



DR. RESMAA MENAKEM

MSW, LICSW, SEP

New York Times
BEST SELLER



resmaa.com



[resmaamenakem](https://www.linkedin.com/in/resmaamenakem)



[resmaamenakem](https://www.instagram.com/resmaamenakem)



[resmaa.menakem](https://www.facebook.com/resmaa.menakem)



[@ResmaaMenakem](https://twitter.com/ResmaaMenakem)



[rmenakem](https://www.youtube.com/rmenakem)

“

“Dr. W. E. B. Du Bois put his finger on African American consciousness when he wrote ‘one ever feels his twoness—an American, a Negro; two souls, two thoughts, two unreconciled strivings; two warring ideals in one dark body.’ But even Du Bois never addressed the process of healing the psychological wounds of the ‘two-ness.’ In *My Grandmother Hands*, Resmaa offers a path of internal reconciliation for a Person enduring the generational trauma of American racism, and gives us all a chance to dream of a healing from it.

Keith Ellison, Minnesota State Attorney General

“

“Offers a well needed paradigm shift on how we think, dream, and strategize against white supremacy in our bodies, cultures, and institutions. A must-have for anyone interested in advancing Racial Justice and healing.”

Chaka A. Mkali, Director of organizing and community building at Hope Community and Hip Hop artist I Self Devine

“

“Dr. Resmaa Menakem has a breadth of skills. What is rare and unique is his ability to unify big picture leadership and functional personal, broad context and specific action, the macro vision and micro practices that get you there. All of this is communicated with deft facilitation both courageous and caring so you can be met and moved where you want to be.”

Rev. angel Kyodo williams



Dr. Resmaa Menakem (MSW, LICSW, SEP) is the author of several books, most notably the *New York Times* best seller *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies*.

Dr. Resmaa is a therapist and licensed clinical worker specializing in racialized trauma, communal healing, and cultural first aid. Dr. Resmaa is a Senior Fellow with The Meadows Behavioral Healthcare and the founder of Justice Leadership Solutions and BlackOctopusSociety.com where he established and advances the practice of Somatic Abolitionism, an embodied anti-racist practice for living and culture building. Dr. Resmaa is a highly sought after public speaker and panelist both nationally and internationally, and he continues to serve as the challenging yet compassionate coach we all need in this time of racial reckoning and near-global dysregulation.

