIPPETT, Peabody Award–winning broadcaster, National Humanities Medalist, and founder of The On Being Project and podcast

ALSO BY VANESSA MACHADO DE OLIVEIRA



Hospicing Modernity

ON SALE Sep 2021

Rights: World EXCEPT German and Slovakian

TR: 9781623176242 / \$20.95/\$27.95

# Growing Papaya Trees

## Nurturing Indigenous Solutions for Climate Displacement

JESSICA HERNANDEZ, PhD

Leading Binnizá and Maya Ch'orti' scientist Jessica Hernandez, PhD, weaves together Indigenous knowledge, environmental science, and personal family stories in her highly anticipated follow-up to the LA Times best-seller *Fresh Banana Leaves*.

Dr. Jessica Hernandez offers readers an Indigenous, Global-South lens on the climate crisis, delivering a compelling and urgent exploration of its causes—and its costs. She shares how the impacts of colonial climate catastrophe—from warming oceans to forced displacement of settler ontologies—can only be addressed at the root if we reorient toward Indigenous science and follow the lead of Indigenous peoples and communities. *Growing Papaya Trees* explores:

- Energy as a sociopolitical issue
- The interconnectedness of natural disasters, sociopolitical turmoil, and forced migration
- Our oceans, our forests, and our Indigenous futures
- Moving Indigenous science from mere acknowledgement into real action
- How to nourish Indigenous roots when displaced beyond borders

Dr. Hernandez asks: *what does it mean to be Indigenous when we're separated from our lands? How do we nurture future generations knowing they, too, will have to live away from their ancestral places?* She illuminates that cultures are not lost, even amid genocide, turmoil, war, and climate displacement—and shows us how to be better kin to each other against the ecological violence, colonial oppression, and distorted status quo of the Global North.

**FOLLOW-UP TO BELOVED STRONG SELLER:** *Fresh Banana Leaves* has sold 40,309 copies across all formats, with an Amazon rating of 4.6 out of 5 stars

**ROOTED IN INDIGENOUS SCIENCE** and meets the explicit desires of a growing Indigenous ecology market

**URGENT TOPIC, UNIQUE LENS:** Climate change is an ever-present, constantly evolving threat. This book offers wisdom that is little discussed in mainstream western science and policy.

**CLIMATE CHANGE AND IMMIGRATION:** Brings a fresh lens that explores the intersections between colonial-driven climate change and migration

**BELOVED EXPERT AUTHOR:** Jessica Hernandez is well-known and renowned in her field among academics, activists, and lay readers alike

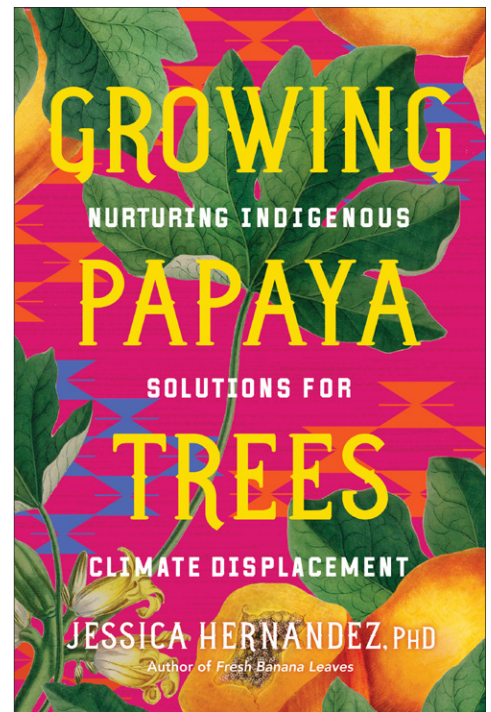
### AUDIENCE

**Climate justice readers** interested in Indigenous approaches to climate resilience and connections among human displacement, immigration, and climate change; readers of *Fresh Banana Leaves* and *The Intersectional Environmentalist*; North American readers with a **lay interest in ecology and sustainability**; **Academic interest**—Indigenous science, climate science, and non-western approaches to land stewardship and environmentalism

### AUTHOR BIO



Jessica Hernandez, PhD, is an Indigenous scholar, scientist, and community advocate based in the Pacific Northwest. She has an interdisciplinary academic background ranging from marine sciences to forestry. Her work is grounded on her Indigenous cultures and ways of knowing that are rooted from El Salvador (Maya Ch'orti') and Oaxaca, Mexico (Zapotec). She advocates for food, climate, and environmental justice through her scientific and community work and strongly believes that Indigenous sciences can heal our Indigenous lands. She was raised in South Central Los Angeles and in 2020, she became the first alum from her high school to receive and complete a doctoral degree. She is the founder of Pina Soul, SPC, an environmental consulting and artesanias hybrid business that promotes and supports environmental sustainability and conservation among Black and Indigenous communities.



ON SALE 11-NOV-2025

RIGHTS: WORLD

ISBN: 979-8-88984-097-8

PRICE: \$20.95 / \$27.95 CAN

PAGE COUNT: 280

TRIM SIZE: 6 X 9

BISAC 1: Social Science - Indigenous Studies

BISAC 2: Science - Global Warming & Climate Change

BISAC 3: Social Science - Emigration & Immigration

## CONTENTS

A Love Letter To Our Ancestral Lands

Prologue

Introduction

Chapter 1: Preparing the Soil: Our Displacement

Chapter 2: Uprooting Our Roots: Climate Change

Chapter 3: Preserving Our Land: Land Rights

Chapter 4: Harvesting Our Present: Renewable Energy

Chapter 5: Nurturing Seedlings: Our Youth

Chapter 6: Protecting Our Roots: Climate Justice

A Love Letter to Displaced Indigenous Peoples

### EXCERPT FROM *GROWING PAPAYA TREES*

“Papaya trees hold profound significance in many Indigenous cultures, symbolizing resilience, sustenance, and connection to the Land. These trees provide essential nourishment but also represent deep-rooted traditions and wisdom passed down through generations. Papaya trees aid in community resilience by providing a reliable source of food and nutrition, which is crucial during times of scarcity. Their ability to thrive in diverse climates makes them a sustainable crop, ensuring food security for Indigenous communities. The act of cultivating these trees fosters a sense of unity and collective effort.

By nurturing papaya trees, Indigenous communities honor their heritage and strengthen their bond with nature, even in the face of displacement and environmental challenges. We do not believe in individuality or competition with one another. Papaya trees grow rapidly and bear fruit within months of planting. Their ability to adapt and thrive in a variety of climates and soil conditions symbolizes resilience, perseverance, and strength. Indigenous Peoples are like papaya trees. We are the trees that the displaced roots grew, and we are here to advocate for our experiences, existences, and resistances.”

### ALSO BY JESSICA HERNANDEZ, PHD



Fresh Banana Leaves

ON SALE Jan 2022

Rights: World

TR 9781623176051 / \$20.95/\$27.95

# Yoga as Embodied Resistance

## A Feminist Lens on Caste, Gender, and Sacred Resilience in Yoga History

### ANJALI RAO

What does yoga have to do with caste, gender, and power? This groundbreaking work explores how yoga can be a vital path to resistance, agency, and collective liberation.

*Yoga as Embodied Resistance* illuminates the essential—but often unseen—relationships between caste and gender in yoga. Bridging scholarship, history, and cultural analysis, yoga educator and practitioner Anjali Rao exposes how caste oppression, patriarchy, colonization, and the right-wing Hindutva movement impact contemporary practice and offers readers radical ways to re-envision a yoga grounded in liberation, inquiry, discernment, and even dissent.

Rao calls upon us to realize the work of co-creating a compassionate and courageous world, uplifting the stories of women and gender-expansive people who confront caste and gender dominance. The stories, or kathas, reflect different parts of yoga history from the Upanishads, the Puranas, and the Bhakti renaissance—and highlight the seismic shifts in consciousness about the potential of spiritual teachings for social change. She explores:

- Foundational histories of yoga, caste, and Hinduism
- The tensions among yoga, nationalism, anti-colonialism, and Indigeneity
- The impacts and intersections of yoga, gender, caste, and culture
- Brahminical appropriation and its relationship to eros, spirituality, and loving devotion
- Sanskritization, vernacularization, and the impact of patriarchy on bodily expression
- Bhakti as a subversive tool of personal agency and anticolonial resistance

Rao's work is both an invitation and a force of nature that lights up the path of yoga toward brighter, just, and more liberated futures.

**TIMELY AND RELEVANT:** Decolonizing—and debrahminizing—yoga is a key emergent focus among progressive, socially engaged yogis

**UNCOVERS HOW YOGA HAS BEEN USED TO LEGITIMIZE OPPRESSIVE SYSTEMS** like caste, patriarchy, right-wing nationalism, islamophobia, and homophobia

**A FRESH, ABOLITIONIST FRAME FOR AN ANCIENT PRACTICE** that bridges a decolonial lens with the essence of yoga

**UPLIFTS THE STORIES OF WOMEN AND GENDER-EXPANSIVE PEOPLE IN YOGA:** Each historical analysis is paired with a story of a woman resistance fighter from history or myth

**A COMPREHENSIVE HISTORY** that explores Upanishads, the Puranas, and the Bhakti resistance

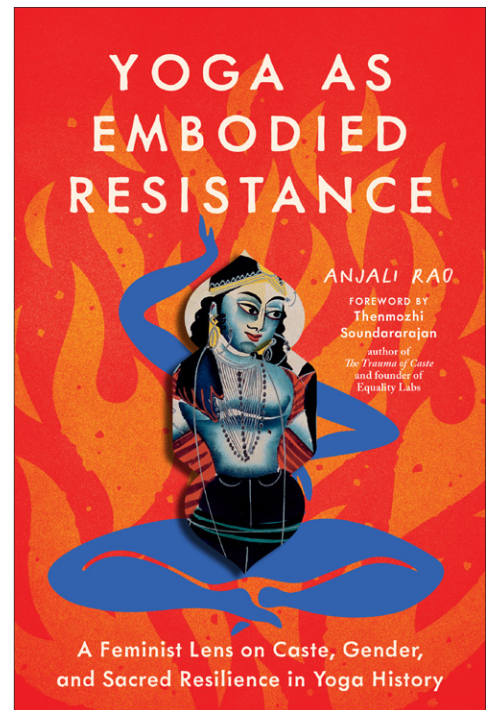
### AUDIENCE

Politically and socially engaged **yoga teachers and students** working to decolonialize their own practice and cocreate a more liberatory yoga; **queer, feminist, Dalit, and BIPOC yoga practitioners; Students and historians of yoga**, Hindu, Indian politics, and diaspora studies; **Caste abolition activists and intersectional feminist organizers** within diaspora communities; overlap audience with *Trauma of Caste*

### AUTHOR BIO



Anjali Rao is a yoga educator-practitioner, her work deconstructs the dynamics of power in yoga with a multi disciplinary approach integrating philosophy, art and history. She offers insight into the stories that have been obscured by heteropatriarchy, orthodoxy and colonization. She is currently pursuing her Doctorate in Philosophy and Religion in California Institute of Integral Studies, her studies continue to explore the formulation of movements of dissent and resistance in the religio-spiritual context. She is on the faculty of many yoga teacher training and continuing education yoga programs. She is the host of The Love of Yoga podcast, and shares thought provoking conversations with yoga scholars and activists on the frontlines of liberatory movements.



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RIGHTS: WORLD

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PAGE COUNT: 200

TRIM SIZE: 6 X 9

BISAC 1: Health & Fitness - Yoga

BISAC 2: History - Asia - Southeast Asia

BISAC 3: Social Science - Activism & Social Justice

**CONTENTS**

Foreword by Thenmozhi Soundararajan

Introduction

Origins of Yoga and Hinduism

Is Yoga Hindu?

Sulabha, the Rebellious Philosopher

The Dance of Radha

The Naked Truth Tellers

The Song of Piro

Conclusion: Embodied Resistance

Glossary

“Anjali provides an intricate landscape of stories, complex history, and invitations to challenge one’s assumptions in her book. Her evocative writing brings layers of emotions to the surface for me as I continue to explore my own relationship to yoga, my lineages, and what it means to be a steward of these practices. I’ve been waiting a long time to have a trusted resource on the history of yoga and resistance, one that is far from simple and pushes modern day approaches to yoga into necessary examination.”

— MELISSA SHAH, yoga therapist

“Anjali Rao’s *Yoga as Embodied Resistance* introduces us to four often-overlooked feminist icons whose very presence troubles mainstream narratives. Rao’s storytelling weaves the deeper meaning and history of yogic tradition with important corrections. We learn that transcending the self also means actively challenging social hierarchies. That spiritual devotion can be an experience of embodied pleasure or radical expression. That practice, like reality itself, always demands a play of sameness and difference, synthesis and identity.”

—DR. ANYA FOXEN, associate professor at California Polytechnic State University



# Body, Mind, Spirit

# Sikodiwa

## Revisiting Filipino Indigenous Wisdom for Personal and Shared Well-Being

**CARL LORENZ CERVANTES, RPSY**

Researcher and lecturer Carl Lorenz Cervantes explores the timeless wisdom, ancestral worldviews, and spiritual tools of Filipino psychology and culture—and offers Indigenous ways of knowing for all readers, Filipino and non-Filipino alike.

*Ang hindi marunong lumigon sa pinanggalingan ay hindi makararating sa pinaroroonan: Those who do not honor their roots will never reach their destination. —Filipino proverb*

For centuries, Filipino lifeways were presented to outsiders through the distorted lens of colonization—and the oppression, exploitation, and denigration suffered by Filipino ancestors are well-documented. Here, Carl Lorenz Cervantes draws from Filipino folklore, language, and culture to reorient toward an Indigenous worldview: one that rejects being seen as a passive object in history. That reclaims Filipino identity, storytelling, and liberation on Filipino terms. And that embraces a powerful truth: *We are the descendants of our colonized ancestors, but we are also the grandchildren of the revolution.* Rooted in Indigenous Filipino worldviews, *Sikodiwa* offers a vital exploration of:

- **Indigenization:** reclaiming and restoring Indigenous worldviews
- **Cosmic origins:** Defining Indigenous through the lens of creation myths
- **Filipino-ness:** Navigating processes of decolonization and the vagueness of cultural identity
- **Deep spirituality:** Folk healing, native spirituality, and deep, mystical realities
- **Cultural authenticity:** navigating the complexities of identity and reconnecting with our most authentic selves
- **Reclaiming values:** Challenging stereotypes about Filipino cultural values
- **Towards Kapwa:** Understanding shared identity—and learning how it manifests
- **Revolution and fate:** Applying cultural frameworks and existential tools to self-help practices

Cervantes also shows how we can apply vital cultural frameworks to our own self-help and empowerment practices, from learning to use existential tools like *Bahala na* (letting go of burden) to understanding the inherently collective meaning-making of *Kasaysayan* (history). A vital contribution to a more inclusive world psychology, *Sikodiwa* uplifts Indigenized ways of knowing—and offers a timely and inspired path toward collective consciousness, cultural authenticity, and embodied well-being.

**FOR FILIPINO READERS** hoping to find a greater understanding of their history and customs freed from colonial lenses

**FOR NON-FILIPINO READERS** seeking new ways of relating to others and new insights into own their identities that are built on honest representations of Indigenous lifeways

**FOR MENTAL HEALTH PROFESSIONALS** who benefit from having a broader perspective on how different traditions see, solve, and conceptualize different problems

**FOLK WISDOM AND HEALING:** traditional Filipino wisdom for diverse self-help applications

### AUDIENCE

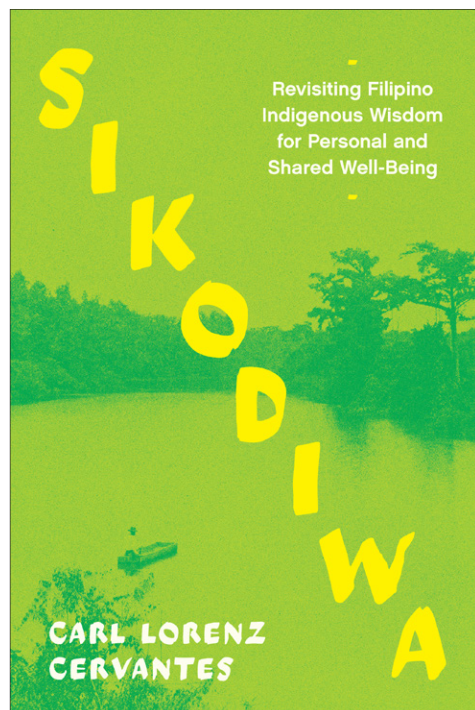
**Filipino / Filipino diaspora readers** interested in ancestral wisdom, lifeways, kinship and culture; climate justice; and decolonial liberation;

**Readers interested in Indigenous cosmologies,** lifeways, ancestral connection; interested in using Indigenous tools, practices, and spirituality for personal, coommunity, and ecological healing. Readers of books like *Kindred Creation*, *Braiding Sweetgrass*, and *Fresh Banana Leaves*

### AUTHOR BIO



**Carl Lorenz Cervantes** is a psychologist and researcher. Cervantes holds a master's degree in counseling psychology from Ateneo de Manila University and is currently a senior lecturer at the University of the Philippines in Diliman, Quezon City. He runs an Instagram, *sikodiwa*, where he shares posts about topics such as climate issues, healing, and social responsibility through the lens of Filipino Psychology. Cervantes also runs a Substack illuminating Filipino culture, Indigenous practices, spirituality, religion, and psychology.



ON SALE 02-DEC-2025

RIGHTS: WORLD

ISBN: 979-8-88984-263-7

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PAGE COUNT: 220

TRIM SIZE: 6 X 9

10 BW IMAGES

BISAC 1: Philosophy - Indigenous

BISAC 2: Psychology - Cultural Psychology

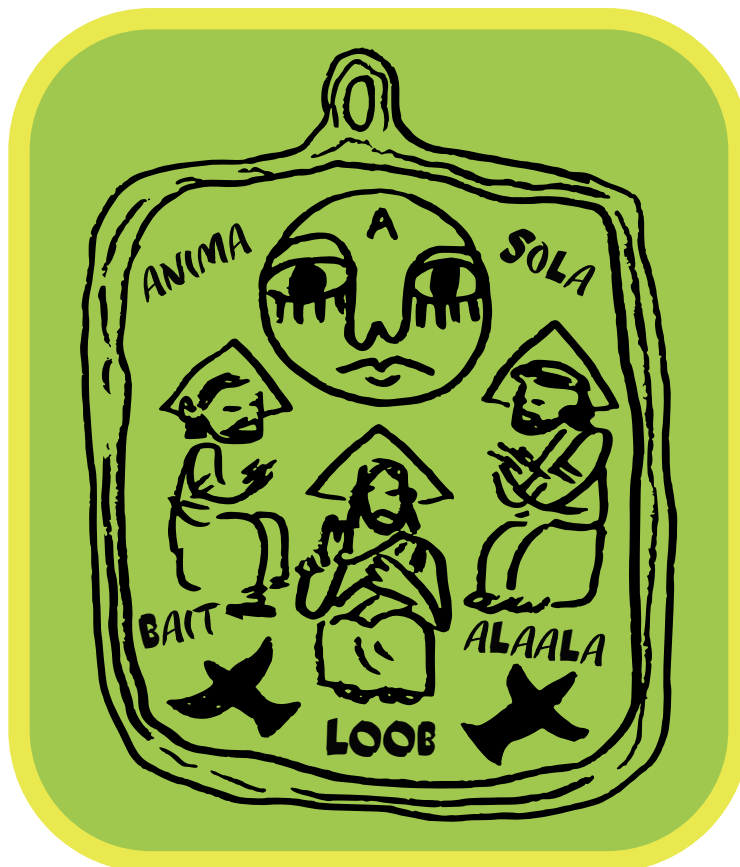
BISAC 3: Psychology - Parapsychology

**CONTENTS**

1. Indigenization
2. Cultural Identity
3. Cultural Dialogue
4. Learning and Unlearning
5. Cultural Domination
6. Authenticity
7. Deep Spirituality
8. Personal Liberation
9. Reclaiming Values
10. Revolution and Fate

**“For much too long, our understanding of psychological health and healing have been rooted in Western, mechanistic paradigms. These paradigms suit the psychological healthcare of Westernized people, but a vast majority of the world’s peoples’ conception of a good life and psychological health are rooted in more mystical and mythic conceptions of the human person. In *Sikodiwa*, Cervantes explores Filipino conceptions of the self and being in the world with others and draws from these theories of mental health and therapies of well-being. In this way, he demonstrates how we can broaden counseling practices to be responsive to the people not served by strictly Western psychologies.”**

**—AGUSTIN MARTIN G. RODRIGUEZ, PhD,  
Professor of Philosophy, Ateneo de Manila University**



# The Afro Fantasy Walking Tree Oracle

Plant Allies, Ancestor Magic, and Healing through Ritual and Ceremony

**MONTICUE CONNALLY AND JONATHON STALLS**

Inspired by Afrofuturism and African spiritual traditions, this beautifully illustrated oracle deck, with a 200-page guidebook, is an invitation to connect deeply with your ancestors, the land, and the 9 realms

Nothing is devoid of spirit. The Old Ways are calling to us, asking us to return to the future sooner than later. Discover plant allies and how to use them for healing and connecting to the realms. Rebuild and restore your relationship with the natural world inside and outside yourself. Participate in ritual. Commune with nature. Build relationship with ancestral energies.

This beautifully illustrated 50-card deck connects you to the living world through meditative practices. This deck allows you to spiritually connect to yourself and the environment in a way that isn't defined or shaped as a response to whiteness. Each card has a title and an inspiring original illustration by Jonathon Stalls. Using the guidebook, you can access different corresponding features: ritual and herbs; planetary and zodiac correspondence; and medicine of the 9 realms:

- The **object** realm
- The **physical** realm
- The **ethereal** realm
- The **astral** realm
- The **mental** realm
- The **intuition** realm
- The **ancestral** realm
- The **coincidental** realm
- The **mythic** realm

The *Afro Fantasy Walking Tree Oracle* can also be used as a diagnostic tool to connect the reader to ritual and medicine in nature.

**UPLIFTS MARGINALIZED SPIRITUALITIES:** Draws imagery from African spiritual traditions and is inspired by Afrofuturism.

**WORKS AS A DIAGNOSTIC TOOL:** Alongside divinatory readings, this deck can also act as a diagnostic tool to aid in connecting the reader to ritual and medicine in nature.

**ACTIVE PROMPTS:** Engages the user by compelling them to connect deeply with trees and plant allies in a meditative way.

## AUDIENCE

**BIPOC healers, diviners, and metaphysical enthusiasts** looking for oracle tools rooted in African spirituality and Afrofuturism;  
**Broader metaphysical community** seeking connection to the environment through ritual and spirituality; Special markets; **deck users**

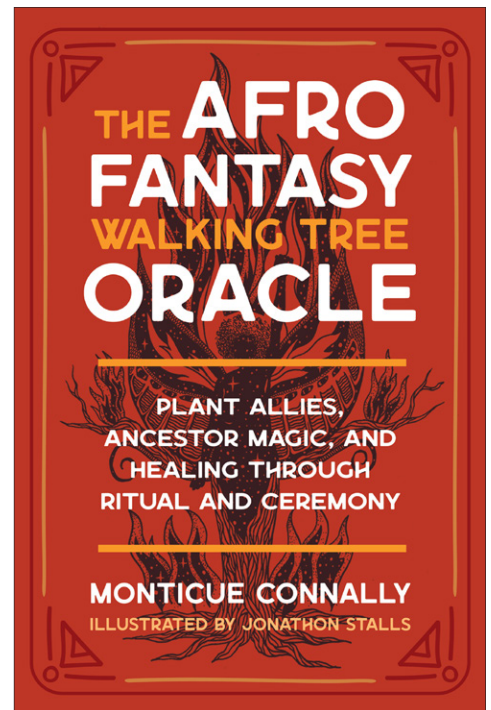
## BIOGRAPHIES



**Author Monticue Connally** is a Colorado community herbalist and medicine man who resonates with the sounds of African drums, rhythmic chanting and Afro-Caribbean folklore. Herbs, medical astrology, the outdoors, singing, and alternative healing methods have been a lifelong interest for Connally, who continues to use workshops, music, humor, and fun to teach people in urban areas how to access the earthly medicines growing around them. He has taught for the Denver Botanic Gardens Herbal Certification Program and now teaches for the Colorado School of Clinical Herbalism. He is also lead herbalist and youth coordinator for Front Line Farming. He received the Preventative Care Leadership Award from the Be Well Health Initiative in 2019 for being of service to diverse Black and brown communities, pushing them toward the accessible and immediate plant medicines growing all around them.



In 2010, **illustrator Jonathon Stalls** spent 242 days walking across the United States and has continued to walk alongside thousands of people for thousands of miles through his ongoing organizing, programming, and creative efforts. He is an artist, social entrepreneur, and advocate for social, economic, racial, and LGBTQ+ justice. Stalls is the founder of two organizations, Intrinsic Paths and Walk2Connect.



**ON SALE: 22-JUL-2025**

**RIGHTS: WORLD**

**ISBN: 979-8-88984-231-6**

**PRICE: \$26.95 / \$35.95 CAN**

**PAGE COUNT: 50**

**TRIM SIZE: 4 X 6**

**BISAC 1: Body, Mind & Spirit -  
Divination - Tarot**

**BISAC 2: Body, Mind & Spirit - Nature  
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**BISAC 3: Religion - African Diaspora  
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The Nine Realms  
Herbal Healing Diagnostics

The Mind and the Power of Ceremony

Your Mission on Earth

The Royal Black Court

Ancestral Reading for Black Trauma

The Hidden Nature of Trees and Their Branches

### Cards & Descriptions

Major Arcana

The Royal Court

### About the Author



# Black Psychedelic Revolution

## From Trauma to Liberation

How to heal from racial, generational, and systemic trauma through reclaiming Black psychedelic culture

### NICHOLAS POWERS, PHD

The mainstream has long viewed psychedelic medicine as the purview of people with privilege: money to burn, time to trip, and the social safety to experiment. Though psychedelics have deep roots in Black and Indigenous cultures, Western psychedelic spaces have historically excluded People of Color—but the radical healing of psilocybin, MDMA, and ketamine aren't just for a rarefied elite. And they're definitely not just for white people.

In *Black Psychedelic Revolution*, Dr. Nicholas Powers charts how psychedelics can heal racial pain passed on through generations. He shows how this medicine unlocks a return to one's self, facilitating an embodied experience of safety, peace, and being-here-now otherwise disrupted by whiteness—and he explores how psychedelics can catalyze individual wellness even as they transcend it. Drugs taken with therapy can heal. But drugs taken with a social movement can heal a nation.

Powers unpacks how the Drug War, racist policing, mass incarceration, and community gatekeeping intersect to sideline POC—specifically Black people—from the psychedelic movement. He asserts the need for a full-stop reclamation and revolution: one that eschews psychedelic exceptionalism, breaks down raced and classed constructs of “good” vs. “bad” drugs, realizes healing, and lives into a free, strong, and independent Blackness.

**TIMELY HOT TOPIC:** Psychedelics are on the rise

**RECLAIMS PSYCHEDELICS AGAINST GATEKEEPING:** Promotes psychedelics as healing agents for everyone, not just the white folks that the mainstream usually recognizes as psychonauts and psychedelic seekers

**TRAUMA HEALING:** Describes the specific ways that psychedelics can heal intergenerational, racialized, and historical trauma

**RECLAIMS AND CENTERS BLACKNESS** in a largely white-washed and appropriative field

**INTERSECTIONAL LIBERATION:** Powers writes into a vision of reclamation and Black joy that offers whole-scale societal healing

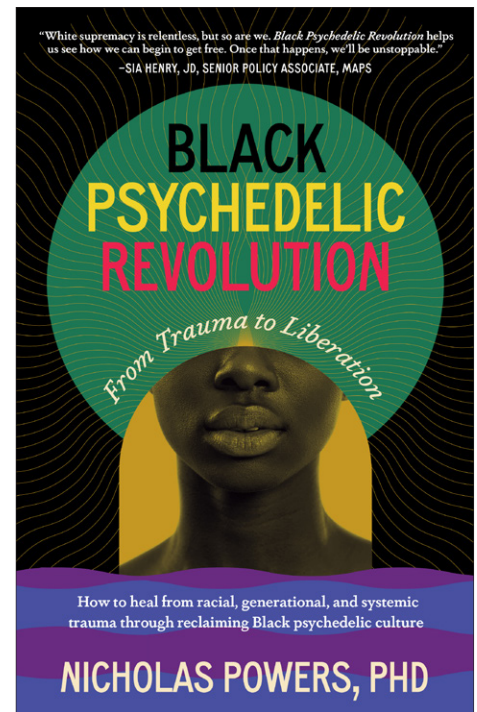
### AUDIENCE

**Black psychonauts; other psychonauts** and psychedelic seekers of color; readers of Carl Hart; **Psychedelic-interested readers** broadly; **readers interested in the role of entheogens** in history and social movements; readers interested in Afrofuturism

### AUTHOR BIO



**Nicholas Powers** is an Associate Professor of English at SUNY Old Westbury. Powers has presented talks and reports from the Psychedelic Renaissance since 2017. He has written for numerous psychedelic publications from *Lucid News* to *Double Blind*. Alongside published articles, he has given talks at Naropa University and Chacruna. Powers has published three books with Upset Press. The first is a book of poetry, the second a mix of reportage from disaster zones, protests, and Burning Man. The third is a political vampire novel. He regularly attends Wild Seeds Writers Retreat and Cave Canem Black poetry workshops.



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**BISAC 1: Body, Mind & Spirit -  
Entheogens & Visionary  
Substances**

**BISAC 2: Social Science - Activism &  
Social Justice**

**BISAC 3: Social Science - Cultural &  
Ethnic Studies - American - African  
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The Psychedelic Closet

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LSD and Africa

Rediscovering Blackness

The Price of the Ticket

Healing the Hood

Another World Is Possible

### Part Two

The Return to the Body

The Body Electric

### Part Three

Lucy in the Sky with Diamonds

Putting Flowers in Gun Barrels

Living for the City

The Drug War Is Thousands of Years Old

### Part Four

Net-Zero Trauma

American Holocaust

Through a Glass Darkly

The Hate That Hate Produced

The Beautiful Ones Are Not Yet Born

#### EXCERPT FROM *BLACK PSYCHEDELIC REVOLUTION*

“For Black people doing psychedelics, true healing is not adapting ourselves to white supremacy, but we must undergo a new exodus. We must return to who we should have been. Our bodies are the promised land.”



A detailed botanical illustration in a dark green, monochromatic style, positioned along the left edge of the page. It features several distinct plant elements: at the top, a branch with fine, needle-like leaves and a small, star-shaped flower; below that, a cluster of serrated, ovate leaves; further down, a dense, rounded cluster of small, dark berries; and at the bottom, a branch with elongated, pointed leaves and a small cluster of round, dark fruits. The entire illustration is rendered in a fine-line, etched style.

# **Business & Leadership**

# Choosing to Lead Against the Current

## The Courageous Operating System for Changemakers

Empowering leaders to transform the world with integrity, impact, and purpose

### EVELINE SHEN

In the face of complex challenges, capable leaders need more than a simple box of leadership tools. They need an internal system of leadership, a tested operating system to help them navigate successfully through forces of oppression, while staying connected to their purpose, values, and vision. In *Choosing to Lead Against the Current*, award-winning movement leader, social change strategist, and executive director Eveline Shen shares her Courageous Operating System, a revolutionary system designed to help positive transformation leaders cultivate their power, sustain themselves both mentally and physically, and create lasting conditions for success.

With inspiring stories and case-studies drawn from her own experiences, as well as, from her work with other change leaders, topics include how to:

- Turn encounters with adversity into sources of strength
- Redefine success on one's own terms
- Build creative momentum against forces of oppression
- Transform failures into progress
- Prioritize short and long-term self-care

Shen's system has been taught to leaders in over 200 organizations across the U.S. and global South. It's holistic in nature, with different elements designed to work as one. *Choosing to Lead Against the Current* takes readers through the system's components, with exercises at the end of each chapter to help integrate them into any leadership style.

**UNIQUE LENS:** Author introduces an original system with demonstrated success.

**TIMELY SUBJECT:** Movement leaders and activists need effective tools and self-care practices as they work within extractive systems

**PRACTICAL OFFERINGS FOR REAL IMPACT:** Includes tools, exercises and stories throughout to support information.

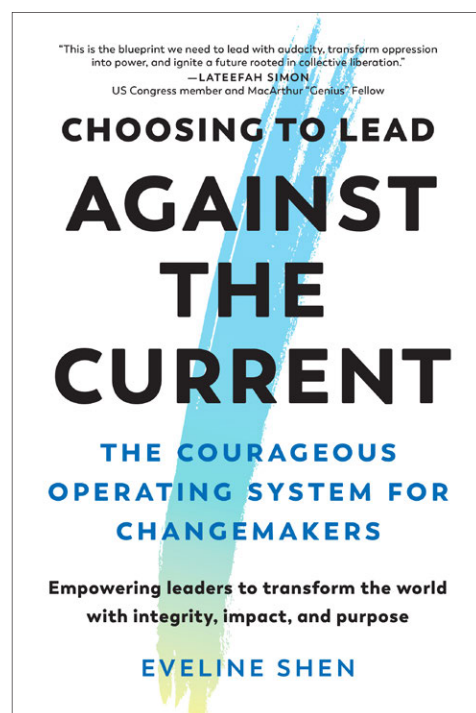
### AUDIENCE

**Women, non-binary, and trans people of color leaders in non-profit and progressive movements;** Leaders in the social sector who want to upgrade their leadership abilities in new and innovative ways; **Women of color CEO's and senior program officers** in philanthropy who need support for their leadership; **Activists and advocates** who aspire to future leadership positions

### AUTHOR BIO



**Eveline Shen** has worked with hundreds of leaders of color from over forty states. In 2010, Shen launched the Strong Families Initiative, galvanizing over 200 organizations to change the way people think, feel, and act in support of families. In 2016, Shen created Stepping Into Power, a movement-wide fellowship, which brought hundreds of leaders across the country to find and hone their courageous leadership. She has also created numerous other trainings and seminars on the Courageous Operating System for youth activists (ages 16-20), leaders in philanthropy (trustees, CEOs, and senior directors), women of color in public office, and BIPOC mental health professionals (therapist, educators, and social workers). Shen was awarded the 2015 San Francisco Foundation Community Leadership Award, and the Lani Shaw Award for Courage and Compassion in the Pursuit of Reproductive Justice by the Funders for Reproductive Equity in 2017.



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6 BW IMAGES

BISAC 1: Social Science - Activism & Social Justice

BISAC 2: Business & Economics - Nonprofit Organizations & Charities - Management & Leadership

BISAC 3: Self-Help - Communication & Social Skills

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Chapter 8: Creating Momentum

Chapter 9: Soaring with the Courageous Operating System

Closing Thoughts

### EXCERPT FROM *CHOOSING TO LEAD AGAINST THE CURRENT*

“The Courageous Operating System is designed to bring us back to ourselves in a world constantly pushing us to the sidelines or diminishing our value. It honors the courage we use every day and calls forth the courage within us that is still hidden and not used. It acknowledges the oppressive forces we contend with on an ongoing basis. It connects us with a moral compass to ensure our purpose and actions align with our deeply held values. It shines a light on our strengths and helps us nurture our superpowers. The Courageous Operating System is a developmental system that will help us foster our growth and increase our ever-growing capacity to lead. It helps us step back into our leadership flow.”



# The Future Is Collective

## Effective Workplace Strategies for Building a Culture of Care

Frameworks and practices for nonprofits and changemakers

**NILOUFAR KHONSARI**

**A practical guide to transforming work culture for nonprofits and social-justice organizations, using principles of collective governance and participatory democracy**

Drawing on two decades of experience in community organizing and nonprofit work, Niloufar Khonsari guides us in transforming our workplaces by decentralizing power and implementing collective governance structures, centering principles of transparency, equity, and mutual care.

Khonsari demystifies collective management for fellow activists, nonprofit workers, and community leaders, providing real-world examples of successful organizational shifts. Khonsari shares practical tools for transitioning to a shared leadership model; implementing equity-based pay scales; co-creating work expectations; nurturing both individual autonomy and collective responsibility; setting and respecting boundaries; and fostering a culture of learning, trust, accountability, and humility.

They also address how to communicate these workplace changes to funding bodies—and why being clear with funders about how and why you are transforming your organization is an essential part of the larger movement work you're doing. Crucially, Khonsari also looks at how to handle toxic workplace dynamics, everyday conflicts, and job terminations, using a transformative-justice approach. They call for nonprofit and movement leaders to embrace conflict resolution as a generative practice that builds and strengthens us and show how healthy feedback models within collective organizations can prevent larger issues from building up.

This book is not a one-size-fits-all plan; instead, readers are encouraged to draw from its rich collection of case studies, sample workplace policies, tools developed by activist collectives, and personal reflections of movement leaders to explore what works best for their organization at its current stage of growth and evolution.

**FOR NONPROFIT MANAGERS AND WORKERS WHO WANT TO WALK THE TALK OF THEIR ORGANIZATION:** There are 1.5 million nonprofits in the US, many of which have explicit missions to work for democratic social change; this book helps organizations apply their values internally as well as externally.

**BROAD CULTURAL SHIFTS AROUND WORK:** The past few years have brought huge changes to how Americans think about work. Surveys have shown that 73% of U.S. workers became more conscious of needing self-care in 2020, while droves of people voluntarily quit their jobs in 2021 in what was dubbed by some economists as The Great Resignation. In the social-justice nonprofit sector, polls have shown high levels of burnout and turnover. Books offering concrete and practical solutions to transform the workplace will be welcome in our current cultural climate.

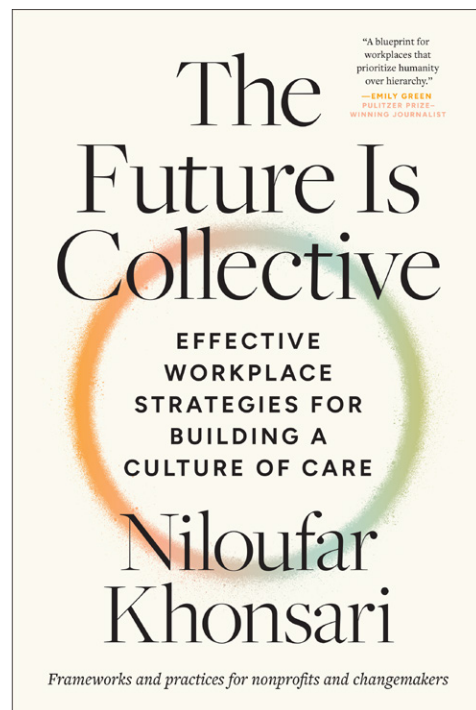
### AUDIENCE

**Managers and leaders** working within nonprofits, charities, and NGOs; **Activists, community organizers, and social-justice leaders** interested in making their organizations or working groups more internally just, compassionate, and democratic; Emergent Strategy readers; **Readers of books on transformative justice**, decolonization, and abolitionist approaches to social justice

### AUTHOR BIO



**Niloufar Khonsari** is a movement lawyer committed to collective leadership in struggles for justice. They co-founded Pangea Legal Services, a worker-led migrant justice organization, the Immigrant Liberation Movement, and Migra Watch. Their articles have been published in Nonprofit Quarterly, Common Dreams, and the San Francisco Chronicle, among other outlets. Nilou's community-centered leadership has been recognized through several awards, including the BIPOC Pioneers in Justice Award from Levi Strauss Foundation (2021), the Community Impact Award by the Iranian American Bar Association of Northern California (2022), the Community Impact Award by the San Francisco Board of Supervisors (2022), the Bernstein Parker Activist Writer Fellowship by the Mesa Refuge (2023), and the Unsung Heroes Award from Resonance Philanthropies (2023). They graduated from Georgetown's School of Foreign Service and Georgetown Law and have two decades of training by activists, undocumented organizers, and community leaders in dismantling oppressive systems.



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**BISAC 1: Business & Economics -  
Nonprofit Organizations & Charities  
- Management & Leadership**

**BISAC 2: Social Science - Activism &  
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**BISAC 3: Business & Economics -  
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4. Cultivating a Culture of Care

5. A Structure for Our Culture

6. Collective Care Through Policy

7. Onboarding

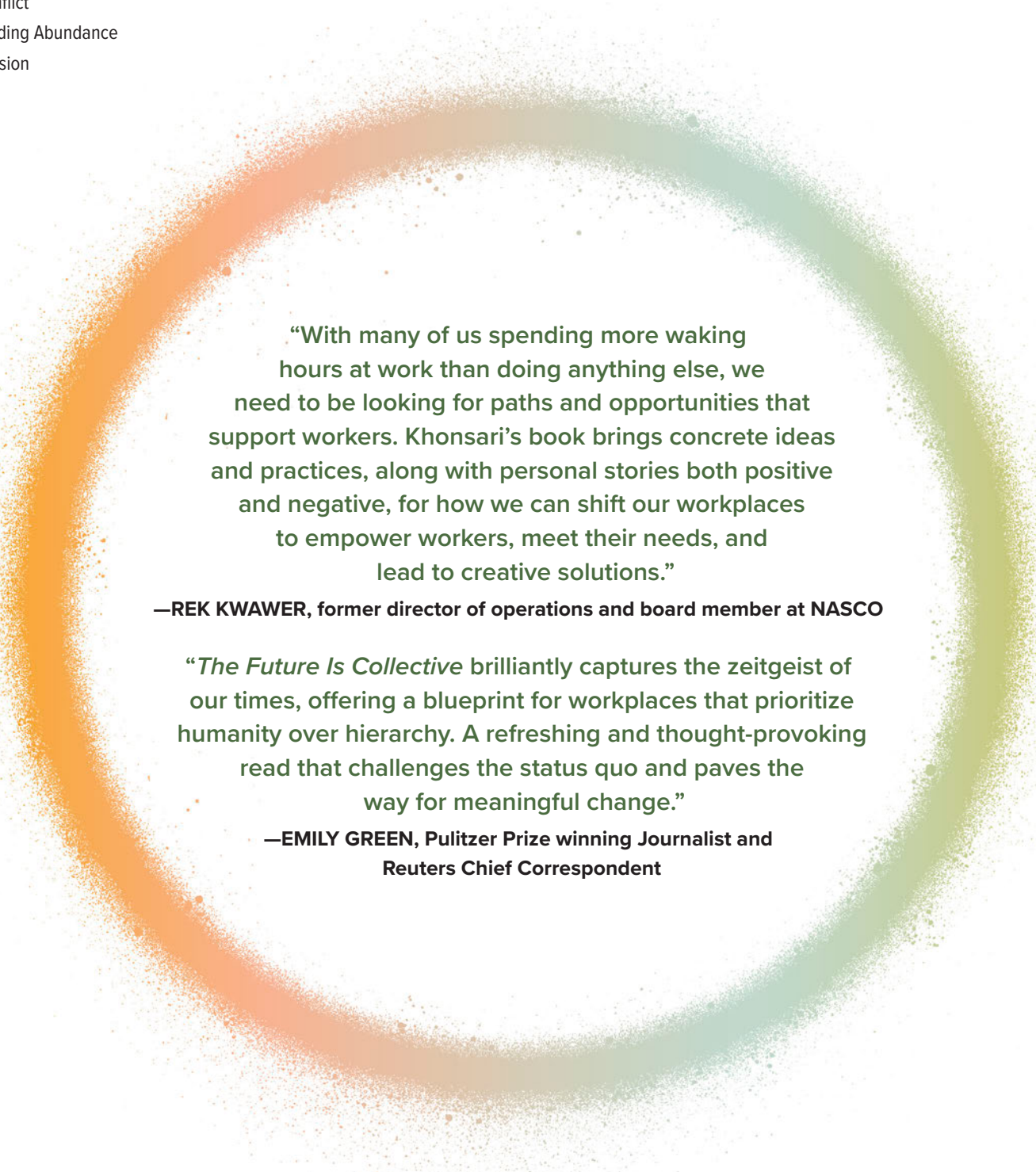
8. Offboarding

9. Cycling Out of Executive Titles

10. Conflict

11. Funding Abundance

Conclusion



“With many of us spending more waking hours at work than doing anything else, we need to be looking for paths and opportunities that support workers. Khonsari’s book brings concrete ideas and practices, along with personal stories both positive and negative, for how we can shift our workplaces to empower workers, meet their needs, and lead to creative solutions.”

—REK KAWER, former director of operations and board member at NASCO

“*The Future Is Collective* brilliantly captures the zeitgeist of our times, offering a blueprint for workplaces that prioritize humanity over hierarchy. A refreshing and thought-provoking read that challenges the status quo and paves the way for meaningful change.”

—EMILY GREEN, Pulitzer Prize winning Journalist and Reuters Chief Correspondent

# What Your Comfort Costs Us

## How Women of Color Reimagine Leadership to Transform Workplace Culture

**M. GABRIELA ALCALDE, MPH, DRPH**

Workplace leaders: white comfort comes at the safety of women of color—and it costs lives and livelihoods. Microaggressions, structural barriers, unpaid emotional labor: WOC in leadership disproportionately bear the burdens of white supremacist work cultures, even as they're expected to take charge of reforms. But building better workplaces—less toxic, racist, and misogynistic workplaces—is everyone's responsibility and for everyone's benefit. And letting it fall solely to women of color is causing real harm. The stakes are high, and it's past time for change.

*What Your Comfort Costs Us* offers essential reading and transparent advice for leaders who are ready to address structural inequity at work. Anti-supremacist philanthropic and nonprofit leader and author M. Gabriela Alcalde challenges us to rethink how we engage power—and take radical action toward reorienting it toward collective liberation. You'll learn:

- Research-backed analysis and practical solutions to transform workplace culture
- How systemic racism and structural violence shows up at work (in ways you may not expect)
- What happens when workplaces shift to prioritizing WOC's material safety over white comfort
- Real stories and insights from 10 women of color in leadership
- How white allies and accomplices can show up and step up authentically

Interwoven with Alcalde's own experiences, professional expertise, and proven recommendations on how to do better, this book is a necessary guide to nurturing empathy, challenging complacency, and activating meaningful allyship. Alcalde awakens your potential to transform workplace cultures beyond business-as-usual bandaids, offering critical wisdom for systemic change and authentic collective empowerment at work.

**WOMAN OF COLOR-CENTERED APPROACH:** by a woman of color, for everyone, a woman of color-informed approach for collective change

**SPOTLIGHTS 10 DIVERSE VOICES:** includes stories from Black, Latine, Indigenous, Asian-American, Arab-American, and immigrant women working in different sectors with similar experiences

**ENGAGING AND ACCESSIBLE** format driven by real-life stories and practical solutions

**AUTHOR COMMUNITY:** author will launch website to accompany book to offer space for women to share their own relevant stories

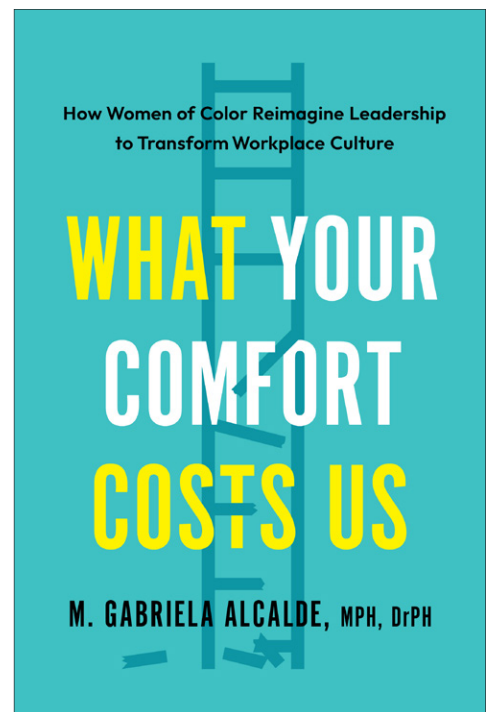
### AUDIENCE

**Existing and emerging leaders** working toward organizational change, with a focus on equity; **Women of color in leadership roles** looking for resources that support in breaking patterns that center and validate their experiences; **Executive coaches, organizational consultants, and human resources staff** supporting organizations, clients, and staff

### AUTHOR BIO



**M. Gabriela Alcalde** is a public health leader with nearly 3 decades of experience and commitment to equity and social justice. She has worked in the philanthropic, academic, government, nonprofit, and grassroots sectors throughout her career and served in various volunteer capacities. Since 2019, Alcalde has led the Sewall Foundation, a private, independent foundation, as executive director through radical culture change and the integration of environmental, human, and animal wellbeing as the foundation works to center equity and community voices in all their work and strategies. Alcalde regularly speaks and writes locally, nationally, and internationally about shifting the philanthropic and nonprofit sectors, racial equity and justice, and the experience of women of color in leadership. A native of Lima, Peru, she currently lives in Maine with her partner, children, and dog.



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BISAC 1: Business & Economics -  
Women In Business

BISAC 2: Business & Economics -  
Nonprofit Organizations & Charities  
- Management & Leadership

BISAC 3: Social Science - Diversity &  
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- Chapter 5. (Invisible) Structural Barriers to Leadership and Leadership Resources

### Section 2: Supremacist Origin Stories

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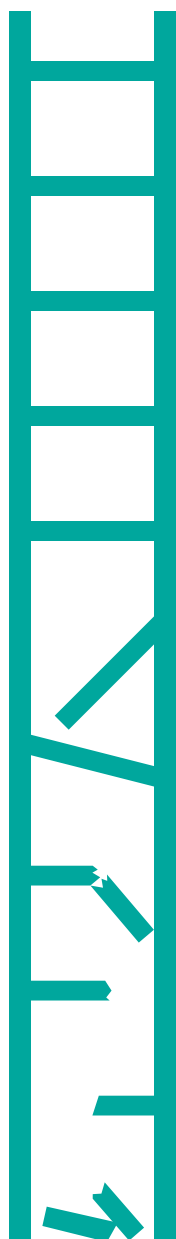
### Section 5: Leading Outside the Lines

Chapter 19. Dreaming of a New Way

Chapter 20. Dimensions of Care, Rest, and Healing

Chapter 21. Beyond Us and Now

Appendix. Survey Findings



#### EXCERPTS FROM *WHAT YOUR COMFORT COSTS US*

“Changing workplace culture requires working at the structural and interpersonal levels, including shifting how we understand, support, and invest in leadership. Working on culture change also means abandoning the obsession with perfection, quantification, and certainty.”

...

“Engaging in advocacy is not optional for women of color in leadership positions. The issues we work on are fundamental for us; they are personal. They are not something we can elect out of.”

# A New Era of Philanthropy

## Ten Practices to Transform Wealth into a More Just and Sustainable Future

How we fund in times of crisis and opportunity

### DIMPLE ABICHANDANI

**A blueprint for how wealth can be transformed into a more just and sustainable future in times of rapid change and crisis.**

On the cusp of the greatest wealth transfer in history—with \$84 trillion dollars moving between generations in the next 20 years—this book explores how philanthropy can be transformative, and transformed. Nationally recognized philanthropic leader Dimple Abichandani revolutionizes the precepts of modern philanthropy. Offering 10 provocative practice shifts, *A New Era of Philanthropy* engages readers with fresh answers to the question of how philanthropy can meet this high-stakes moment—from reimagining governance to aligning investments to crisis funding and beyond.

Abichandani highlights paradigm shifts that model the way forward, moving beyond critique into real transformation, with relatable stories about funders who are forging a new era of philanthropy. This book offers a guide for donors, foundations, and non-profit leaders navigating philanthropy in urgent times. Clear-eyed, hopeful, and responsive to the moment, this book helps us reimagine the purpose and norms of modern philanthropy. It is an invitation to all of us who believe these resources can contribute to a more just future.

**EXPERT AUTHOR:** Abichandani is a leader in philanthropy who's worked in the field for decades and amassed meaningful influence in the space. She's currently a Fellow at the National Center for Family Philanthropy, a steering committee member of the Trust-Based Philanthropy Project, and a board member of Solidaire Network.

**10 STEP MODEL** that lays out 10 lessons for philanthropic funders and leaders is digestible, thought-provoking, and most importantly, actionable.

**CHANGING FUNDING, FUNDING CHANGE:** offers tools for reshaping the field toward sustainable good in an increasingly inequitable and destabilized world.

### AUDIENCE

**Progressive philanthropists, wealth managers,** and venture philanthropists; **foundation and nonprofit leadership; Wealthy readers** looking to make a difference with their money; wealthy readers considering estate planning

### AUTHOR BIO



**Dimple Abichandani** is a nationally recognized philanthropic leader, writer, and lawyer. A lifelong student of social change, Dimple has spent the last two decades advancing justice by working to transform the collective purpose and practices of philanthropy. A National Center for Family Philanthropy Fellow, she has been recognized with a Scrivner Award for Creative Grantmaking for her significant contributions to the field of philanthropy. Dimple serves on the board of directors of Solidaire Network, and on the steering committee of the Trust-Based Philanthropy Project. Dimple lives with her family in the San Francisco Bay Area, where she advises donors and funders on how to transform wealth into a more just future.

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PRACTICE 4: Bend Time

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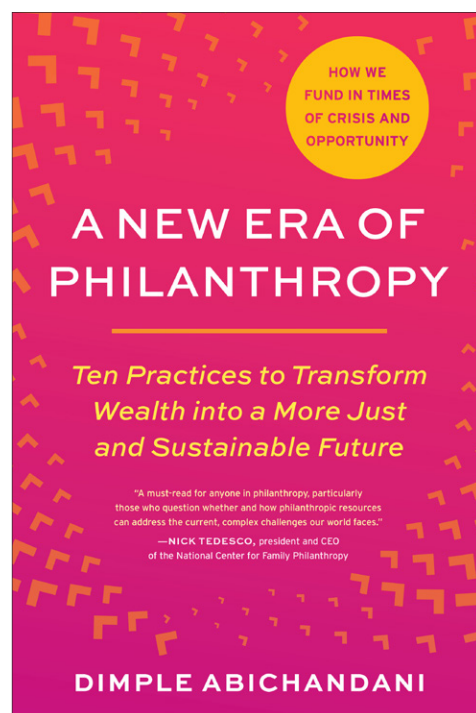
PRACTICE 7: Identify and Replace Philanthropic Artifacts

PRACTICE 8: Fund Complexity and Wholeness

PRACTICE 9: See Opportunity in Every Crisis

PRACTICE 10: All Together Now

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Philanthropy & Charity**

**BISAC 2: Political Science -  
Colonialism & Post-Colonialism**

**BISAC 3: Business & Economics -  
Nonprofit Organizations & Charities  
- Fundraising & Grants**



# Family & Relationships

# Radical Relating

## A Queer and Polyamory-Informed Guide to Love Beyond the Myth of Monogamy

MEL CASSIDY

**A provocative, trauma-informed guide to post-monogamy—how to build liberated relationships rooted in empowerment, equity, and authenticity**

An empowering guide to imagining (and living) better relationships, *Radical Relating* pushes back on the monogamy mandate. Author, somatic educator, and relationship coach Mel Cassidy explodes the often-unquestioned mainstream myths about the nuclear family structure: those that tell us *your soulmate must be your sole mate*. That sex is the only yardstick of relational success. That self-sacrifice and self-denial are necessary trade-offs for security and partnership. That we need to ride the relationship escalator all the way up, or we'll die alone.

In four sections, Cassidy explains the **why, what, how, and where** of the **Radical Relating model**. They:

- **Lay out clear-eyed analysis about why monogamy isn't working** and explain the harms of unquestioned internalized mono-normativity
- **Offer Reflective Journaling prompts, Somatic Pauses**, and practical wisdom for assembling your Relational Toolkit
- **Explain the trauma-informed pillars of Radical Relating:** Orientation, Resilience, Resolution, and Engagement
- **Help you reorient to a new map** for relating that's queer, anarchist, and somatically integrated
- **Help you build skills** to understand and navigate your relationship landscape
- **Explore the intersections of monogamy, colonialism, patriarchy, and capitalism** and illuminate how monogamous relationship structures emerged with one goal in mind: to consolidate capital

Most books on non-monogamy focus on top-level logistics and play into beliefs that can inadvertently replicate oppressive structures. *Radical Relating* is different: it speaks to readers who want not only to open up their relationships or expand their sexual experiences, but claim new and liberating ways to relate to each other, fulfill our authentic needs, and build true communities of care beyond monogamy.

**FRESH TAKE ON A HOT AND EMERGENT TOPIC:** Offers practical how-to guidance and provocative commentary; destined to become a poly classic.

**GROWING MARKET:** Poly, alternative, and non-traditional relationship models are on the rise and more visible than ever.

**GOES DEEPER** than a 101-level how-to; helps readers identify and deconstruct the capitalistic and patriarchal inequities that embed even in open and poly relationships

**THE ANTI- "POLY BRO" GUIDE:** Explicitly feminist, antiracist, decolonial, and built on principles of radical equity in a relationship model too often co-opted by misogyny and ownership

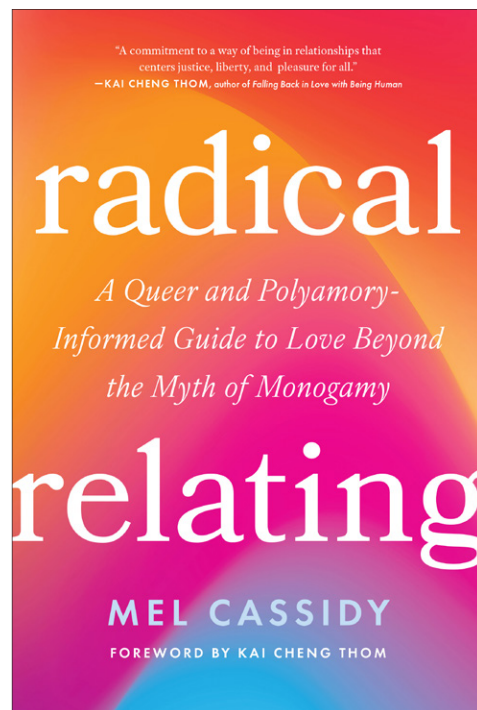
### AUDIENCE

**Poly and queer readers;** readers in **non-traditional family structures**; fans of Dan Savage; the **open-relationship** and **ENM-curious**; Readers interested in **alternative family models**, intentional communities, anticapitalism, liberatory lifestyles, and expansive approaches to relationships; Readers interested in sex, love, parenting, family, and **relationship self-help books**

### AUTHOR BIO



Mel Cassidy is a queer multi-disciplinary somatic practitioner and relationship coach who works with queer and questioning people (and those who love them) seeking liberating relationship experiences, with a focus on honest and consensual non-monogamy. In addition to their coaching work, Mel is a visual and performing artist, movement teacher, semi-retired facilitator of ecstatic dance events, and a life-long student of Kashmir Shaivism. A genderqueer, second generation, 'third culture kid' of mixed Irish, Greek, and Khorokhane Romani heritage, born in the UK, and raised in Kuwait, Mel currently lives on the traditional territories of the K'omoks Nation in British Columbia, Canada.



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LGBTQ+

BISAC 2: Family & Relationships -  
Love & Romance

BISAC 3: Social Science - Sociology -  
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Chapter 19: Courageous Communication and Conflict Intimacy

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Chapter 21: Radical Relating

Glossary

Resources to Support Your Journey

#### EXCERPT FROM THE FOREWORD BY KAI CHENG THOM,

AUTHOR OF *I HOPE WE CHOOSE LOVE* AND *FALLING BACK IN LOVE WITH BEING HUMAN*

*“Radical Relating offers much-needed wisdom about how to navigate the experience of polyamory with deep care and awareness of the complexity of human emotions and relationships. Carefully researched, thoughtfully constructed, and full of heart, this book stands out in the growing body of literature on polyamory by seamlessly integrating the psychology of attachment with cutting-edge theories on trauma, social power dynamics, and a commitment to a way of being in relationships that centers justice, liberty, and pleasure for all.”*

# Rebuilding Relationships in Recovery

## How to Connect with Family and Close Friends After Active Alcoholism and Addiction

With science-based assessment tools and practices

**JANICE V. JOHNSON DOWD, LMSW**

**How to heal relationships, mend rifts with loved ones, and balance the demands of sobriety with the need for family connection**

In *Rebuilding Relationships in Recovery*, Janice V. Johnson Dowd shows readers how to repair and enhance their relationships after active addiction. With personal insights and professional wisdom, Dowd—a licensed social worker in recovery—explores her own personal journey through alcoholism, offering a realistic and transformative guide. The book covers:

- **Understanding Addiction's Impact:** Exploring how addiction affects family dynamics and the individual's role within them.
- **Effective Communication:** Strategies for opening dialogue and maintaining honest, supportive conversations.
- **Setting Realistic Expectations:** Dispelling common misconceptions and establishing attainable goals in recovery and relationship rebuilding.
- **Making Amends:** A step-by-step guide to acknowledging past harms and initiating the healing process.
- **Support Networks:** Developing and maintaining a support system that encourages sobriety and personal growth.

*Rebuilding Relationships in Recovery* is a roadmap to healing and thriving in sobriety, offering hope and actionable strategies for those seeking to rebuild trust and deepen their family bonds.

**NECESSARY RESOURCE:** Though family support is critical to maintaining sobriety, most resources for people in recovery focus more on the individual—not how to heal and rebuild critical relationships with loved ones

**PROVIDES CLEAR UNDERSTANDING:** The author defines addiction; explains myths and misconceptions; explains the science of addiction; and is realistic about relapse

**TOOLS FOR ADDRESSING AN ISSUE:** Dowd provides concrete tools for healing close relationships through self- and family assessments; communication tools; and guidance for navigating common issues in recovery

### AUDIENCE

**Readers in recovery** at the stage of their sobriety where they're trying to strengthen, rebuild, or reestablish relationships with friends and family;

**Mental health and recovery professionals** working in addiction counseling; loved ones of those in recovery

### AUTHOR BIO



**Janice V. Johnson Dowd** holds a BA from the University of Michigan and a MSSW from the University of Texas at Austin, where she worked as a teaching assistant and research assistant. Her master's thesis was titled "Alcoholism, PTSD, and the Vietnam Veteran." She has worked in employee assistance programs and inpatient and outpatient treatment settings. Dowd has been involved in community outreach, public speaking, and providing clinical services to patients. She has been active in the twelve-step community in Texas, Alabama, and the Gulf Coast region. She is regularly asked to speak at workshops, conferences, and AA meetings on relapse, family recovery, and making amends. Dowd's work has recently been published in *AA Grapevine*, and is a regular on podcasts that address addiction and recovery.

### CONTENTS

Introduction: I'm Sober, but My Family Is Destroyed. Now What?

The Disease Concept of Addiction

Assessment and Preparation

Expectations, Myths and Mistakes

New Skills and Tools for Building Relationships

Making Amends

Getting to Work

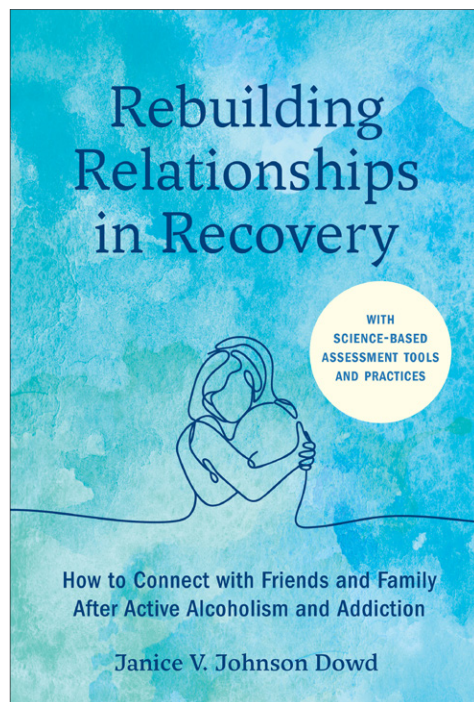
Challenges

Healing and Acceptance

Don't Fight the System

Grieving and Letting Go

Moving Forward from Here



**ON SALE 04-MAR-2025**

**RIGHTS: WORLD**

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**BISAC 1: Self-Help - Substance Abuse & Addictions - Alcohol**

**BISAC 2: Family & Relationships - Dysfunctional Families**

**BISAC 3: Self-Help - Substance Abuse & Addictions - Drugs**



# Grief & Trauma

# In the Absence of the Ordinary

## Soul Work for Times of Uncertainty

Essays on grief, change, and sacred transitions

**FRANCIS WELLER**

**From the bestselling author of *The Wild Edge of Sorrow*, a beautifully packaged collection of 17 essays on meeting this moment with clarity, care, and skill**

*In the Absence of the Ordinary* frames our current era as a rough initiation—an upending experience of profound trauma and transformation that demands we reorient our ways of thinking, being, and relating. Psychotherapist Francis Weller offers clarity and wisdom on how to face the sobering stakes of our time—while offering the nourishment and support we need to embody the new roles this initiation requires.

- **Section 1, “When the Bough Breaks,”** names our collective traumas and peels back the false armor of modernity. We’re called to the depths, to understand the power of descent, and to cultivate the necessary skills of initiation.
- **Section 2, “Care of the Soul,”** differentiates between the connected soul and the individualistic self, inviting us back into alignment with the wider world of belonging. We learn to approach our experiences with reverence, work with our grief, and develop restraint, repetition, and self-compassion.
- **Section 3, “Meanwhile, the World Goes On,”** gives shape to the emptiness we carry and the ways modernity has severed us from our birthright of interconnectedness with the natural world. It offers rituals of gratitude and practices of kinship to restore our bond with the living Earth.

In each essay, Weller fortifies us to become immense—to meet these unpredictable times with presence and faith, to restore our souls’ place in the soul of the world, and to hold steady, amid and for it all.

**BELOVED, BESTSELLING AUTHOR:** *The Wild Edge of Sorrow* has sold more than 185K copies across all formats and has been licensed in 9 languages; Francis is a cherished voice in the grief and healing space.

**TIMELY ESSAYS TO HELP US MEET THIS MOMENT** with clear-eyed skill and grace, without shying away from the immensity of the work ahead

**HOPE AND NOURISHMENT FOR THE SOUL:** Teaches us how to reconnect with ourselves and the world at their deepest levels and approach uncertainty with hope and faith—something we all need more of in anxious times

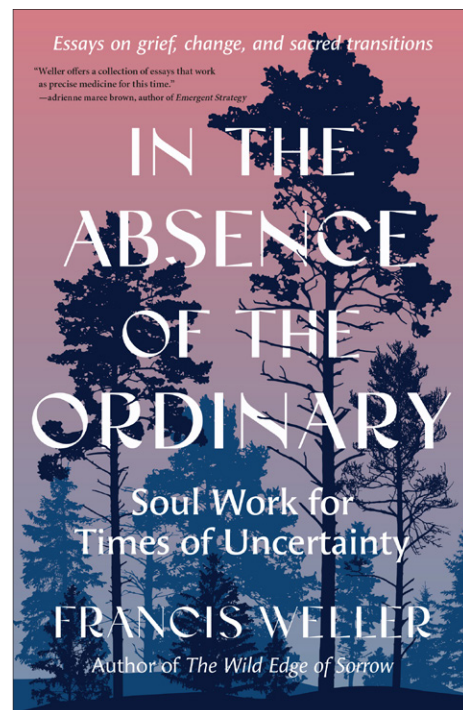
### AUDIENCE

**Readers dealing with grief,** loss, climate anxiety, and political anxiety. Looking for deeper ways to process and move through pain and uncertainty that aren’t quick self-help fixes; Existing readers and fans of Francis. Readers of Robin Wall Kimmerer, Charles Eisenstein, Rick Rubin, and Carl Jung; **Therapists, grief coaches, and mental health clinicians,** particularly those with Jungian, mythic, or psychoanalytic bents

### AUTHOR BIO



**Francis Weller** is a psychotherapist, writer, and soul activist. He is a master of synthesizing diverse streams of thought from psychology, anthropology, mythology, alchemy, indigenous cultures, and poetic traditions. He has introduced the healing work of ritual to thousands of people. He founded and currently directs *WisdomBridge*, an organization that offers educational programs that seek to integrate the wisdom from indigenous cultures with the insights and knowledge gathered from Western poetic, psychological, and spiritual traditions. His writings have appeared in anthologies and journals exploring the confluence between psyche, nature, and culture, including *The Sun* magazine, the *Utne Reader*, *Kosmos Journal*, and *Ruminant*. He is the author of *The Wild Edge of Sorrow* and is currently completing his fourth book; *Facing the World with Soul and Why It Matters*.



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**18 BW IMAGES**

**BISAC 1: Self-Help - Death, Grief, Bereavement**

**BISAC 2: Family & Relationships - Death, Grief, Bereavement**

**BISAC 3: Body, Mind & Spirit - Healing - General**

## CONTENTS

Introduction: In the Absence of the Ordinary

### PART I When the Bough Breaks

1. Rough Initiations
2. Some People Wake Up: Reflections on Initiation
3. Everything Is Burning
4. An Apprenticeship with Sorrow
5. Baptized in Dark Waters

### PART II Care of the Soul

6. The Grandeur of the Soul
7. The Reverence of Approach
8. The Art of Vesseling

9. The Gift of Restraint
10. The Value of Repetition
11. Approaching Geologic Speed
12. The Generous Heart: The Gift of Self-Compassion

### PART III Meanwhile, the World Goes On

13. A Beautiful and Strange Otherness
14. Redwood Speech, Watershed Prayers: The Erotics of Place
15. Gratitude for All That Is

### PART IV Closing Thoughts

16. Medicine for the Long Dark
17. It All Turns on Affection

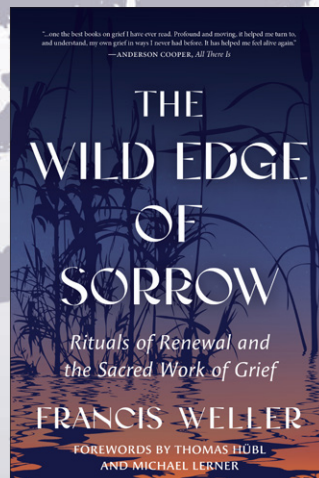
**“In partnership with poets, places and practice, Francis Weller teaches us that it is time to know nothing, time to become immense, time to become seasoned adults through ritual and initiation, time to do our soul work, time to apprentice slowness and listen to trees, and time to, in the words of Rilke, let the future speak ruthlessly through us.”**

**—Adrienne Maree Brown, author of *Emergent Strategy* and *Loving Corrections***

**“As you [read this book], I suspect the world around you will begin to churn and curdle, and you might find yourself surrounded by a murmuring parliament of the rest of us welcoming you into the rough creases of our common descent.”**

**—Bayo Akomolafe, PhD, author of *These Wilds Beyond our Fences***

#### ALSO BY FRANCIS WELLER



The Wild Edge of Sorrow  
ON SALE Sep 2015

Rights: World EXCEPT Complex Chinese, Dutch, French, Hebrew, Italian,  
Polish, Simplified Chinese, Spanish, Turkish, Ukrainian  
TR 9781583949764 / \$18.95/\$24.95  
HC 9798889842606 / \$29.95/\$39.95

# An Anti-Zionist Path to Embodied Jewish Healing

Somatic Practices to Heal Historical Wounds,  
Unlearn Oppression, and Create a Liberated  
World to Come

**WENDY ELISHEVA SOMERSON, PHD**

Unapologetically anti-Zionist and firmly rooted in Jewish spiritual values—a liberatory model for Jewish healing with body-based tools and faith-based practices for processing trauma, reclaiming our agency, and building a world where “never again” means “never again for anyone”

Dr. Wendy Elisheva Somerson, PhD, shows how Jewish history lives in Jewish bodies—and how antisemitism and oppression disrupt our access to safety, dignity, and belonging. This unmetabolized trauma can lock us into a survival state that brings historical grief into the present moment . . . and keep us from exploring critical questions that help us tend our legacies and live into a better world.

*How does ancestral grief live on in our bodies and keep us from feeling safe—and how is that fear enacted on other peoples? How do we reconcile a history of persecution with the state power of Israel today?*

Each chapter invites us back into the body, exploring healing as a spiritual and political reclamation. With skills-based wisdom for trauma, safety, spiritually grounded intentions, and resourcing ourselves for difficult conversations, this book also helps readers understand:

- Trauma and healing through our bodies
- Jewish longing, belonging, legacies of assimilation
- Healing shame—of not being Jewish enough, of being too much, and of being complicit
- Embodied experiences of Jewish resilience, ritual, and grief

Rooted in justice, care, and spiritual depth, this book asks us to live into a Judaism beyond Zionism. It invites us to heal toward liberation—to reclaim Jewish faith and release Jewish identity from the colonial project of Israel in power, skill, and community.

**FIRST-OF-ITS-KIND BOOK** that centers Jewish healing as collective liberation alongside practical advice for healing and reflection

**URGENT TOPIC, GROWING AUDIENCE** of progressive Jewish readers looking to embody Jewish values apart from Zionism and colonialism—an emergent global movement.

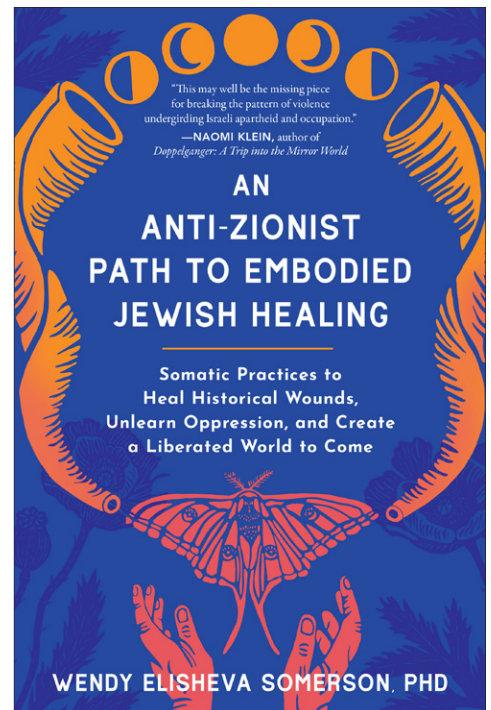
**EXERCISES AND PRACTICES—A BLUEPRINT FOR JEWISH HEALING:** Speaks directly to the specific needs and considerations of Jewish readers; culturally informed and spiritually grounded

**SOMATIC & TRAUMA-INFORMED INTERVENTIONS:** A compassionate and body-based approach to healing from trauma that tailors classic somatic wisdom for a progressive Jewish audience

**OFFERS A CULTURAL HISTORY:** Contextualizes assimilation, Zionism, settler colonialism, spiritual resistance, and Jewish legacies in liberation movements

## AUDIENCE

**Anti-Zionist Jewish readers** looking to heal from trauma, explore ancestral histories and legacies, and integrate spirituality into political activism/worldviews. Audience skews millennial, Gen-Z, Ashkenazi, and intersectional; **Progressive Jewish readers** who may not identify as anti-Zionist but are interested in interfaith dialogue, peace work, and pro-Palestinian causes; **Healers and therapists looking to support Jewish clients and community members.** Allies interested in Jewish trauma, Palestinian liberation, and supporting mutual healing



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13 BW IMAGES

BISAC 1: Self-Help - Post-Traumatic Stress Disorder (Ptsd)

BISAC 2: Social Science - Jewish Studies

BISAC 3: Political Science - World - Middle Eastern

## AUTHOR BIO



Wendy Elisheva Somerson (wes) is a non-binary Jewish somatic healer, writer, visual artist, and activist who helped found the Seattle chapter of Jewish Voice for Peace. They facilitate Ruach, body-based Jewish healing groups held in an anti-Zionist, anti-racist, and feminist framework. As part of a movement of anti-Zionist Jews, they support Jewish healing from historical trauma and promote a liberatory future for Judaism and Jewishness beyond Zionism that includes a free Palestine.

## CONTENTS

Chapter 1: In the Midst of Genocide

Chapter 2: Jewish Longing and Belonging

Chapter 3: The Embodied Trauma of Antisemitism, Racism, and Assimilation

Chapter 4: The Shaping of Trauma

Chapter 5: Surviving Zionism

Chapter 6: Redefining Jewish Safety

Chapter 7: Healing Trauma through Bodywork

Chapter 8: Healing from Shame

Chapter 9: Making Amends--T'Shuvah and Tochecha

Chapter 10: Jewish Embodied Resilience, Ritual, and Grief



# Tending the Bones

## Reclaiming Pleasure after Transgenerational Sexual Trauma

A 13-month somatic journey of ancestral ritual and embodiment

**PAVINI MORAY, PHD**

**Body-based practices, ancestral connection rituals, and reflective empowerment exercises to integrate trauma, build resilience, center pleasure, and reclaim wholeness**

Healing from sexual trauma is deep, transformative, and life-changing work. And when we begin the journey to address not just our own traumas but those borne by our ancestors, we heal across generations—finding wholeness and reclaiming erotic wellness for ourselves while lovingly tending the harm and trauma carried in our lineages. From altars to reverence practices, resilience plans to somatic resourcing, *Tending the Bones* holds you in care and power. Pavini Moray, PhD invites you to reconnect to the profound wisdom of your body—and your ancestors.

- **Part One: Build Inner Resources** offers skills, practices, and resilience tools essential to healing the wounds of transgenerational sexual trauma
- **Part Two: Heal Trauma** helps you acknowledge and integrate traumatic experiences and invites you to explore what justice means to you.
- **Part Three: Savor** shows you how to connect and work with ancestral guides. It also explores principles of somatic sexuality for recovering wholeness and pleasure after sexual trauma.

Guided by the 13 lunar cycles of the year, each module includes a ritual, prayer, poem, daily practice, and worksheet for reflection and healing. *Tending the Bones* takes a holistic, multi-disciplinary approach to healing from sexual trauma and provides a safe container and solid foundation to explore this deep transformational work.

**EMBODIED AND ANCESTRAL:** Centers that trauma is held in the body and passed down through generations and invites readers to heal not only their own trauma, but the pain and harm carried by their ancestors

**PRACTICAL AND EMPOWERING:** Includes embodied practices and rituals to ground and concretize deep transformational work; exercises are carefully crafted, insightful, and center the power of the reader

**SAFELY STRUCTURED:** Author provides a safe and intentional container, ensuring that the reader meets their unfolding journey with resilience, grounding, and other tools necessary to embark on this work

**RECLAIMS EROTIC WELLNESS AND CENTERS THE IMPORTANCE OF PLEASURE** as an essential embodied part of the reader's sexual healing journey

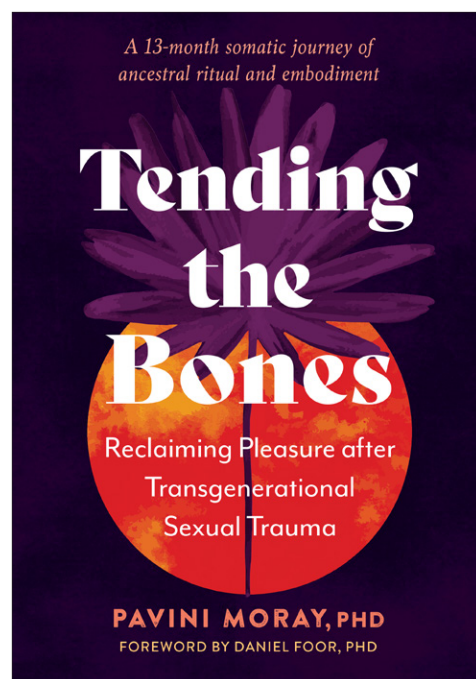
### AUDIENCE

**Survivors** of sexual trauma and assault looking for **whole-self healing practices**; may have a witchy or spiritual bent; Readers whose family history includes sexual and generational trauma; interested in connecting with **ancestral healing practices**

### AUTHOR BIO



**Pavini Moray, PhD** has started, failed, and succeeded at many businesses. A serial entrepreneur, they have built private practices, a worker collective, and a for-profit company. Thirty years of teaching experience has shaped them into a service-oriented leader, facilitator, and teacher who meets students and clients where they are. A somatic coach specializing in trauma and relationships, they have developed pedagogy and methodology for embodied relationships. They have helped thousands live lives of pleasure and satisfaction. Pavini is a queer, trans, nonbinary founder with insight into outsider cultures and the need for accessibility. Moray holds an MEd in Montessori curriculum design, as well as a PhD in somatic psychology. They are the author of *How to Hold Power*. Learn more at [pavinimoray.com](http://pavinimoray.com).



ON SALE 28-JAN-2025

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BISAC 1: Self-Help - Post-Traumatic Stress Disorder (Ptsd)

BISAC 2: Self-Help - Abuse

BISAC 3: Body, Mind & Spirit - Sacred Sexuality

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- Month 2: Grounding Moon
- Month 3: Belonging Moon
- Month 4: Resilience Moon

### Part 2: Heal

- Month 5: Acknowledgement Moon
- Month 6: Justice Moon

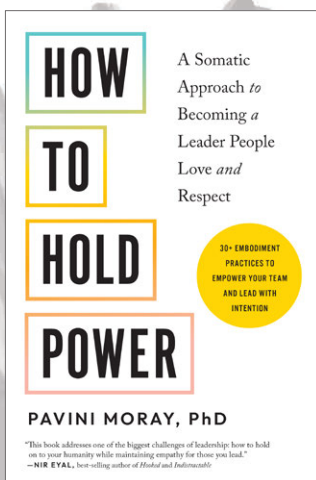
Month 7: Freedom Moon

Month 8: Transformation Moon

### Part 3: Savor

- Month 9: Sovereign Moon
- Month 10: Blessing Moon
- Month 11: Pleasure Moon
- Month 12: Ancestor Moon
- Month 13: Integration Moon

### ALSO BY PAVINI MORAY, PHD



How to Hold Power

ON SALE Oct 2023

Rights: World

TR 9781623179243 / \$19.95/\$25.95

# Truth Demands

## A Memoir of Murder, Oil Wars, and the Rise of Climate Justice

### ABBY REYES

In 1999, Abby Reyes lost her partner, Terence Unity Freitas, as he and two others were murdered after departing Kajka Ika—the heart of the world—of Indigenous U'wa territory in Colombia. Imperiled by multinational oil interests, U'wa lifeways were under attack. Terence, Ingrid Washinawatok El-Issa (Menominee), and Lahe'ena'e Gay (Hawaiian) arrived to listen to community needs and accompany the U'wa. But then they disappeared. Days later, their bodies were found, bound and bullet-riddled in a cow field across the border in Venezuela.

Twenty years later, Abby finds herself in Case 001 of Colombia's truth and recognition process. They want to know her stories. They want to know her questions. They want to know her *truth demands*: the fragments she's held for decades about the last days of Terence's life. *Why was he taken? Who pulled the trigger? Who was really behind the killings?*

Plunged back into grief, ambiguity, and the unknown, Abby is called to navigate the past. Old wounds are reopened, old histories are redrawn, and fresh angers flare as she confronts the testimony of one of her lover's killers—and the burden that Terence unwittingly compelled her to bear.

Spanning three decades and three continents, *Truth Demands* charts Abby's parallel journeys as she navigates the waters of loss, purpose, and impermanence while fighting for truth and accountability from big oil. A profound and haunting memoir, *Truth Demands* is an invitation into the current. It shows us how to hold fast even as we let go—holding us as we bear witness and welcome with courage and skill what the truth demands of us all.

**FOR THOSE FACING LOSS:** And the confusing, overwhelming, and chaotic emotions that take hold in the wake of grief. Reyes viscerally brings the reader into her experience, hitting them with the full heaviness of grief and loss, showing how both live and feel in the body. Readers will feel seen and understood in her honest and raw tensions: how do we balance the need to move on with the heartrending need to stay rooted to “before”?

**FOR ECO-ACTIVISTS:** Gives voice to the urgency, incredulity, and rage we all feel as we see the earth and Indigenous communities ravaged for the financial benefit of extractive companies and their shareholders.

**TIMELY TOPIC:** Reyes' emotional and spiritual transformation is set against the backdrop of the fight for our planet, calling attention to rampant environmental destruction and extraction-driven devastation. The explored themes will appeal to a wide swath of readers and inspire a new generation of activists.

**BUDDHIST THEMES:** Explores impermanence, mindfulness, and meditation with first-person stories of the author's relationship with luminaries like Ram Dass.

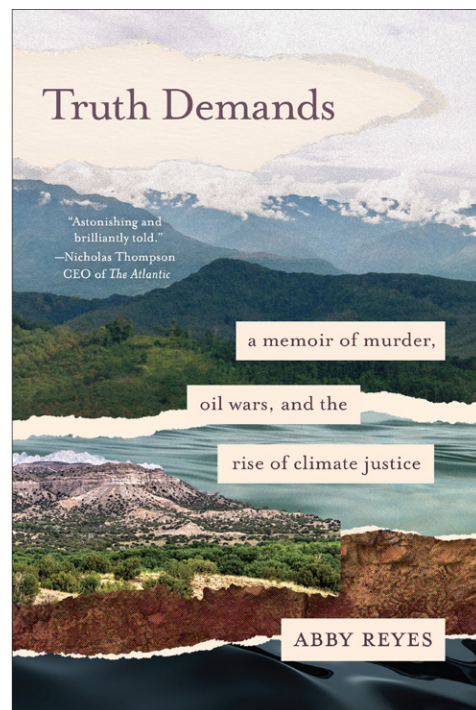
### AUDIENCE

General readers with an interest in thrilling or transformational current-events memoirs and narrative non-fiction; **Political, environmental, and social activists; changemakers** looking to navigate a calling without burning out; Seekers and readers of **transformational spiritual memoirs**. Progressively minded.

### AUTHOR BIO



Abby Reyes cut her teeth doing rural environmental legal assistance in the Philippines, her father's homeland, and walking alongside the Colombian U'wa Indigenous pueblo for dignity against big oil. She directs community resilience at University of California, Irvine, supporting community-academic partnerships to accelerate community-owned just transition solutions.



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BISAC 1: Biography & Autobiography - Social Activists

BISAC 2: Self-Help - Death, Grief, Bereavement

BISAC 3: Nature - Environmental Conservation & Protection

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- Chapter 2. The Sulu Sea
- Chapter 3. The East River
- Chapter 4. The Arauca River
- Chapter 5. The Rushes at the Water's Edge
- Chapter 6. The Frozen Earth at Gavilan Ranch

### Part 2

- Chapter 7. Two Ponds in the Tusas Mountains
- Chapter 8. The Cubujón River
- Chapter 9. The Gulf of Siam
- Chapter 10. Tomales Bay
- Chapter 11. The Mahwāēw River

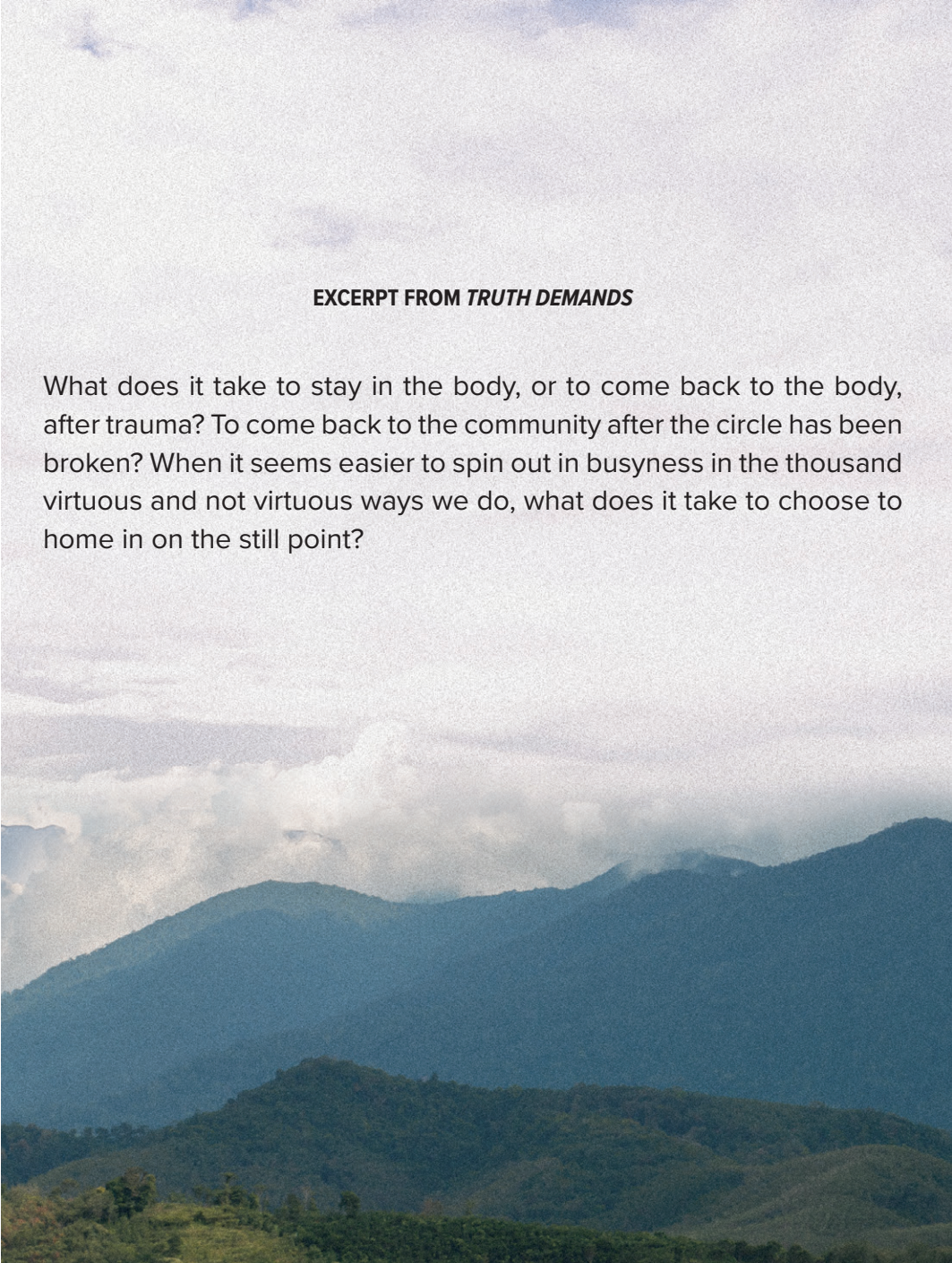
- Chapter 12. A Tangle of Frozen Bramble, Glistening

### Part 3

- Chapter 13. Shell Beach
- Chapter 14. Bloodletting
- Chapter 15. Ma Ganga
- Chapter 16. Muir Beach

### Part 4

- Chapter 17. A Puddle, with Rainboots
- Chapter 18. Stowell Pond
- Chapter 19. Point Lobos
- Chapter 20. What the Truth Demands
- Epilogue. The Water Pitcher



### EXCERPT FROM *TRUTH DEMANDS*

What does it take to stay in the body, or to come back to the body, after trauma? To come back to the community after the circle has been broken? When it seems easier to spin out in busyness in the thousand virtuous and not virtuous ways we do, what does it take to choose to home in on the still point?

# Health & Healing



# Move for Life

## A Practical Guide to Building Everyday Strength, Balance, and Confidence for Thriving after 65

**DAMIEN JOYNER, CPT**

**Certified personal trainer Damien Joyner not only explodes the myth that growing older means growing weaker—he offers expert guidance and safe, simple, effective exercises to empower you to regain and maintain your strength and autonomy.**

I'm often asked the following question: "Do you train active agers any differently than their younger counterparts?" In short—I don't. Their programming is based on their fitness level rather than their age, and just like their younger counterparts, they too possess the potential to move better or become stronger.

Too often, society tells you: as you age, you'll become frail. You'll lose your mobility. It's time to slow down. But at a time when nearly 50 million Americans are aged 65+, these assumptions are more harmful than ever—especially because they're wrong. Joyner explains which exercises are the most important to prioritize for the movements you do every day—whether that's standing up from a chair or getting groceries from the car into the cabinet.

His exercises are:

- Straightforward, safe, effective, and evidence-based
- Clearly illustrated via helpful how-to photo guides
- Tailored to meet the concerns of active agers, like improving bone density
- Appropriate for beginner, intermediate, and advanced levels of fitness
- For keeping fit and doing real-world, everyday tasks that help you stay active and engaged

As a fitness professional who specializes in training people who are 50+, Damien Joyner's approach in *Move for Life* helps you build strength, increase flexibility, and work on your balance—all while dispelling any doubts you may have about your ability to stay active after midlife.

**A PHOTOGRAPHIC GUIDE** to exercises that mirror common everyday movements

**MORE THAN MUSCLES**, these movements can also improve bone density, helping prevent that osteoporosis that often leads to falls

**AND MORE THAN THE BODY**, this book coaches readers to reimagine what's possible for themselves as they age

**FROM BEGINNERS TO ADVANCED**—Joyner has experience training all levels, knowing where they should start and what they should aim for

### AUDIENCE

**Active agers—readers 65+** who are interested in exercises to boot mobility and strength and maintain their independence and overall wellness; **Physical and occupational therapists** who work with clients 65+; **Children and family members of active agers** looking for practical ways to support their loved ones as they age

### AUTHOR BIO



**Damien A. Joyner** is a health coach at UC San Diego's WorkStrong Program and a personal trainer for his business, Incremental Fitness. After earning his Juris Doctorate, he transitioned to the fitness industry in 2016, gathering experience with the general population and eventually focusing on the active aging population in his business. His diverse experience includes leading group classes for San Diego's Feeling Fit Club and Fitness Specialist at Golden Door Wellness Resort. As a subject matter expert and virtual certification committee member for the American Council on Exercise, Damien contributes to study materials, media requests, and internal discussions. He is passionate about improving clients' quality of life and promoting mental and physical well-being through self-care. In his free time, he enjoys exploring San Francisco on foot, hiking the Grand Canyon, and appreciating sunrises and hummingbirds.

Damien A. Joyner, JD, CPT

# Move for Life

A Practical Guide to  
Building Everyday Strength,  
Balance, and Confidence for  
Thriving After 65



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**89 COLOR IMAGES**

**BISAC 1: Self-Help - Aging**

**BISAC 2: Health & Fitness - Aging & Longevity**

**BISAC 3: Health & Fitness - Exercise - General**

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The Joy of Movement

Moving in a Three-Dimensional World

Really...How Fit Do I Need to Be?

Don't Neglect Strength &amp; Balance Training

There Are Always Options to a Movement

Photo Intermission

Practice Makes Better

Fall Prevention 101

The Branches of Our Physical Function

The Mental Aspect of

It is Okay to Have Dessert

Move for Life

Resources

46 Move for Life

We typically notice our balance only when it becomes the focus of a movement or if it becomes a concern. For instance, you might notice it when walking on a narrow surface, balancing on one foot, or catching yourself from a potential fall. If your ability to maintain balance while moving has eroded, everyday tasks like changing direction quickly, getting in and out of a chair, or even walking briskly can feel unstable, indicating the need for balance training.

Neglecting balance training will eventually increase your risk of falls. Don't wait until you notice your balance isn't what it used to be. Start challenging and improving it today, regardless of your current ability. Fancy equipment isn't necessary. Here are two simple exercises to get you started:

- **Tightrope walk.** Imagine walking a tightrope. Keep your hands by your sides, relax, and walk forward heel to toe slowly, because speed hides control. Then try walking backward in the same manner.
- **Side step with glute engagement.** Stand in neutral position with your feet close together. Step out to the side with your right foot. Sink your hips back to engage your glutes. Push off with your right foot to come back up to the starting position.

You will find that balance is a recurring theme throughout this book because it is fundamental to better movement. Being strong is excellent, and being able to press 200 lbs. on a leg press is impressive. But can you walk upstairs without holding on to the railing? Balance is often overlooked in workouts. Lifting weights, going for a run, or playing sports often take precedence when our balance is pretty good; so we take it for granted.

Regardless of where you stand on the strength or balance spectrum, find a way to strength train that also improves your balance. There are always ways to modify movements (I call them options) to safely challenge yourself while enhancing how you balance and move.

5

## THERE ARE ALWAYS OPTIONS TO A MOVEMENT

*I take great issue with the term "anti-aging." The way I see it, you have two choices in life: You can either get older, or die.*

—HELEN MIRREN, INTERVIEW BY BRIAN ANDREWS, OPRAH DAILY

Think of improving your movement and exercise as a choose-your-own-adventure opportunity. There are always ways to make something easier or more difficult. When working on your mobility, it is important not to feel restricted by a video you watched or what you saw someone doing at the gym. A common phrase in the fitness industry (and likely in other fields too) is to "meet someone where they are." For trainers, this means presenting exercises that match the client's current physical abilities.

If you are reading this book to learn how to exercise on your own, you are essentially your own trainer. Begin your exercise journey at your good—your baseline. But how do you figure out your baseline? Let's use squats as an example. Can you perform twelve squats to the depth of an average chair? If not, that is a great starting point. Find a chair without wheels, place its back against a wall, and take a seat. Then, stand up and sit back down,

Fitness professionals call a progression. Progression simply means making an exercise more challenging as your abilities improve. While standing and balancing on one leg may be easy for some, transitioning from a half-kneeling position to standing adds an extra challenge that strengthens your foundation. Practicing this progression ensures you can return to a standing position confidently with fewer balance

Photo Intermission 59



FIGURE 6.2.



FIGURE 6.3.

76 Move for Life

She rotates her torso while keeping the container close to her body, engaging her core to maintain balance during the turn.

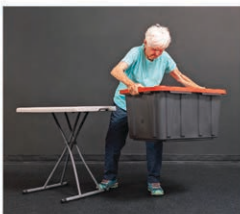


FIGURE 6.31.



FIGURE 6.32.

She hinges her hips and bends her knees as she completes the motion, controlling the descent to avoid strain on her lower back.

Photo Intermission 77

**What I See:** This movement simply boils down to picking up heavy objects at a height and placing them on the ground or a lower surface using rotational motion. Notice the similarities to the next exercise sequence that involves picking up a weight from the ground and placing it back down. This type of rotational training incorporates controlled twisting motions into your routine, enhancing core strength and stability.

86 Move for Life

This final position emphasizes standing tall with proper posture. His shoulders are square and his grip, core, and lower body work together to stabilize the barbell. This phase mirrors the standing position when lifting a heavy object like the water bottle in real life.

Performing a deadlift to lift a heavy weight from the ground strengthens the body from head to toe, engaging the muscles of the legs, glutes, core, back, arms (including hands and wrists for grip strength), and trapezius. This exercise reminds us to follow key principles when lifting heavy objects: Keep the weight close to effectively place the load on the legs and glutes and avoid hurting our back; brace the core for stability; use legs and glutes to lift; keep a straight back to avoid rounding the spine; and maintain a firm grip to secure the weight. For optimal deadlift technique, you should be able to draw a relatively straight line from your shoulder, through the bar, to your foot throughout the movement, as seen in these images.

## REAL-LIFE SCENARIO: LIFTING AND PLACING ITEMS OVERHEAD

Lifting and placing things on a high shelf or on top of the fridge is a common activity in everyday life. The following example demonstrates putting carry-on luggage in an airplane's overhead bin. Let's break down the movement and examine how it translates to specific exercises.



FIGURE 6.48.



FIGURE 6.49.

Photo Intermission 87



FIGURE 6.50.



FIGURE 6.51.

# You Are More Than Your Body

## 30+ Evidence-Based Strategies for Living Well with Chronic Illness

By a clinical therapist living with cerebral palsy

**JENNIFER CASPARI, PHD**

**A gentle, supportive guide to developing coping skills and improving quality of life for disabled and chronically ill people**

Managing the stresses of everyday life can be exhausting and overwhelming. Dr. Jennifer Caspari knows this struggle well—both through her work as a clinical psychologist and her lived experience as a disabled woman with cerebral palsy. *You Are More Than Your Body* weaves together clinical expertise, personal stories, and practical, evidence-based tools to help readers with chronic health conditions better cope with pain, fatigue, depression, and the emotional vulnerability that comes with living in a world not designed for our bodies. The methods in this book synthesize a wide range of emotional regulation skills and coping techniques drawn from cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and mindfulness practices, all of which Dr. Caspari has successfully used with her own clients. In this book, you'll learn over thirty practical coping skills to help you:

- tune into internal experience and connect with your body;
- shift mental focus;
- cultivate self-compassion and radical acceptance;
- change your relationship with your thoughts;
- engage the power of the present to get unstuck;
- practice realistic goal-setting;
- tap into your deepest values as a resource;
- tolerate discomfort; and
- give yourselves permission to do things differently.

Each chapter includes a personal story or experience; a self-reflection exercise; associated coping skills; and practical guidance on how you can start using these tools in your own life. Having a disability or chronic illness does not have to mean accepting a lower quality of life. While we can't make our issues and challenges disappear, by practicing the exercises in this book, we can learn to better manage challenges that arise and learn how we can live a meaningful life now—whatever our bodies and abilities might be.

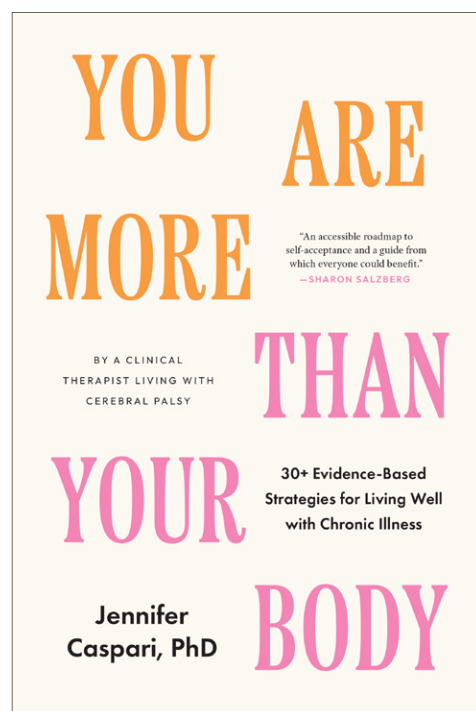
**CONTAINS OVER 30 SIMPLE, PRACTICAL, AND EVIDENCE-BASED TECHNIQUES** to better cope with chronic pain and fatigue and build resilience and acceptance to live well with disabilities and illness.

**WARM, OPEN, AND ENGAGING WRITING STYLE:** Dr. Caspari frankly discusses her own struggles in living with cerebral palsy, relatable to readers with a wide range of disabilities; engaging readers in this way helps make the coping techniques easier to understand and practice.

**QUALIFIED AUTHOR:** Dr. Caspari is a clinical psychologist with a private practice in Denver, Colorado, and is established in the field of chronic pain treatment: she has contributed to a clinical handbook on chronic pain and teaches an online course in living with chronic pain through PESI. She has a national platform via her regular blog on Psychology Today, "Living Well When Your Body Doesn't Cooperate" (over 70,000 views), which draws from her lived experience as a disabled woman with cerebral palsy, chronic pain, and fatigue.

### AUDIENCE

**Readers of books on self-help psychotherapy**, particularly **readers with chronic pain and fatigue**, mental health issues, and a wide range of visible and invisible disabilities. May also be of interest to **neurodivergent readers** who may not identify as disabled or ill but are searching for ways to better cope with everyday life; **Mental health professionals** who can read and utilize the techniques taught in the book for use with their clients; provides an overview of evidence-based skills and can serve as a reference for mental health providers.



**ON SALE 17-JUN-2025**

**RIGHTS: WORLD**

**ISBN: 979-8-88984-237-8**

**PRICE: \$19.95 / \$25.95 CAN**

**PAGE COUNT: 192**

**TRIM SIZE: 6 X 9**

**BISAC 1: Self-Help - Personal Growth  
- Self-Esteem**

**BISAC 2: Social Science - Disability**

**BISAC 3: Self-Help - Personal Growth  
- Happiness**

## AUTHOR BIO



**Jennifer Caspari, PhD**, is a licensed clinical psychologist working at a group practice in Colorado, CBT Denver, that specializes in general and health psychology. She lives with cerebral palsy and writes a Psychology Today blog titled *Living Well When Your Body Doesn't Cooperate*. Dr. Caspari is the creator and instructor of a nationwide chronic pain course with PESI, a national leader in providing continuing education to mental health professionals (<https://catalog.pesi.com/item/132063>). In her free time, Dr. Caspari enjoys spending time with loved ones, feeling the sun on her face, listening to audiobooks while moving her body, watching cooking and baking shows, and eating delicious food. You can find her on social media @moxie\_mindset.

## CONTENT

Introduction

### PART ONE: MANAGING YOUR EMOTIONS

Chapter 1: Learn Emotion Regulation Skills

Chapter 2: Cultivate Unconditional Self-Compassion, Self-Acceptance, and Self-Worth

Chapter 3: Practice Radical Acceptance

### PART TWO: BALANCING YOUR THOUGHTS

Chapter 4: Change Your Relationship with Your Thoughts

Chapter 5: Engage the Power of the Present to Get Unstuck

Chapter 6: Live Your Values to Enhance Quality of Life

Chapter 7: Harness Empathy for Post-Traumatic Growth

### PART THREE: CARING FOR YOUR BODY

Chapter 8: Connecting with Your Body

Chapter 9: Tolerate Discomfort and Acknowledge the Complexity of Your Experience

Chapter 10: Give Yourself Permission to Do Things Differently

**“The book so many of my patients need. Written with the authority of a clinical psychologist and expert in coping with disability/chronic illness, as well as with the knowledge and compassion of someone who has lived these experiences, what Dr. Caspari shares will resonate deeply with those who have felt different or limited by their bodies and provide hope to those who have felt alone in their struggles. Just as importantly, she shares a toolbox of evidence-based approaches for regulating emotions, shaping thoughts, and caring for your body, which come together to reset your relationship with your chronic health condition or disability and allow you to thrive.”**

**—Dr. Jade Wu, author of *Hello Sleep: The Science and Art of Overcoming Insomnia Without Medications***

**“In *You Are More Than Your Body*, Dr. Jennifer Caspari combines her clinical expertise with her lived experience to create a must-read guide for anyone looking to live their life with more ease. [The book] feels like a conversation with a wise, kind, and loving friend in which Dr. Caspari effortlessly integrates evidence-based psychological strategies with personal narrative to enable the reader to shift their mindset and make meaningful changes in their life.”**

**—Alexis Conason, PsyD, CEDS-C, clinical psychologist, Certified Eating Disorder Specialist, and author of *The Diet-Free Revolution***

# Proud Flesh

## A Memoir of Motherhood, Intimate Violence, and Reclaiming Pleasure

CATHERINE SIMONE GRAY

**A searing portrait of a mother's body—a resurrection and reclamation of pleasure after abuse, a study of intergenerational trauma, and a love letter to the bodies of women: as alive and unbound as the teeming Mississippi wilds that bear witness**

Four months postpartum with her second child, Catherine Simone Gray is back at her doctor's office, surveying a childbirth wound that refuses to mend. Proud flesh: tissue that overheals to become its own wound. Pregnancy and motherhood had been physically vulnerable for Gray, but this renders her most intimate parts unrecognizable—like her body is no longer her own. *Has it ever been her own?*

As she gets to know her body in its new form, she encounters, too, the girl she'd been at seventeen. It was summertime in Mississippi—wild, pulsing with life—when a man coerced her into an abusive relationship that would dominate her life for four years.

Told in parallel timelines, *Proud Flesh* grapples with the legacy of intimate partner violence in motherhood. With luminous prose and breathtaking viscerality, Gray makes legible the ways that abuse can imprint on our body and seethe undetected for years. She lays bare unspoken truths: that violence remaps how we connect with and care for our children. That the pains of our mothers—and our mothers' mothers—endure, and can prowl the edges of our stories too. That even amid pain, our bodies can teach us new truths about our capacity to heal and experience pleasure.

**UNSPOKEN STORY—UNTIL NOW:** Mainstream motherhood media are getting more open about messy, previously un-discussed realities of birth and postpartum—but no one is talking about the impact of sexual trauma on postpartum identity. Gray's book is a brave and necessary reclamation.

**FRESH AND TALENTED VOICE:** Gray's writing is at once gripping and tender. A long-time essayist and beloved blogger, her writing is raw, real, and connects authentically with women readers.

**AUTHOR NETWORK:** Gray is connected with literary icons including Anne Patchett, Kiese Laymon, and Roxane Gay, who platformed an excerpt from this book in *The Audacity*. Her work is also supported by media like *Variety*, the *Birth Hour* podcast, and a slew of mainstream journalists, artists, and creators.

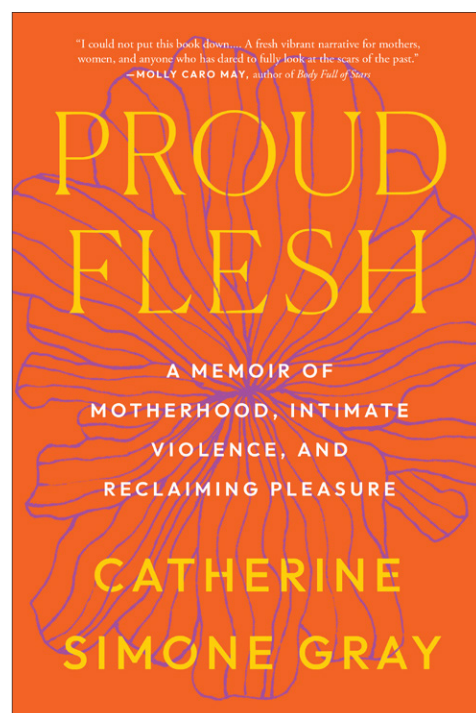
### AUDIENCE

**Millennial mothers (and potential parents-to-be)** who have experienced sexual abuse, trauma, or intimate partner violence. They're coming to this book looking for healing; a real-life story; and a path to reclaim pleasure and intimacy; **Millennial women memoir readers**; fans of Roxane Gay's work and newsletter; **Mothers and parents** looking for nuanced stories of birth, pregnancy, and postpartum; **Southern women and multiracial/multicultural women** who have felt othered for their bodies or relationship to sexuality

### AUTHOR BIO



Catherine Simone Gray is a writer and educator whose writings on her blog *Unsilenced Woman* have captivated audiences globally of up to 2.5 million. An Emerging Writer in Roxane Gay's *The Audacity*, Gray has also published essays in *The Bitter Southerner* and *The Michigan Quarterly Review: Mixtape*. She is the recipient of an Artist Fellowship by the Mississippi Arts Commission. Her writings on motherhood has been shared by respected organizations for new mothers, such as La Leche League, International Cesarean Awareness Network, and ImprovingBirth. She has been a guest on *The Birth Hour*, a #1 podcast in iTunes Kids & Family. She has delivered three addresses at the Mississippi Womanist Rally. With an M.A. in Curriculum and Instruction, she teaches writing classes for women, mothers, and caregivers.



ON SALE 25-FEB-2025

RIGHTS: WORLD

ISBN: 979-8-88984-126-5

PRICE: \$19.95 / \$25.95 CAN

PAGE COUNT: 264

TRIM SIZE: 5-1/2 X 8-1/2

BISAC 1: Biography & Autobiography  
- Memoirs

BISAC 2: Social Science - Feminism &  
Feminist Theory

BISAC 3: Health & Fitness -  
Pregnancy & Childbirth

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**PART THREE**

Speak, Thou Clitoris

hummingbird migration

The Vulva Portraits

arroyo

Redemption of the Penis

cicadas

Proud Flesh

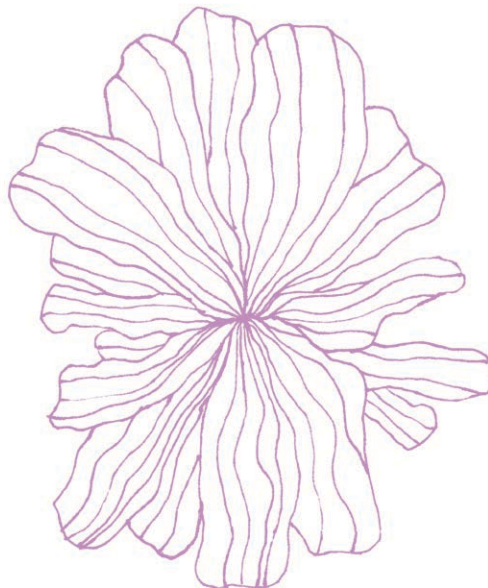
**EXCERPT FROM *PROUD FLESH***

*“Write from the scars, not the wound, I’ve heard over and over in recent years. It sounds like a reasonable idea. We should let healing happen before we expose the vulnerable tissues to the world. Healing looks like: gaping, weeping, bleeding, crusting. A wound becomes a scab, a scab becomes a scar. Closure. Freedom.*

But what happens when a scar becomes its own wound?

The first time my vagina was burned, I knew in an instant that something significant was happening. In the burning was a pathway.

I could wait forever to tell this story while the wound becomes a scar. The truth is that closure is only another beginning.”



# Being (Sick) Enough

Thoughts on Invisible Illness, Childhood Trauma, and Living Well When Surviving Is Hard

## JESSICA GRAHAM

Wise, visceral essays on navigating pain, sex, trauma, spirituality, addiction, recovery, and grief from queer, neurodivergent trauma-resolution guide  
Jessica Graham

In an unapologetic look at living well with trauma and chronic illness, writer and meditation teacher Jessica Graham offers smart, funny, raw, and mindful insights on untangling—and embracing—the messy realities of being a human alive on this planet today. Graham gives us permission to accept care—and accept that it's okay to want care. They weave together personal stories and practical wisdom, offering their take on managing symptoms, getting creative, setting boundaries, and healing from ableist tropes like “you don't look sick” and “we're all a little ADHD.”

Graham also shares vulnerable personal history: The adverse childhood experiences that wired their body and brain. The workaholism and addictions that kept their pain lying just below the surface. How illness and trauma intersect to obscure the knowledge that we're each enough, wholly as we are. This memoir explores the parts of chronic illness life that don't get enough airtime: How can we center sex and pleasure when pain gets in the way? How can we live well while living through late-stage capitalist hell? How can we come into relationship with our pain without falling prey to self-blame, magical thinking, or toxic positivity?

Wise and embodied, fearless and necessary, *Being (Sick) Enough* is both a wild awakening and a love letter to your whole self: the pains and suffering, joys and brightness, and vital connections that hold each of us as we navigate what it means to be here, like this, right now.

**TRAUMA-INFORMED, TRAUMA-FOCUSED:** Explores the relationships between adverse childhood experiences and chronic illness; delves into the author's traumatic experiences and healing journey

**AUTHENTIC AND RAW:** Zero toxic positivity. Doesn't sugarcoat the grief, uncertainty, and unique pain of being a sick person today—or doom-and-gloom over the unexpected humor, brightness, or connections that can be found amid sickness.

**SEX AND DATING:** Dives right into topics that are typically excluded from chronic illness books and erased from cultural discourse: sex, dating, romance, intimacy, and pleasure.

**MINDFULNESS:** Shares practical mindful tools for navigating, relating to, and accepting physical and emotional pains and sensations.

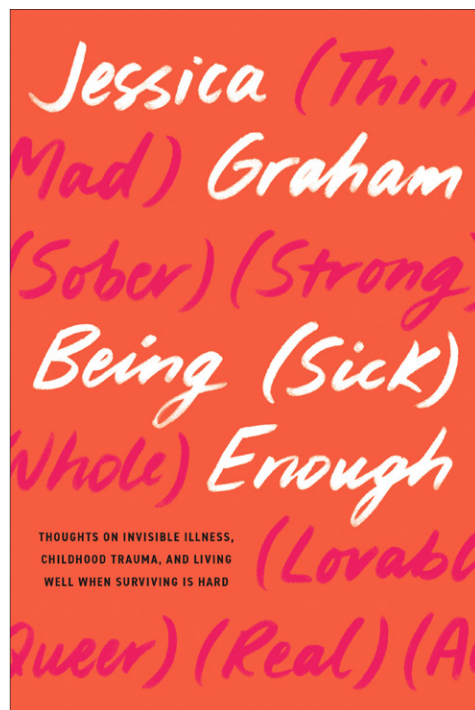
## AUDIENCE

**Millennial women and non-binary readers living with chronic illnesses** (w/ particular resonance among neurodivergent and queer readers) looking for approachable real-deal advice and wisdom on living well while sick. Chronically ill readers healing from trauma; **Chronically ill readers of all genders and ages; Caretakers, partners, family, and friends** of people with chronic illnesses. **Therapists, healers, meditation guides, and helping professionals** who work with clients with chronic illnesses.

## AUTHOR BIO



Jessica Graham is a trauma resolution guide, specializing in complex-developmental trauma and post-traumatic growth. They are also a meditation teacher, chronic pain coach, sex and relationship guide, speaker, and author of *Good Sex: Getting Off Without Checking Out*. Jessica is certified as both a ReBloom Post-Traumatic Growth Guide and a Grief Recovery Specialist. They have been trained and are qualified to practice in Brainspotting and are a senior teacher of Shinzen Young's meditation system. Jessica's work can be found on many apps and they have offered workshops and retreats at various centers internationally, including Esalen Institute. Their work can also be found in The Great Courses' Masters of Mindfulness.



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RIGHTS: WORLD

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BISAC 1: Biography & Autobiography  
- Memoirs

BISAC 2: Psychology -  
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Stress Disorder (Ptsd)

BISAC 3: Health & Fitness - Diseases  
& Conditions - Chronic Fatigue  
Syndrome

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 My Parents' Hell  
 Being Santa's Child-Parent  
 Floating in the Swamp of Sadness  
 A Place Where Bad Things Happen  
 Thighs  
 Skinny Baby  
 Eating Animals  
 Addiction: The Disease of Post-Trauma  
 The List  
 Choose Me  
 The Migraine Years  
 Spoons  
 My Fucking Back Hurts

The Feast  
 And This Is ADHD  
 The Wrongness and the Goodness  
 Love in the Time of Hemorrhoids  
 DTF  
 Flare-Ups and Grief  
 A Mother's Love  
 Always and All Ways  
 Things I Said to Dead Men  
 It's Like This Right Now  
 Hacking Human Suffering  
 Lazy Liar  
 Upon Waking  
 Gold Linings

## ALSO BY JESSICA GRAHAM



Good Sex

ON SALE Nov 2017

Rights: World EXCEPT Czech, Dutch, Italian

TR 9781623172343 / \$16.95/\$22.95

# Woven Roots

## Recovering the Healing Plant Traditions of Jews and Their Neighbors in Eastern Europe

DEATRA COHEN AND ADAM SIEGEL

A comprehensive guide to the medicinal plants and folk healers of Eastern Europe's Pale of Settlement—mapping ancestral folkways, herbal traditions, and shared legacies of Ashkenazi Jews and their neighbors. Includes a *materia medica* of healing plants and their traditional applications.

A companion guide to *Ashkenazi Herbalism*, *Woven Roots* explores the rich history of plant-based medicine and folk healing traditions of Eastern Europe from 1600 through the present. Deatra Cohen and Adam Siegel map the interwoven histories of the peoples of the Pale of Settlement, revealing untold stories of cooperation, shared knowledge, and mutual aid. The book shares how the people in this region—so often associated with conflict—often thrived in deep and reciprocal relationships with the land and each other. Tending and relying on the natural world, caring for their communities, and transmitting medicinal legacies from generation to generation, the healers of the Pale served as profound points of connection, interdependence, and life-sustaining knowledge. The authors offer illuminating—and surprising—original research on:

- The pivotal but historically overlooked contributions of women folk healers
- Deep, ancestrally rooted traditions of care for land and nature among Ashkenazi Jews
- The rich cultural exchanges among Jews, Muslims, and Christians that allowed life in the Pale to flourish
- Newly discovered recipes
- Enduring legacies of mutual aid and community interdependence
- How long-lost links between Eastern and Western folk knowledge can shed new light on your heritage and ancestral connections
- Traditional magical practices of the Ashkenazim

This book includes an illustrated *materia medica* with plant names in Yiddish, Lithuanian, Ukrainian, and more. Informed by years of field and academic research, *Woven Roots* recovers the legacies of Jewish healers beyond myth, offering insights into the healing wisdom and interethnic cultural exchanges among marginalized groups in Eastern Europe and Eurasia.

**HISTORICAL RESEARCH, PRACTICAL HERBALISM:** A comprehensive, meticulously researched historical guide supplemented with a *materia medica*, recipes, translations, and plant-medicine applications

**UNTOLD HISTORIES:** Shares compelling research that sheds new light on cooperation, mutuality, and interethnic community care.

**RECLAIMS ERASED KNOWLEDGE** of women folk healers whose contributions have been overlooked for centuries

**UNDERPUBLISHED AREA:** One of the few contemporary English-language books to discuss Eastern European healing traditions

### AUDIENCE

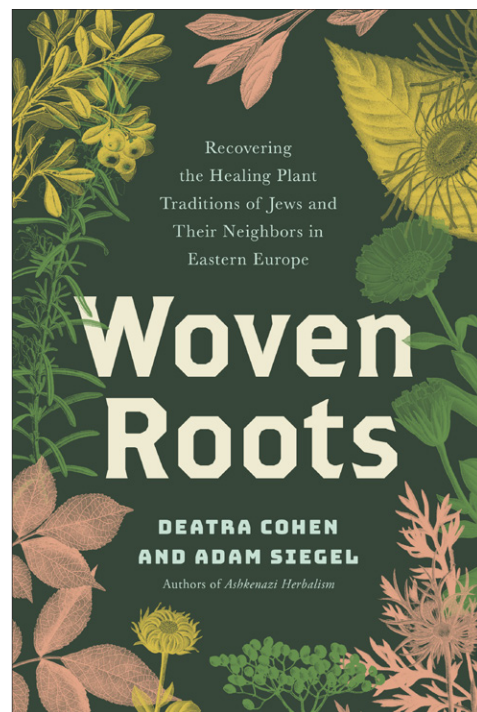
**Jewish herbalists and herbalists of Eastern European descent;** readers of *Ashkenazi Herbalism*; **Experienced herbalists** interested in deepening their knowledge of ancestral plant medicine, cross-cultural healing practices, and feminist histories; **Readers interested in comparative healing traditions;** ethnobotany; folk healing practices; folk magic; and Eastern European history

### AUTHOR BIO



**Deatra Cohen**, co-author of *Ashkenazi Herbalism*, is a former reference librarian, trained as a clinical herbalist at the Berkeley Herbal Center, co-founded a Western Clinical Herbal collective, and is currently part of a community herbal project. In her research, Cohen is dedicated to recovering the lost or forgotten shared plant healing cultures of Jews and their neighbors in the historic Pale of Settlement.

**Adam Siegel**, co-author of *Ashkenazi Herbalism*, is a former research librarian, trained linguist, and award-winning translator. In his research, Siegel explores the symbiosis of plants and peoples in both the Old World and the New.



ON SALE 03-JUN-2025

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ISBN: 978-1-62317-962-5

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PAGE COUNT: 368

TRIM SIZE: 6 X 9

25 BW IMAGES

BISAC 1: Health & Fitness - Herbal Medications

BISAC 2: History - Jewish

BISAC 3: History - Europe - Eastern

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The Healers

The Plants

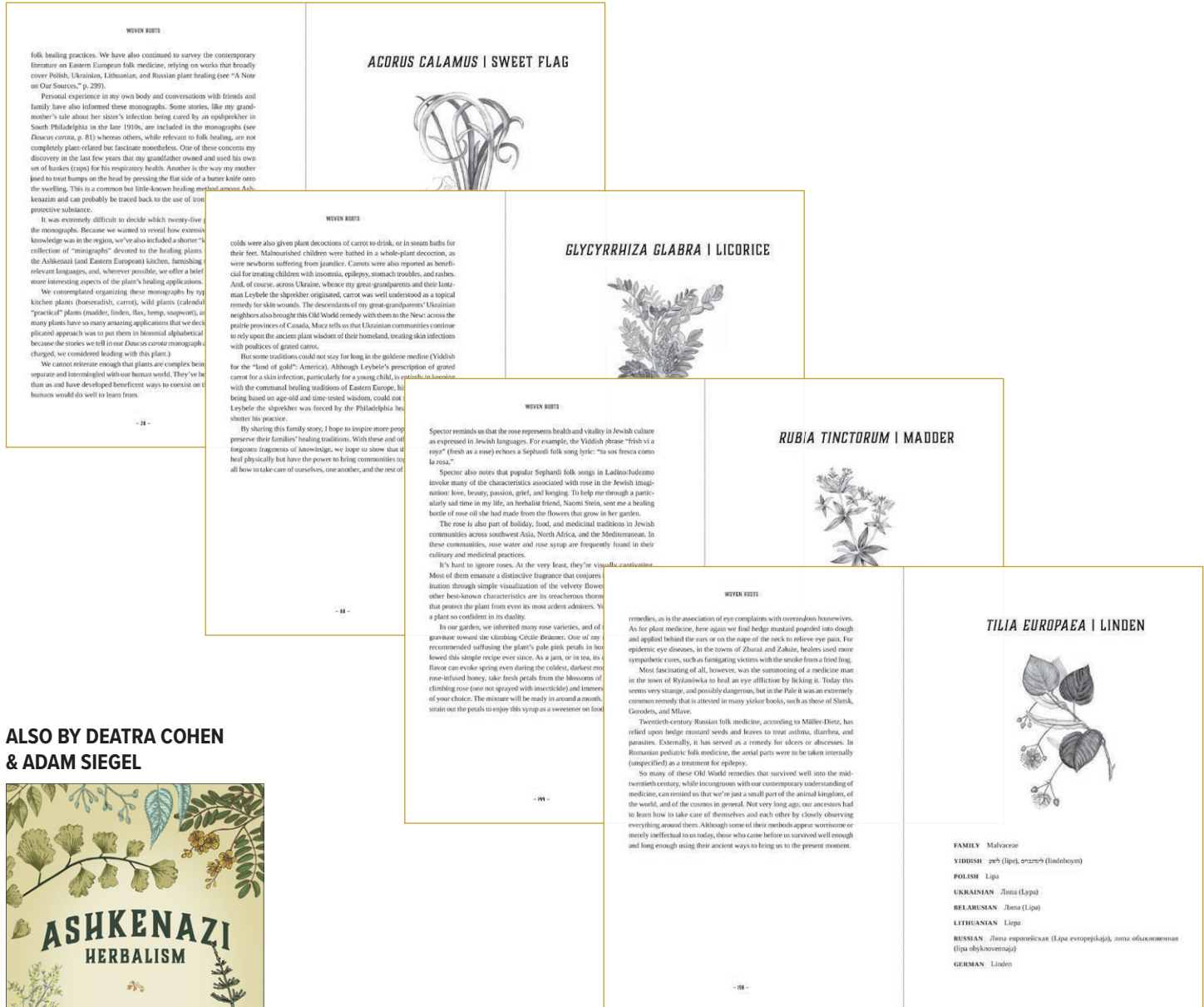
Afterword

A Note On Our Sources

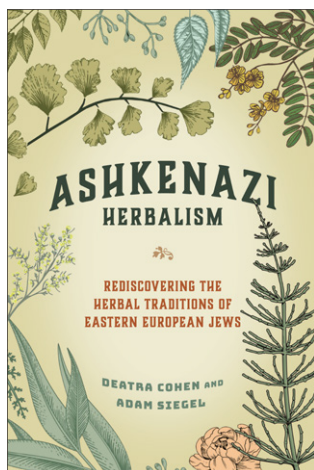
Appendix

Bibliography

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ALSO BY DEATRA COHEN  
& ADAM SIEGEL



Ashkenazi Herbalism

ON SALE Apr 2021

Rights: World EXCEPT Russian

TR 9781623175443/ \$24.95/\$33.95

A detailed botanical illustration in a dark green, monochromatic style is positioned along the left edge of the page. It features a variety of plant elements: a thistle-like flower with a prominent central disk and feathery leaves at the top; several large, serrated leaves with prominent veins, characteristic of a rose; a cluster of small, dark berries on a stem; and a branch with smooth, oval-shaped leaves and a small cluster of round fruits at the bottom.

# Health Justice

# Kinship Medicine

## Cultivating Interdependence to Heal the Earth and Ourselves

**WENDY JOHNSON, MD, MPH**

Our modern way of living is incompatible with our survival. Most of us intuitively know this truth, but almost everything in our society encourages us to ignore it. Dr. Wendy Johnson confronts this undeniable fact and breaks down how we think and act every day in ways that undermine our individual and collective well-being.

The antidotes to many of the causal factors of poor health—loneliness, industrial diets, systemic inequality, fear of death, profit-based healthcare—are relational, with each other and with the living earth. Through evidence from public health, sociology, anthropology, human ecology, and her experience as a family physician, Dr. Wendy Johnson will show you how:

- We must incorporate an “ecosystem” perspective into modern medicine
- What you ingest and where you live can reinforce or upset your body’s delicate balance
- Eliminating one organism in an ecosystem can affect all the others
- Histories of trauma can be passed down for generations
- Rekindling our relationships to non-human life is essential to our well-being
- Being closer to death can release some of its power over us
- Actions of communities will be stronger and more lasting than any individual efforts

You will leave with a clear vision of what a new society might look like, methods to accomplish this transformation, and concrete examples of where it is being done successfully.

**PEOPLE TRUST DOCTORS:** The author is a family physician with a master’s in public health from Johns Hopkins. Even readers who are initially skeptical will be compelled to hear a medical doctor speak about the ways our relationships to the living things around us impact our health.

**COLLECTIVE-HELP IS THE NEW SELF-HELP:** There are many books focused on individual wellness, but only a few on collective wellness. This book connects the reader’s desire for personal well-being to the health of our natural world and sees the connection between the two as fundamental to changing our destructive path toward the collapse of the natural world.

**WELL-RESEARCHED AND SCIENTIFICALLY BACKED:** While the author has critiques of the elevation and limits of Western medicine and science, she also is a practitioner of it. She cites cutting-edge research throughout each chapter to bolster her arguments.

**PERSONAL STORYTELLING:** The author shares ancestral wisdom, stories from her own life, and accounts from her patients that exemplify her points.

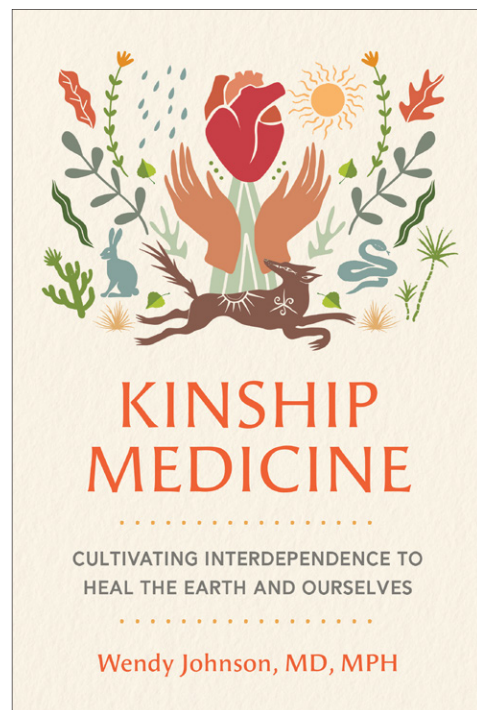
### AUDIENCE

**Readers interested in longevity and wellness**, who trust doctors and want to hear them talk about **holistic health**; **Readers concerned about climate change**, nature conservation, and local sustainable/regenerative agriculture. **Rewilders**; **back-to-landers**; **simplicity-movement folks**; homesteaders; farmers’ markets shoppers, permaculturalists; Those passionate about social justice, community development, equity, and public health.

### AUTHOR BIO



**Dr. Wendy Johnson** is a family physician, public health professor, activist, and writer who has spent her life actively working for a world where everyone can live long lives in equitable communities. Her career includes stints scaling up HIV treatment in Mozambique, overseeing an urban public health department, and, most recently, directing a community clinic in Santa Fe, New Mexico. She has a Master’s in public health from Johns Hopkins and holds faculty appointments at the University of Washington and the University of New Mexico. Dr. Johnson has been a vocal activist on many progressive issues both locally and globally and is a two-time TEDx speaker.



**ON SALE 15-JUL-2025**

**RIGHTS: WORLD**

**ISBN: 979-8-88984-273-6**

**PRICE: \$20.95 / \$27.95 CAN**

**PAGE COUNT: 304**

**TRIM SIZE: 6 X 9**

**BISAC 1: Body, Mind & Spirit -  
Inspiration & Personal Growth**

**BISAC 2: Nature - Essays**

**BISAC 3: Social Science - Disease &  
Health Issues**

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Chapter Two—The Mess we Created

Chapter Three—How Did We Get Here?

Chapter Four—Gardens or Machines

Chapter Five—Our Bodies are Ecosystems

Chapter Six—Gaia’s Biome

Chapter Seven—We Are Nature

Chapter Eight—Humans are Social Animals

Chapter Nine—Embracing Death

Chapter Ten—Finding Hope

Chapter Eleven—The Path Forward

Chapter Twelve—Possible Futures

Chapter Thirteen—Acting Collectively

Epilogue—Be the Change



# Negligent by Design

## Anti-Blackness in American Medicine and How to Address It

VANESSA GRUBBS, MD

**A searing critique of medical racism and a powerful call for health-care professionals to make real change in their field, written by a leading activist and doctor**

Unequal access to care. Misdiagnosis. Mistreatment. Medical gaslighting. An increasing number of studies show the profound impacts racism has on communities of color—particularly Black Americans. But these disparities in health care and wellbeing are not the result of a handful of uninformed or malicious doctors: racism in the medical system is institutional, woven into the very fabric of diagnostic criteria and even hospital infrastructure. Medicine denies fair treatment to Black patients not in error...but by design.

Drawing from extensive research, in-depth interviews with medical students and resident physicians, and over twenty-five years of experience as a medical doctor, Dr. Vanessa Grubbs argues that the reason racism in medicine continues to go unchecked is because it is in fact the standard of care. Dr. Grubbs skillfully unpacks the three core problems of how our health-care system currently considers the race of patients, which she identifies as being “race based,” “race disregarded,” and “race denied.”

- When medical diagnoses and trainings are race based, they lead doctors to make different treatment decisions for Black patients and create a dangerous disadvantage.
- At the same time, medical textbooks and trainings may inappropriately disregard race in cases when it does matter, like failing to include pictures of how rashes may appear differently on light and dark skin—leading to misdiagnosis and death.
- And finally, many medical institutions still deny the extent to which racism is an issue at all, resulting in fewer Black physicians and disastrous outcomes for Black patients.

Calling on her medical colleagues to join her in working against the negligence of American medicine, Dr. Grubbs lays out a pathway to true equity and inclusion in health care: getting to the root of the underlying fears and insecurities that have led to racist medical negligence; recruiting and retaining a diverse physician workforce; and forcing Medicine to commit to the cultural humility necessary to rebuild, not just replaster, a broken institution.

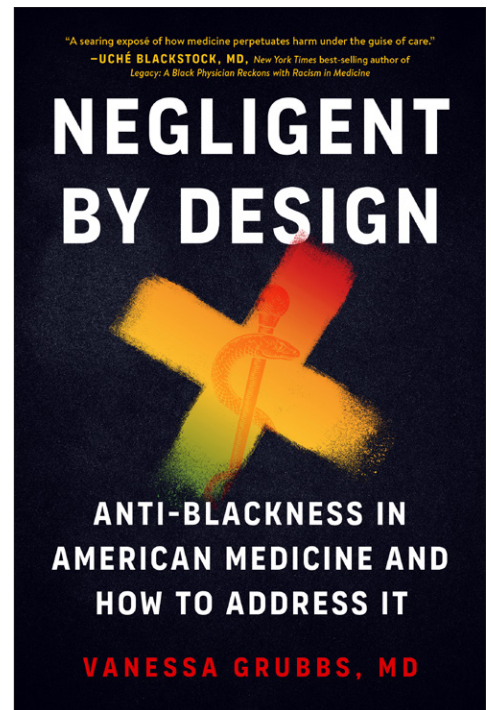
**INCREASING AWARENESS OF MEDICAL RACISM:** This book fits into a broader public discourse around medical racism; the former director of the CDC declared racism as a “serious public health threat” in 2021, adding a set of pages and informational videos to the CDC website discussing the impacts of racism on health and disparities in access to treatment.

**OFFERS SOLUTIONS:** Dr. Grubbs shares actions that can be taken to address the medical negligence of Black patients by addressing the race-based, race-disregarded, and race-denied approaches to treating Black people.

**PROVIDES HISTORICAL EVIDENCE AND PRIMARY RESEARCH GIVING CONTEXT TO A SYSTEMATIC ISSUE:** It is a statistical fact that Black people are more likely to have negative outcomes in medical settings. Dr. Grubbs provides information on how this race-based negligence happens, through analysis of published data and studies as well as in-depth interviews with medical students, resident physicians, and faculty. She further contextualizes our current situation through numerous historical and contemporary examples of medical neglect and abuse, from the racist practices of the creator of Western gynecological care to current data about Black people’s experiences with long waits and denials of organ donation.

### AUDIENCE

**Medical professionals** wanting to better understand how a culture of racist negligence has emerged in their field—and the steps they can take to make real, lasting change; **Black patients, their families, and their loved ones:** those who have experienced racist treatment firsthand and want validation, to feel seen, and to find tools for better patient advocacy; **Non-Black readers interested in better understanding systems of oppression and finding solutions.**



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PAGE COUNT: 192

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BISAC 1: Medical - Ethics

BISAC 2: Social Science - Race & Ethnic Relations

BISAC 3: Health & Fitness - Health Care Issues

## AUTHOR BIO



**Dr. Vanessa Grubbs** is an internist, nephrologist, kidney donor, physician-scientist, and author of *Hundreds of Interlaced Fingers: A Kidney Doctor's Search for the Perfect Match*. She is a Duke University undergraduate and medical school alum and completed her nephrology specialty training at UCSF, where she became a faculty member. While maintaining a clinical and research practice, she distinguished herself as a leading voice in nephrology, palliative care, and racial disparities. She left UCSF in 2019 but continues to publish in medical journals and speak at academic institutions. Currently, Dr. Grubbs is a part-time primary care physician, runs “Real Kidney Talk with The People’s Nephrologist” on YouTube, and, in 2022, she founded Black Doc Village, a non-profit organization dedicated to actively advocating for Black trainees and physicians. She lives in Oakland, California with her husband, and recipient of her left kidney, Robert Phillips.

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**PART I: Race Based**

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Chapter 2: Low-hanging Fruit

Chapter 3: The Search Continues

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Chapter 4: Melanin and Locks

Chapter 5: Black Voices Unheard

Chapter 6: Diversity and the Social Determinants of Success

**PART III: Race Denied**

Chapter 7: How Can Medicine Be Racist

Chapter 8: Exceptions to the Rule

Chapter 9: Lack of Professionalism

**PART IV: From Negligent to Conscientious**

Chapter 10: Placebo

Chapter 11: Humility

Conclusion: Reality

## EXCERPT FROM NEGLIGENT BY DESIGN

“*Negligent by Design* is a call to action that concludes with a playbook on how we can force Medicine to behave differently—regardless of what the powers that be say.

This book will strengthen advocates’ resolve, inform all people of what is happening throughout the halls of Medicine, and show them what they can do about it. A growing number of us have already started. This book will invite and instruct the convinced reader to pick up a hammer, since, as Audre Lorde reminds us, ‘The master’s tools will never dismantle the master’s house.’”



# All This Safety Is Killing Us

## Health Justice Beyond Prisons, Police, and Borders

Abolitionist frameworks and practices from clinicians,  
organizers, and incarcerated activists

EDITED BY **RONICA MUKERJEE AND CARLOS MARTINEZ**

**A multi-discipline, multimedia guide to abolition through the lens of healthcare and medicine – featuring writings and artwork from 10+ incarcerated and post-detention activists**

Prisons, border security, and police forces are meant to protect. Yet for the most vulnerable, they more often cause harm. Funded in response to a never ending “crime wave,” people with disabilities, Black and brown people, trans and queer people, people with mental health diagnoses, and survivors of trauma and abuse are targeted by punitive carceral policies. These policies perpetuate physical, psychological, and intergenerational harm. And they don’t keep anyone safe. *All This Safety is Killing Us* reflects this view, combining political strategy with evidence-based medical and social science research to envision a post-carceral society. With contributions from scholars, activists and artists, this book marks a radical break from punitive frameworks. Special features include:

- Contributions from nurses, doctors, doulas, public health workers, physical therapists, acupuncturists, and disability justice workers.
- Woodcuts, comics, mini-zines, infographics, and drawings by community activists, queer and trans/gender expansive-focused writers, current prisoners, deportees, and survivors of state-sanctioned violence.
- Interviews with leading abolition and health justice scholars.

Bringing scholarly research into public conversation, this book shows that those working within public health and medical fields have a critical role to play in creating a truly safe and flourishing society.

**MULTI-DISCIPLINARY APPROACH:** Contributions explore subjects from a variety of health-related disciplines and visual artforms.

**EXPERT EDITORS/CONTRIBUTORS:** contributors are well known and respected within their fields.

**ELEVATES MARGINALIZED VOICES:** Includes work by individuals directly impacted by carceral system violence.

**TIMELY:** Speaks to current anti-policing and decarceration movements.

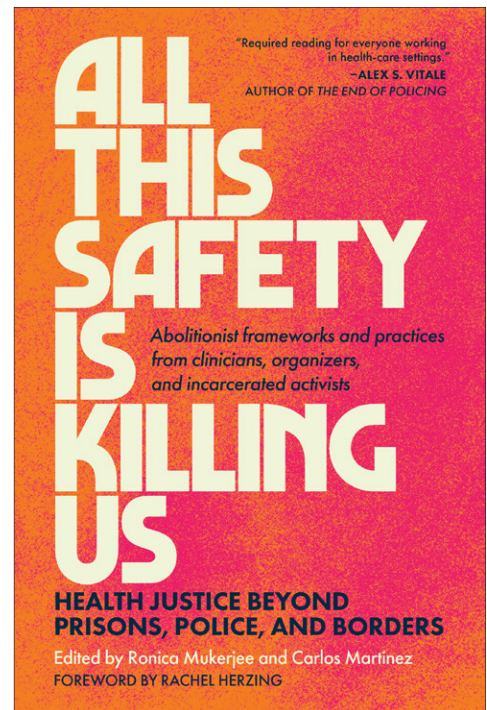
### AUDIENCE

**Readers interested in police, border, and prison abolition; Scholars, clinicians, and public health professionals** whose work addresses policing, incarceration, and immigration, including work related to racism, economic equality, and drug addiction; **Activist groups and educators** interested in using the book to teach about abolitionism and health; **University-level instructors** teaching about medicine, public health, and structural racism.

### EDITORS' BIOS

**Ronica Mukerjee DNP, MsA, AAHIVS** is a family and psychiatric mental health nurse practitioner and acupuncturist. Mukerjee is an assistant professor at Columbia University and has a private practice providing hormonal and psychiatric care for trans and gender-diverse patients. Mukerjee focuses include border, police, and prison abolition as well as racial, economic, and healthcare justice for people with substance use disorders and LGBTQIA+ people living with HIV in refugee and migrant communities.

**Carlos Martinez, MPH, PhD** is an Assistant Professor in the Department of Latin American and Latino Studies and faculty of the Global and Community Health program at UC, Santa Cruz. Martinez’s research examines the health consequences and sociocultural implications of migrant policing, deportation, our fractured asylum system, environmental injustice, and the global War on Drugs. His research and advocacy are aimed at promoting health and social justice among migrants, asylum seekers, deportees, substance users, and other marginalized groups.



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36 BW IMAGES

BISAC 1: Social Science - Activism & Social Justice

BISAC 2: Social Science - Disease & Health Issues

BISAC 3: Social Science - Penology

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3. **Our Work Environments Do Not Heal: A Conversation On Carceral Health Care** by Alexia Arani & Vanessa K. Ferrel
4. **Abolition Is Public Health** by End Police Violence Collective
5. **Interview With Leroy F. Moore Jr.** by Ronica Mukerjee
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7. **Medical Neglect As Carceral Violence: How Incarcerated Women Seek Health, Give Care, And Resist Violence Behind Bars** by Aminah Elster, Jennifer Elyse James, Giselle Perez-Aguilar, & Leslie Riddle
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9. **Care, Not Cages: A Call To End The Global War On Drugs** by Onyinye Alheri
10. **Survival Pending Revolution: Toward An Abolitionist Harm Reduction Praxis** by Rafik Nader Wahbi, Carlos Martinez, & Lauren Textor
11. **Interview With Liat Ben-Moshe** by Ronica Mukerjee
12. **Crisis Limits: Toward Abolitionist Behavioral Health Infrastructures** by Naomi Schoenfeld & Jennifer Esteen
13. **Conclusion** by Ronica Mukerjee & Carlos Martinez

Resources



# Psychology



# The Workbook for Healing Developmental Trauma

Tools and Techniques from the  
NeuroAffective Relational Model

**LAURENCE HELLER, PHD AND  
BRAD J. KAMMER, LMFT**

A comprehensive workbook for understanding and treating developmental trauma using the NeuroAffective Relational Model (NARM). Includes practical exercises for understanding ACEs, addressing C-PTSD, nurturing post-traumatic growth, identifying survival styles, and more.

Designed for clinicians, trauma therapists, and practitioners of the NeuroAffective Relational Model, this workbook offers a blueprint to NARM's transformative approach to healing developmental trauma. Authors Larry Heller and Brad Kammer share practical skill-building exercises that deepen your own relationship to the material as you learn new, evidence-based, and highly effective ways to work with clients' trauma. Complete with detailed charts, visually engaging graphics, and practitioner-focused questionnaires, this workbook provides tools for use in clinical sessions as well as personal professional growth. In an easy-to-apply format, the Workbook will explore:

- **The 5 adaptive survival styles:** Learn how developmental needs for **connection, attunement, trust, autonomy, and love-sexuality** are disrupted by trauma and map onto adaptive survival strategies
- **The 4 pillars of NARM:** Understand and apply key therapeutic skills that support healing and post-traumatic growth
- **The NARM Relational Model:** Facilitate trauma resolution and real therapeutic growth via a dynamic, embodied process
- **The NARM Emotional Completion Model:** Support clients in identifying their primary emotions, reflecting the emotion's intention, and building new relationships to unresolved emotional conflicts
- **The NARM Personality Spectrum:** Use 10 psychobiological traits to understand and assess client self-organization

Each section is designed to help practitioners translate NARM's advanced concepts into actionable strategies that deepen the therapeutic process—and whether you're new to NARM or seeking to refine your practice, the *Workbook* equips you with the resources to guide your clients toward profound healing and growth.

**FOLLOW-UP TO CATEGORY BESTSELLERS:** *Healing Developmental Trauma* has sold more than 56K copies domestically, with 1,000+ 5-star reviews on Amazon, and has been licensed in 14 languages. *The Practical Guide for Healing Developmental Trauma* has sold more than 10K copies domestically and has been licensed in 6 languages.

**TIMELY:** Trauma and somatics have gone mainstream, and more people than ever are seeking embodied treatments for trauma-related conditions.

**APPEALING AND PRACTICAL WORKSHEETS AND ASSESSMENT TOOLS** like the NARM Personality Spectrum

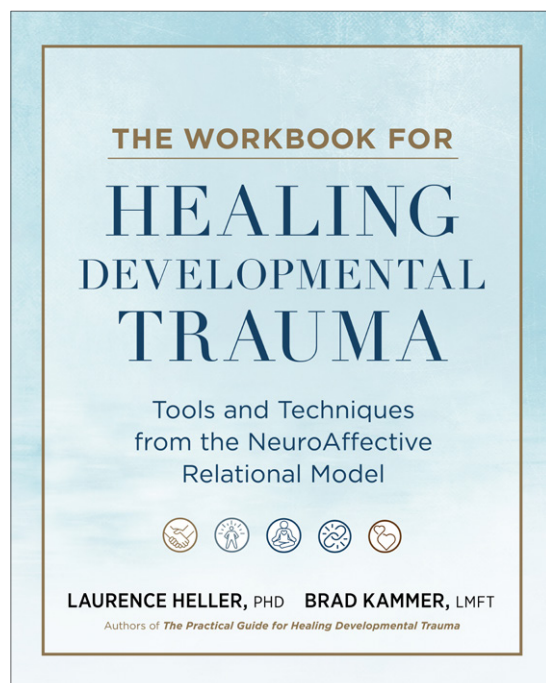
## AUDIENCE

**Somatic therapists and other trauma clinicians;** Advanced lay readers looking to address their own trauma recovery.

## AUTHOR BIOS



**LAURENCE HELLER, PhD**, holds a doctorate in clinical psychology. He was in private practice for 40 years. He developed the NeuroAffective Relational Model® (NARM®), which is taught throughout the world. He is the author or co-author of four books, including *Healing Developmental Trauma* and *The Practical Guide for Healing Developmental Trauma*. He is the Founder & Director of the NARM Training Institute and teaches regularly in the US and Europe. Dr. Heller has conducted NARM trainings and case consultations for thousands of therapists throughout the United States and Europe. You can see more of his work at [www.dr LaurenceHeller.com](http://www.dr LaurenceHeller.com).



THE WORKBOOK FOR

## HEALING DEVELOPMENTAL TRAUMA

Tools and Techniques  
from the NeuroAffective  
Relational Model



LAURENCE HELLER, PHD BRAD KAMMER, LMFT  
Authors of *The Practical Guide for Healing Developmental Trauma*

**ON SALE 04-NOV-2025**

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BISAC 1: Psychology -  
Psychopathology - Post-Traumatic  
Stress Disorder (Ptd)

BISAC 2: Psychology -  
Developmental - General

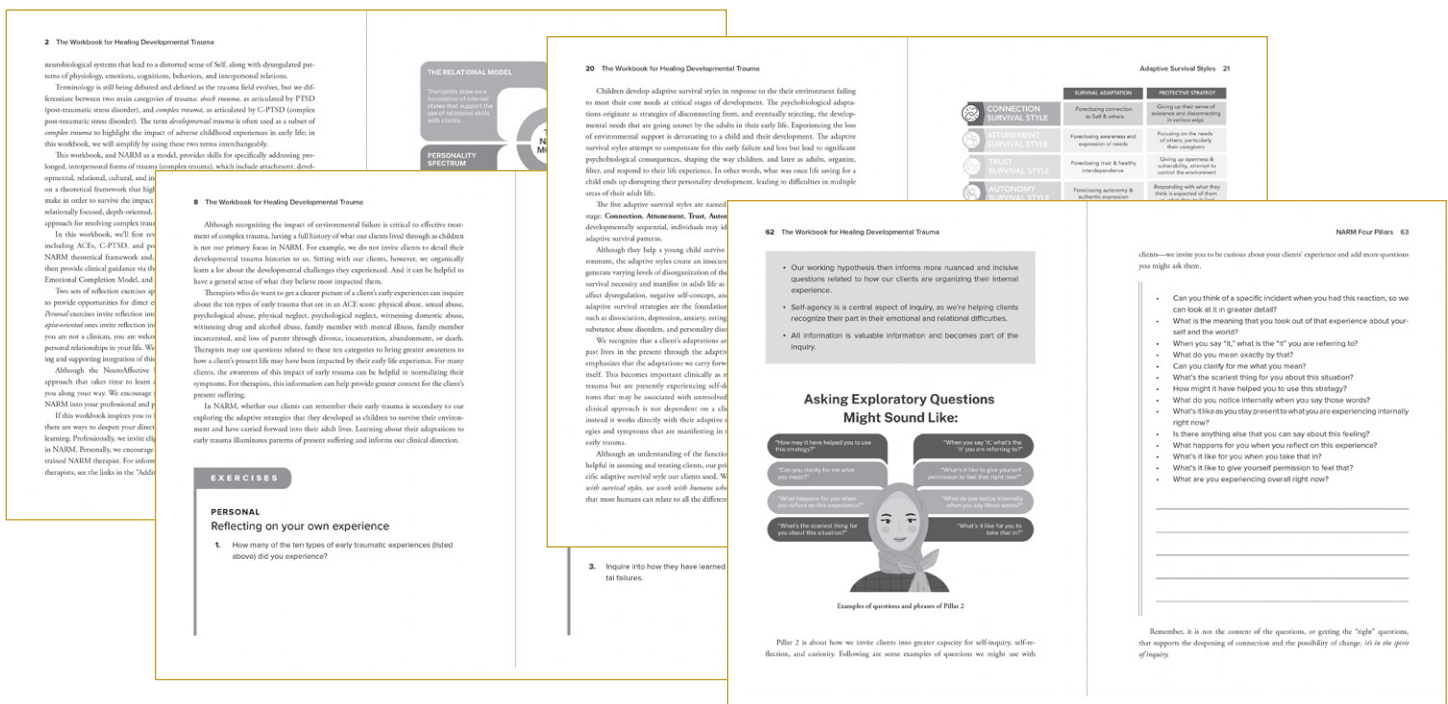
BISAC 3: Psychology - Psychotherapy  
- Counseling



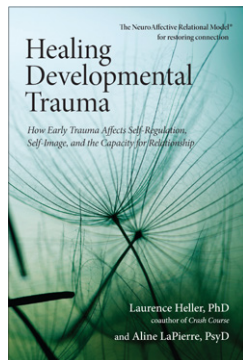
**BRAD KAMMER, LMFT, LPCC**, is the Founder & Director of the Complex Trauma Training Center and a senior trainer in NARM®. He is the co-author of *The Practical Guide for Healing Developmental Trauma*. He began his career as a humanitarian aid worker in Asia working with personal and collective trauma. He is passionate about helping resolve the widespread impact of Adverse Childhood Experiences and Complex Trauma. His work is based on the integration of somatic psychology, interpersonal neurobiology, and wisdom from spiritual traditions and traditional cultures. He is a somatically-oriented psychotherapist in private practice, professor, producer of the Transforming Trauma podcast, trauma consultant, and international trainer on trauma-informed care. Follow his work at [www.complextraumatrainingcenter.com](http://www.complextraumatrainingcenter.com).

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| Adverse Childhood Experiences (ACEs)            | NARM Relational Model           |                                     |
| Complex Post-Traumatic Stress Disorder (C-PTSD) | NARM Emotional Completion Model |                                     |



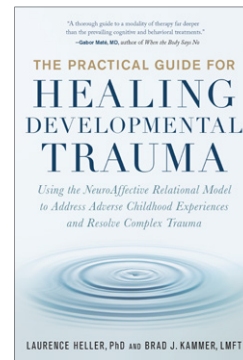
**ALSO BY LAURENCE HELLER, PHD**



**Healing Developmental Trauma**  
ON SALE Sep 2012

Rights: World EXCEPT Czech, Romanian, Russian,  
Simplified Chinese, Spanish  
TR 9781583944899 / \$22.95/\$29.95

**ALSO BY LAURENCE HELLER, PHD & BRAD KAMMER, LMFT**



**Practical Guide for Healing Developmental Trauma**  
ON SALE Jul 2022

Rights: World EXCEPT Czech, Danish, Dutch, French, German, Greek,  
Italian, Japanese, Korean, Polish, Romanian, Russian  
TR 9781623174538/ \$24.95/\$33.95

# Dialectical Behavioral Therapy for DID—The Workbook

**System-Affirming Skills, Mindfulness Practices, and Emotional Regulation Exercises for People with Dissociative Identities**

**JOHANNA KNYN**

*Dialectical Behavioral Therapy for DID—The Workbook* is an empowering guide and an invitation to explore what living well with dissociative identities means to you—at your own pace, and on your own terms. This workbook has been intentionally created to honor all your parts—and embrace your multiplicity. Its goal isn't to deny or stifle your identities: It welcomes you as you are, teaching you to trust your internal community and build radical acceptance. This workbook is designed to support your journey toward wellness, however you define that for yourselves. The workbook includes 4 modules:

- **Grounding Skills** offers foundational tools to help you connect with the present moment, mindfully relate to body-based experiences like pain and illness, and honor your internal experience with radical acceptance.
- **Emotional Regulation Skills** includes exercises to help you understand your emotions and make sense of your feelings.
- **Values-Guided Action Skills** helps you identify your values and take committed action in alignment with those values.
- **Interpersonal Effectiveness Skills** gives you tools for communicating with others, setting boundaries, and developing your internal relationships.

With gentle check-ins, mindful activity breaks, and bonus exercises like “Difficult Emotions Decisions Tree” and “Pain, Damage, Illness” mapping, this workbook is grounded in care, compassion, and consent. It offers overviews of key concepts like the “Window of Tolerance” and “Safe-Enough versus Safe,” inviting you to build supportive containers for your DBT skills. It also provides guidance and checklists to help you create a comfortable environment that accommodates different sensory needs as you embark on your journey through the book.

**AFFIRMING APPROACH:** This book normalizes dissociation as a response to trauma and other life events, without stigmatizing or pathologizing it (or those who experience it).

**DISSOCIATION: A HOT TOPIC:** Dissociative identity content is exploding online, as younger audiences redefine their relationship to trauma and dissociation. More teens and young adults are self-diagnosing, which makes this workbook a needed resource.

**WHAT READERS ARE ASKING FOR:** With an approach that accepts readers with dissociation, this workbook empowers instead of stigmatizes.

**READER-GUIDED EXPERIENCE:** Encourages the reader to do the workbook at their own pace, on their own terms with consent-based language, container-setting, and gentle invitations to take breaks and check in.

## AUDIENCE

**Readers with DID** who are looking for accessible, easy-to-understand tools that are affirming—not stigmatizing; **Therapists and clinicians** working with clients with DID and conditions with dissociative components, like C-PTSD, borderline personality disorder, or unspecified dissociative disorders

## AUTHOR BIO



**JOHANNA KNYN**, a Brisbane-based psychologist, is a leading force in the Dissociative Identity Disorder (DID) space. An active ally to the DID community, Knyn's dedication to their work is highlighted through their presentations at national conferences, development of bespoke training for insurance organizations, and multiple educational sessions completed at universities. These efforts are geared towards demystifying DID and fostering a compassionate approach to the mental health care of this community. Their role as a co-admin of a nearly 1000-member global Facebook group for professionals and their initiative in providing free peer group supervision and Continuing Professional Development (CPD) sessions further illustrate their commitment to the community. An accomplished author, Knyn has self-published an introductory eBook for clinicians on working with DID and a

## Dialectical Behavioral Therapy for DID The Workbook



Systems-Affirming Skills, Mindfulness Practices,  
and Emotional Regulation Exercises for People  
with Dissociative Identities

**JOHANNA KNYN**

**ON SALE 04-FEB-2025**

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**BISAC 1: Psychology -  
Psychopathology - Dissociative  
Identity Disorder**

**BISAC 2: Psychology -  
Psychopathology - Dissociative  
Identity Disorder**

**BISAC 3: Psychology - Mental Health**

heartfelt children's book, "My Mommy Has Multiple Parts." Their work not only enriches the professional field but also aims to offer hope and a deeper understanding to those living with DID, marking a significant leap towards a more inclusive and knowledgeable mental health paradigm.

## CONTENTS

Welcome to Your Workbook  
How to Use Your Workbook  
Orientation and Key Concepts  
Workbook Modules Overview  
Grounding Skills  
Managing Our Emotions Skills  
Values-Guided Action Skills

People and Parts Relationship Skills  
Surviving the Moment Skills  
Reflection Time  
Extra Notes  
Extra Doodling Space  
Commonly Used Terms

**THE WINDOW OF TOLERANCE**

**HYPERAROUSAL**  
You feel angry, anxious, overwhelmed, and/or out of control. This is a mobilization response to a threat. The body wants to fight or flee (or freeze).

**WIDENING YOUR WINDOW**  
Working with your therapist can help you learn and practice the skills to achieve your Window of Tolerance. Your therapist can help you do this at the right pace for you to learn what works specifically for you and your System.

**WINDOW OF TOLERANCE**  
This is where the body feels just right. You are alert but not anxious, and calm but not numb. You are in the now and digesting. Your body feels safe and safe enough.

**HYPOAROUSAL**  
You feel numb, numb, and disconnected from your body, your emotions, and the world around you. Time can go missing. This is an immobilization response to threat. The body wants to freeze, faint, or drop.

**OUR WINDOW OF TOLERANCE**

This is one of the most important parts of the workbook. You are encouraged to complete a check-in every time you open your workbook. This check-in is to determine whether you are in your Window of Tolerance and can safely engage with the content.

Window of Tolerance is a term used to describe the optimal zone we as humans can exist in, to best function and thrive in everyday life, versus being in survival mode. Part of working toward Functional Multiplicity is widening your Window of Tolerance. Functional Multiplicity is part of the recovery process where your System works toward establishing strong and healthy relationships with each other, while Headmates maintain their individuality within the System. These relationships are built on respect and cooperation, developing a sense of internal community and collaboration.

When we are in our window, we have access to our prefrontal cortex. This is the part of your brain that sits behind your forehead. What we mean by "access" is that this part of the brain is online. When the prefrontal cortex is online, your executive functioning skills are also in working order. Such skills include:

- organizing
- planning and prioritizing complex tasks
- starting actions and projects and staying focused on them to completion
- regulating emotions

**Orientation and Key Concepts**

As this workbook is for folks with DID or the lived experience of multiplicity, who have most likely experienced repeated relational trauma and traumatic environments created or maintained by people, we will use relationships with people for our example here.

Healthy relationships start at the star in figure 1.3, right where enough safety is established to continue engaging with the person and the relationship. As the relationship develops with an acquaintance or friend, the star moves farther into the box and closer to "Safe—100 percent." With each interaction where you feel respected, heard, validated, and other traits that build a sense of safety for you, the star moves up a little bit.

As the star moves, it shows us that we are building more trust and a sense that "this person is safe enough to continue the relationship." When something happens in a relationship that hurts our feelings, where we might feel rejected, triggered, or something else—the star moves back down a little. This can be a helpful visual when thinking about your relationships and where each person in your life sits on the spectrum of safety at any point in time.

This can be especially helpful when we have our feelings hurt or are out of our Window of Tolerance. Remember that when you are out of your Window, your prefrontal cortex is not online, and you are at risk of making impulsive decisions such as ending relationships immediately that may actually still remain in the "safe enough" box. Using this visual, we can see that although the star has moved down, it may not have moved out of the "safe enough" box.

**THE SAFETY SPECTRUM: SAFE ENOUGH**

The box in figure 1.4 can be used to describe in more detail where "safe enough" likely lies.

Anywhere between the box and "Safe—100 percent" is unrealistic for pretty much any relationship and the world around us, but feeling 50 percent may be attainable over a long period of time with lots of consistent evidence within the relationship or environment.

**SAFE: 100%**

**SAFE: 50%**

**UNSAFE: 0%**

**UNSAFE: 50%**

**Figure 1.4: The safety spectrum.**

**Figure 1.5: The safety spectrum.**

**Orientation and Key Concepts**

Where am I experiencing this? Use the sketch of the physical body to color in the location you may be experiencing pain or have damage or illness. An example is on page 41.

**SYSTEM-FRIENDLY TIPS**

You can bring this along to your doctor's appointment if this helps communicate your experiences. You can also put the date on it to help remember when you experienced these things.

**WORKSHEET 11 EXAMPLE**

Here's an example of what it may look like for you.

**PAIN**

**DAMAGE**

**ILLNESS**

**GROUNDING SKILLS**

**40 Dialectical Behavior Therapy for DID: The Workbook**

**WORKSHEET 11**

Where am I experiencing this? Use the sketch of the physical body to color in the location you may be experiencing pain or have damage or illness. An example is on page 41.

**SYSTEM-FRIENDLY TIPS**

You can bring this along to your doctor's appointment if this helps communicate your experiences. You can also put the date on it to help remember when you experienced these things.

**GROUNDING SKILLS**

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**WORKSHEET 11 EXAMPLE**

Here's an example of what it may look like for you.

**PAIN**

**DAMAGE**

**ILLNESS**

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**UNDERSTANDING MY EMOTIONS**

**WHAT ARE THEY?**

An emotion can be defined as a complex experience of consciousness that reflects the personal significance of a thing, event, or situation. Emotions will be accompanied by:

- body sensations, often called somatic experiences
- behaviors or behavioral reactions
- thoughts

**THE PURPOSE OF EMOTIONS**

Our emotions can be described as an expression of our spirit. They can help communicate to us that something is happening deep within that needs to be acknowledged, heard, and actioned. Emotions have a purpose and a function. They are a valuable signal or cue that communicates something to us.

Reminder: You can experience passive influence from a Headmate, where the emotion can feel "mine but not mine." This is one way Headmates can communicate with you.

**SYSTEM-FRIENDLY TIPS**

Each Headmate may only experience a few emotions, or none at all if they are dissociated from emotions. You can use this section to better understand emotions as individual Headmates and as a System.

**Managing Our Emotions Skills**

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**THE EMOTION WHEEL**

**Figure 1.1**

# The Somatic Internal Family Systems Therapy Workbook

## Embodied Healing Practices to Transform Trauma

For therapists, students, clients, and groups

**SUSAN MCCONNELL**

With body-based exercises, foundational tools, and practical guidance, *The Somatic Internal Family Systems Therapy Workbook* shows you how the 5 practices of Somatic IFS—**somatic awareness, conscious breathing, radical resonance, mindful movement** and **attuned touch**—work together to build embodied safety, integrate unresolved harm, and facilitate trauma healing.

The workbook opens by inviting the therapist to explore their own Internal System, offering an embodied approach to experiencing the model. Chapter 1 explores and explains foundational concepts like somatics, embodiment, Parts, Self, and the cultural influences that shape and shift our embodied experiences. Chapters 2–6 move into theoretical grounding, clinical applications, and practical exercises for each of the five practices. They offer tools to:

- Develop clients' ability to name, describe, and convey sensations
- Recognize and track for signs of overwhelm
- Work with Parts that fear body awareness
- Understand the purpose and clinical benefits of conscious breathing
- Restore the Embodied Self
- Explore therapeutic shifts from *doing to* to *being with* clients
- Heal attachment wounds
- Integrate mindful movement into healing developmental trauma
- Understand and practice attuned touch

Each practice is designed to be used whenever it will be of benefit: the tools and exercises are non-linear and adaptable and aren't limited by a prescriptive sequence. The workbook also explores links between current psychotherapeutic practice and ancient healing modalities, grounding SIFS in a larger web of effective somatic trauma healing and embodiment approaches.

**COMPANION TO A SUCCESSFUL BOOK:** The workbook is a companion to Somatic IFS Therapy, which has sold 51K copies across all formats domestically and has been licensed in 9 languages.

**PRACTICAL TOOLS AND EXERCISES:** From foundational practices to more advanced ones, this workbook guides clinicians to help clients develop key skills necessary for trauma integration and embodied wellness

**BREAKS DOWN THE 5 PRACTICES OF SIFS** through an approachable, easy-to-remember model that's grounded in body-based safety, empowerment, and self-knowledge

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**TREATING TRAUMA:** Centers trauma healing and is designed to meet the needs of therapists and clients dealing with the psychological and embodied impacts of traumatic harm

### AUDIENCE

Readers of *Somatic IFS*; IFS therapists; **somatics professionals** open to adopting an internal family systems framework; **Trauma therapists, social workers, counselors**, and other **mental health professionals** focused on trauma; or are interested in emerging psychotherapeutic models; Laypeople interested in healing their inner child and exploring their own trauma

For therapists, students, clients, and groups

## The SOMATIC INTERNAL FAMILY SYSTEMS THERAPY Workbook

Embodied Healing Practices  
to Transform Trauma

**SUSAN McCONNELL**

ON SALE 07-JAN-2025

RIGHTS: WORLD EXCEPT KOREAN,  
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Stress Disorder (Ptd)

BISAC 3: Health & Fitness -  
Alternative Therapies

## AUTHOR BIO



**Susan McConnell**, senior trainer for the Center for Self Leadership, has taught Internal Family Systems (IFS) in the U.S. and internationally since 1997. Somatic IFS, which McConnell developed in 2004, is a synthesis of her forty years of study, teaching, and clinical practice with bodywork, psychotherapy, and spiritual practices. McConnell holds a Master's Degree with an emphasis on Somatic Psychology, and is a Certified Internal Family Systems Therapist and a Certified Hakomi Therapist. She was also instrumental in curriculum development for IFS trainings and, as a Hakomi faculty member, for a training for bodyworkers using the Hakomi Method to explore through touch the way mind, body, heart, and spirit weave together to form the client's experiential world. McConnell has had a private practice since 1983 in Chicago, where she offers bodymind integration and consultation.

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## CHAPTER 1 Somatic IFS

## CHAPTER 2 Somatic Awareness

## CHAPTER 3 Conscious Breathing

## CHAPTER 4 Radical Resonance

## CHAPTER 5 Mindful Movement

## CHAPTER 6 Attuned Touch

## CHAPTER 7 The Internal Family Embodied

## RESOURCES

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need to take over the therapist's role. Each therapist finds what works best for them to ensure their Self energy. The upcoming exercises are an opportunity to experiment with the somatic practices can be helpful to your inner system when a Part takes over your therapist's role.

**EXPERIENTIAL EXERCISE**

**THE SOMATIC IFS THERAPIST'S SELF-TO-PART RELATIONSHIP**

- When you feel ready, turn your full attention inward to notice the state of your internal system. Parts and Self. What are the indicators of a Part? Did Self emerge?
- If you only feel Self energy, enjoy it! Send it out to the wider world.
- If you feel a Part taking over your system, list the issues what helps your Part so you can more fully feel your embodied Self energy. Acknowledge and accept the Part with a friendly, internal nod. Be curious about what the Part might need from you in order to relax and trust you to be in the therapist's chair.
- Bring your awareness to the sensations of your feet and your seat as they connect with the floor and the chair, making adjustments to how you are sitting in the hospital.
- Bring your awareness to your breathing, again making any changes with how you are sitting to your breathing is supported. Breathe in, breathe out longer, for a while, five breaths.
- Scan your body for places of tension or places that are more difficult to feel. Try modeling or touching these places.
- Check in with the Part if the Part needs more, continue with the next exercise. Or, in the next exercise, you can choose to work with a familiar Resonant Part that sometimes obscures your Self energy.

**EXPERIENTIAL EXERCISE**

**WORKING SOMATICALLY WITH THE FIRST 4 P'S**

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**3. Flash out the Part:**

If the somatic aspect of the Part emerges spontaneously, bring your awareness to the sensation—the taste, texture, weight—anything else you are curious about. If the Part shows up first as thoughts, words, visual images, or memory, invite the somatic aspect of the Part.

- What happens in your body as you hear or speak these words from your Part?
- What does the Part believe about itself, you, others, or the world? How does your body express this belief?
- What does this Part do or cause other Parts to do?
- Facilitate the relationship between Self and Part.

**4. How do you feel towards this Part?**

If you feel openness, curiosity, or acceptance (indicating Self energy), tune in to this state where you find it in your body. Communicate this Self energy to the Part and let these sensations flow towards the Part.

- Is this Part aware of your Self presence? How does this Part feel towards you (give Self)? What happens in your body as this Part begins to connect with and trust Self?
- Thank the Part for trusting you. Let it know you will come back to it later to feel and more about what it needs from you.
- If instead of feeling open and accepting, you feel critical, annoyed, afraid, or any other feeling or attitude, this indicates a second Part. Can this Part step aside, or does it need your attention first?
- How do you feel towards this second Part?
- Follow the above prompts to work with this second Part.
- When the second Part's needs have been met, proceed to bring your Self energy back to Part 1 and form a connection with it from Self.

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**Integration**

- What differences between Somatic IFS and IFS intrigued you?
- Did you find practices Parts that use your body to do their jobs? What are their jobs, and how do they use your body?
- Are you aware of any vulnerable Parts that use your body to tell their story?
- Which qualities of Self energy did you find in your bodily sensations or behaviors?
- Are there any Parts you discovered that need more attention from you, or from the support of another person in addition? What can you promise this Part?

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- If you are a therapist, what would you say is the importance of stating with ourselves as therapists and health care professionals?
- As a therapist, have you found that a client continues at the beginning and instead during the course of therapy has been helpful? Have you found that some Parts have not "healed" yet?
- What therapist Parts did you discover that you would like to continue to address?
- What difficulties do you experience helping your client shift their attention inward, or to be open to listening to their bodies?
- What questions do you have about a somatic approach to therapy, or to IFS therapy, that you hope will be answered in future chapters?

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Radical Resonance 91

inherited and been forced by a culture that is racist, patriarchal, capitalist, and materialist. A culture that isolates White bodies, male bodies, straight bodies, heterosexual bodies, nondisabled bodies. A culture that rewards cognition, competition, production, and verbal and written communication. A culture that forces heterosexuality, individualism, competitiveness, and conformity. A culture that systematically and systematically excludes, objectifies, exploits, and oppresses women, people of color, and vulnerable populations with life-threatening impacts. Many of us are living for a sense of belonging that prevents us from recognizing, experiencing, and expressing our true selves. The legacy burden from our culture holds us in a cycle of shame, blame, and self-criticism, blocking our capacity for resonance and our future well-being.

**EMBEDDED SOCIAL IDENTITY**

In the chart below, there are eight categories related to bodily appearance and functioning. The three descriptions of each category show the dominant groups from most dominant, oppressed, and marginalized to least in most valued and associated with power and privilege. Our assigned membership in sociocultural groups, according to physical traits that are considered dominant or deficient, affects every aspect of our lives. Although some of us are dominant women and others know, we all, in fact, live as we are cut off from our bodies and from each other. When our bodies and identities are not valued by the dominant culture, many of us do not value our bodies. We judge them, neglect them, objectify them, punish them, and exile them. For survival, our protective Parts may create what is valued and reject what is devalued in ourselves and others. What has been called a soul lost, but is instead in our bodies and the collective body waiting for compassionate resonance to be on the surface and be known and welcomed.

| CATEGORY              | DEVALUED                    | VALUED           |
|-----------------------|-----------------------------|------------------|
| body size             | large                       | average          |
| language              | non-English                 | standard English |
| gender                | trans, intersex, nonbinary  | cisgender woman  |
| skin color            | dark                        | lighter shades   |
| ability or disability | significant disability      | none/disabled    |
| sexuality             | lesbian, bi, pan, asexual   | gay men          |
| neurodiversity        | significant neurodivergence | neurotypical     |
| age                   | very young, older, pregnant | middle-aged      |
|                       |                             | young adult      |

Adapted from Gender Equity for Everyone, What's at Stake and Why, by Susan McConnell

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- Consider your body appearance and function with each category:
  - body size
  - language
  - gender
  - skin color
  - ability or disability
  - sexuality
  - neurodiversity
  - age
- Are there categories of embodied social identity not mentioned in the chart above that you want to consider, such as marital status, immigration status, parenting status, religious, educational level, citizenship? If so, include them in the three-part sequence of social valuation.

| CATEGORY | DEVALUED | VALUED |
|----------|----------|--------|
|          |          |        |
|          |          |        |
|          |          |        |

- What Parts arise as you consider these socially constructed valuations? Take time with each of these Parts, befriending them and listening to their verbally and nonverbally.

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The Internal Family Embodied 149

**EXPERIENTIAL EXERCISE**

**EMBODYING QUALITIES OF SELF**

- Choose one of the qualities of Self you want to experience in your body. It might be one of the 8 words (loving, curiosity, courage, compassion, confidence, creativity, calmness, non-attachment), or a quality (presence, openness, acceptance, or other words that fit for you). If any Parts come up during this exercise, notice them and ask them to relax for now.
- Invite that quality of Self energy to be expressed in your body. Where in your body do you feel it? What is the size, shape? Where are the edges of it? What is the weight, the texture? Does this place have a color?
- Are there sensations that go with this quality? If so, stay with them and invite them to sequence through your body. See if they want to become amplified.
- Does your breathing change in any way?
- Can you express this quality through movement? Let the movement unfold.
- Does this place in your body where you feel Self energy want touch, or do you want to express this energy through touch?
- Are there words or sounds that go with this quality?
- How these somatic practices made any shifts in this quality of Self? What would best for you to support and anchor this quality?
- Choose another quality of Self and bring each of the five practices to this quality.

**Clinical Application of Somatic IFS**

The publication of *Somatic Internal Family Systems Therapy* in 2020 has reached a very wide range of people that I could have imagined. In addition to the needs of many therapists, practitioners, and clients, my staff has grown and thrived. Without their enthusiasm, support, and commitment, and without the collaboration of my readers and those eager to experience my Somatic IFS program, I and the body of work might have barely faded away into some version of obscurity. Instead, Somatic IFS continues to grow and evolve because of the self and others participants. I am proud to share their experience with you.

Contributors:

The experienced Somatic IFS staff members, clients, and program participants included in this chapter and throughout the workbook have generously volunteered descriptions of their sessions and experiences using some or all of the five somatic practices integrated with the IFS Model.

- Various clinical uses will be mentioned.

**SAFETY GUIDELINES**

If you experience Parts being activated while reading any case example, the Somatic IFS practices can be a resource to bring Embodied Self to the forefront Parts.

- Some Somatic IFS staff describe several sessions with one client, while others share one session applying one or two of the Somatic IFS practices to various clinical cases.
- For instance, the first example presents several sessions with the same client, demonstrating how the practices occur with every step of the IFS Model. It is also a demonstration that Somatic IFS does not require the therapist to use words like Part, Self, mind, manage or forgive for access to the verbal and nonverbal communication of the client.
- With deep gratitude for my staff, their clients, and the participants in my Somatic IFS sessions and writings for helping Somatic IFS evolve, I share these clinical examples with you.
- The last example presents several sessions with the same client, demonstrating how the practices occur with every step of the model. It is also a demonstration that Somatic IFS does not require the therapist to use words like Part, Self, mind, manage or forgive for access to the verbal and nonverbal communication of the client.

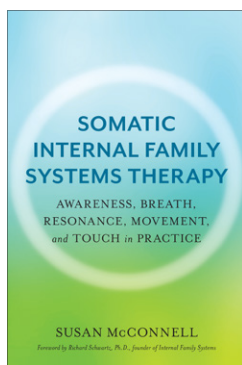
**SIFS with Weight Stigma and Body Shame**

SIFS STAFF: MARCELLA COOK  
CLIENT: ROSE

Rose is a forty-three-year-old White, married, cisgender mother of three sons and professor at a prestigious university in Silicon Valley. She has lived in a larger body for twelve years. Rose has multiple chronic health conditions, including asthma, diabetes, small intestinal bacterial overgrowth (SIBO), osteoarthritis (OAR), and polycystic ovary syndrome (PCOS). She has experienced weight stigma and fat shaming throughout her life, including from medical professionals. She and I have been working together for more than five years. When we began working together, Rose was struggling with an obsession about healthy eating and to avoid fats and empty around food due to her many health conditions, and her center was having a negative impact on the quality of her life.

Rose came to a recent session energized, sharing about an interaction with a customer at the grocery store. Her two sons were coming from out of town for a week-long visit during her children's spring break, and she was in the grocery store to prepare for the visit. While standing in line, the customer in front of her looked at her and then at her son before checking her food and making a judgmental "uh, uh" sound. My client told her how to ignore the customer's judgments. After Rose checked out, she walked to her car only to find that the customer in line with her was now standing in the parking lot. As Rose walked past her, the customer made a fat shaming comment, telling her she should sit down on the ground that she was. Once again, Rose ignored the comments, went home, and ended up being eating "healthy food."

## ALSO BY SUSAN MCCONNELL



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# Spirituality

# The Five Blessings of Ifá

## Reclaiming Black Futures Through Afro-Indigenous Spirituality

**GABRIELLE FELDER**

**A fierce and inspirational guide to Black resistance, resilience, and healing, using the principles of Afro-Indigenous spiritual practices**

*Understanding where you came from is crucial to understand where you are going.*

The Five Blessings of Ifá explores how Black communities across the diaspora draw strength from ancestral wisdom, family, community care, and mutual aid, using the principles of Ifá—a West African spiritual tradition—as a guiding framework. Gabrielle Felder provides a blueprint for living a more fulfilled and abundant life through the blessings of **Aiku** (longevity), **Aje** (wealth), **Aya** and **Oko** (relationships), **Omo** (children), and **Isegun** (victory over negative forces), providing practical examples of how Black folks have built resilience and learned to thrive in the face of oppression.

- **Longevity** exists in ancestral traditions that we cultivate over generations, which Felder explores through practices of traditional herbalism as well as contemporary sustainability and food sovereignty movements.
- **Wealth**, in Felder's interpretation, has to do with the richness created by community, including cultural traditions of food, dance, and music that connect seemingly disparate African diasporic cultures.
- **Partnership**, traditionally understood in Ifá as husband and wife, is reconsidered by Felder to include a wide variety of relationship structures, including familial bonds and queer families.
- To explore the blessing of **children**, Felder dives into the important history of doulas and midwives in Black communities, and their crucial role in combatting the high maternal mortality rate among Black women in the US.
- Finally, Felder draws out the meanings of the blessing of **victory** through a wide range of examples of Black autonomy: slave rebellions; the rejection of Euro-centric beauty standards; mutual aid practices among Black revolutionary groups; and the contemporary Black witch movement.

As a collective, Black folks have managed to usher in the five blessings of Ifá into our lives despite all odds. This book is a love letter to those who have come before us, and a guide to the possibilities that lie in our collective future.

**UNIQUE CONTRIBUTION TO MARKET:** While there are many books on the market about traditional African religions, this book uniquely discusses Ifá from the perspective of a young Black activist.

**QUEER AND FEMINIST:** Adapts Ifá concepts to contemporary concerns of Black women, queer and trans people, and those in nontraditional relationships

**CONTEMPORARY AND PROGRESSIVE APPROACH:** offers an expansive spirituality that uplifts women, queer, and trans readers

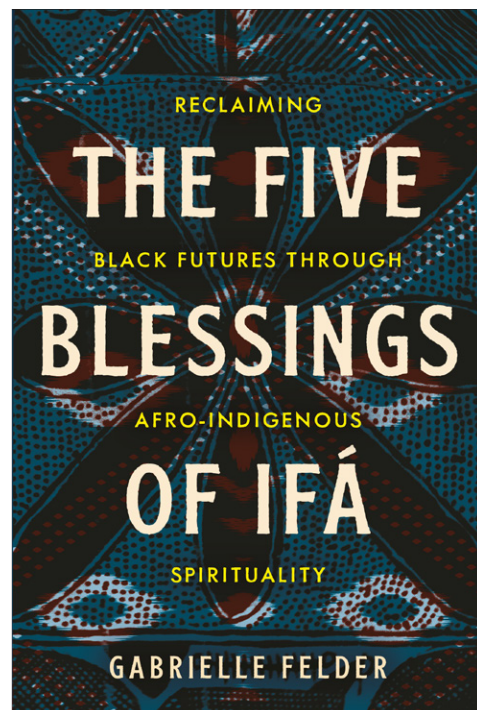
### AUDIENCE

**Black American readers—especially younger readers in activist or alternative communities**, as well as women, queer and trans readers—looking to reconnect with their roots through African cultural and spiritual traditions; **Existing practitioners or new students of Ifá and Yoruba-derived diasporic religion**; Readers interested more broadly in traditional African religion and indigenous spiritual practices

### AUTHOR BIO



**GABRIELLE FELDER** (she/they) is a writer, data analyst, and aborisa born and raised in Orange County, California and is currently based in Los Angeles, California. She explores the history of the African diaspora, drawing from her interdisciplinary background in ecology, anthropology, and data analytics. Passionate about community work, she has trained as a postpartum doula, worked in community gardens, and led Afro-Indigenous ceremonies. She's shared her work through speaking engagements with UC Davis Women's Resources and Research Center and the Feminist Center for Creative Work.



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3. The Blessing of Oko/Aya

4. The Blessing of Omo

5. The Blessing of Isegun

Conclusion

Glossary

**EXCERPTS FROM *THE FIVE BLESSINGS OF IFÁ***

“Spiritual traditions all over the world attempt to uncover the root or seed of the universal phylogenetic tree as they seek to explain the origin of life and the creation of the universe. Ifá turns to nature to seek the answers to the universal secrets that birthed the cosmos. Ifá represents the wisdom, power, and potential of seeds. All of nature is sacred within Ifá, but seeds hold the most significance.”

• • •

“In many ways, Ifá is the seed of the African diaspora. Ifá’s cultural impact affects every aspect of Black life. It can be felt through the spiritual traditions, food, music, and relationships Black people create across the diaspora. Just as enslaved Africans braided seeds into their hair to carry to the New World, Ifá was carried across the Atlantic, woven in the cultural and spiritual fabric of West Africa. Like a seed, Ifá took root in the Americas, growing and evolving into diverse cultural customs.”

# Emergent Dharma

## Asian American Feminist Buddhists on Practice, Identity, and Resistance

EDITED BY **SHARON A. SUH, PHD**

*An essential critique of American Buddhism—11 Asian American women reclaim a vibrant feminist Dharma against whitewashing, patriarchy, and model-minority stereotypes*

Mainstream American Buddhism is often portrayed through a narrow, problematic lens: a group of mostly white converts sits on cushions. Eyes closed, blissed out, serenely meditating—this is Buddhism made passive and patriarchal, scrubbed of the rich complexities, myriad expressions, historical nuances, and creative ways of being that animate the living, beating heart of feminist Asian American Buddhism.

This book is an overdue correction to whitewashed American ideas of the dharma. Editor Sharon Suh, PhD, offers a first-of-its-kind anthology that pushes back against patriarchal appropriation, orientalized stereotypes, and the idea that Buddhism means meditation...and meditation only. The book's 11 essays offer a richer, more dynamic vision of Buddhist spirituality. Each asks into vital questions like:

- **Must we meditate?** Can other acts—practicing martial arts, performing Japanese tea ceremonies, attuning to the spirit world, visiting cemeteries, hand-making objects—offer new relationships to the dharma?
- **What does it mean to be a “Bad Buddhist Auntie”** who teaches new generations as an imperfect ancestor? Or to be a feminist killjoy who sees Buddhism as a means of healing the wounds of marginalization?
- **How can we live with—not in ignorance of—Buddhism’s own history of driving state violence?**
- **What do we owe our parents**—especially our mothers, to whom we are karmically bound?
- And **how can Buddhism teach us not only about obedience, but about self-love?**

Each essay helps the reader question dominant narratives, wrestle with ambivalence and authenticity, or explore creative expressions of Buddhist spirituality. Together, the 11 writers offer an invitation into the anxieties, joys, struggles, disavowals, and desires that shape their relationship to the dharma—and they expand the category of Buddhist life and practice in a timely, necessary reclamation.

**FOR BUDDHIST WOMEN SEEKING NEW WAYS TO PRACTICE:** Readers seeking different entryways to the dharma beyond meditation will find active forms of Zen that reckon with patriarchy, sexism, orientalism, and our larger cultural context.

**RECLAIMS BUDDHIST SPIRITUALITY** against the whitewashed, patriarchal western mainstream

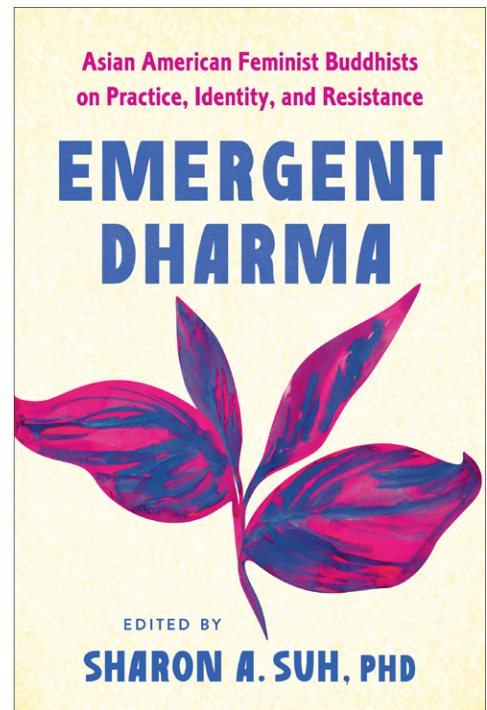
**WRITTEN BY ASIAN AMERICAN FEMINIST BUDDHISTS:** While in America, Buddhist teaching often centers white converts, the women who wrote this book often inherited their faith and possess broader, different views of the religion.

**INCLUSIVE VOICES:** Readers who have felt marginalized by Western Buddhism will feel a kinship with the the book’s authors and their journeys.

**DEBUNKS ROMANTIC MYTHS AND MISCONCEPTIONS:** White Americans often glamorize Buddhism, yet learning its at times violent history creates space for new understanding.

### AUDIENCE

**Asian American Buddhist practitioners and teachers;** readers of *Be the Refuge* and *Budding Lotus in the West*; Asian Americans with complex or conflicted relationships to their family ties, lineages, gendered, and racialized experiences; **feminist readers** of *Minor Feelings*, *Emergent Strategy*, and Roxane Gay; **Engaged Buddhist practitioners and teachers** interested in the intersections of spirituality and social justice



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## EDITOR BIO



**Sharon A. Suh, PhD**, is an intersectional feminist scholar and practitioner of Buddhism focusing on the intersections of religion, race, gender, trauma, and embodiment. She has a PhD in Buddhist Studies from Harvard University and an M.T.S. from Harvard Divinity School. She has published widely in these areas and has received several trauma-informed certifications in mindfulness, yoga, and somatic healing modalities that she uses to lead workshops for faculty, staff, students, and the public on healing race-based trauma through mindfulness at national conferences, universities, and religious organizations throughout the country. She is author of *Being Buddhist in a Christian World: Gender & Community in a Korean American Temple* (University of Washington Press, 2004); *Silver Screen Buddha: Buddhism in Asian and Western Film* (Bloomsbury Press, 2015); and *Occupy This Body: A Buddhist Memoir* (Sumeru Press, 2019).

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- Chapter 5: **A Brief and Surprising History of Asian (North) American Buddhist Women I Have Known** by Mushim Patricia Ikeda
- Chapter 6: **Disavowal and Desire—A Relationship of Ambivalence** by Nalika Gajaweera
- Chapter 7: **Art as Catharsis: Transforming Trauma, Pain, and Loss into Healing Rituals** by Naomi Kasumi
- Chapter 8: **Talk-Story from the Trenches: SEAA Buddhist Feminist Killjoys in Academia** by Gina Masequesmay and Tammy C. Ho.
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