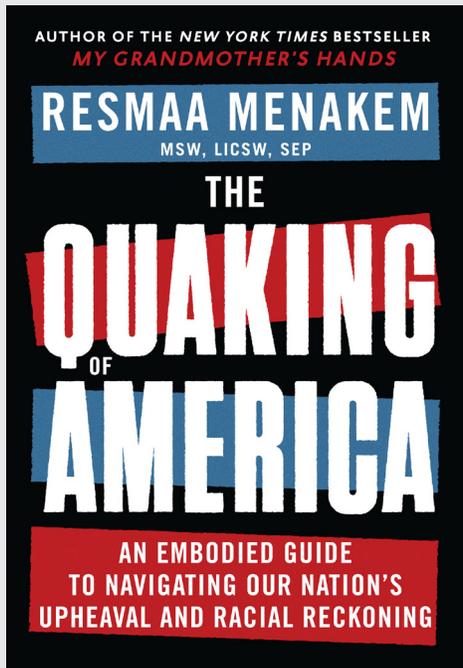


# The Quaking of America

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

**Resmaa Menakem, MSW, LICSW, SEP**

The *New York Times* bestselling author of *My Grandmother's Hands* surveys America's deteriorating democracy and offers embodied practices to help us protect ourselves and our country.



By **Resmaa Menakem, MSW, LICSW, SEP**  
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“Resmaa Menakem is a visionary, and his work is absolutely essential for antiracist practice. We need this book in as many hands as possible.”

—Robin DiAngelo, PhD, *New York Times* bestselling author of *White Fragility* and *Nice Racism*

Through the coordinated repetition of lies, anti-democratic elements in America are working to incite mass radicalization, widespread chaos, and a collective trauma response in tens of millions of American bodies.

Currently, most of us are utterly unprepared for this potential mayhem. This book can help prepare us—and, if possible, prevent further destruction.

In *The Quaking of America*, therapist and trauma specialist Resmaa Menakem takes readers through somatic practices addressing the growing threat of white-supremacist political violence.

This preparation focuses not on strategy or politics, but on mental and emotional practices that can help us:

- Build presence and discernment in our bodies
- Settle our bodies during the heat of conflict
- Maintain our safety, sanity, and stability in dangerous situations
- Heal our personal and collective racialized trauma
- Practice body-centered social action
- Turn *toward* instead of *on* one another

“*The Quaking of America* is more than an insightful book about the challenged state of American multiracial democracy. It is a user’s guide, an instruction manual on how to transform your body, yourself, and this country into their highest and noblest aspirations.”

—Keith Ellison, Attorney General of Minnesota

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## About the Author

**Resmaa Menakem, MSW, LICSW, SEP** is a leading voice in today's conversation on racialized trauma and the creator of Cultural Somatics, which utilizes the body and its natural resilience as mechanisms for growth. As a therapist and the founder of Justice Leadership Solutions, a leadership consulting firm, Resmaa dedicates his expertise to coaching leaders through civil unrest, organizational change, and community building. He is the author of the national bestseller *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*. His website is [www.resmaa.com](http://www.resmaa.com).

## Q&A with Resmaa Menakem

### What is Somatic Abolitionism?

- A living, embodied practice and culture of antiracism.
- A return to the age-old wisdom of human bodies respecting, honoring, and resonating with other human bodies.
- The resourcing of energies that are always present in your body, in the collective body, and in creation.
- A form of growing up.

### You say that the GOP is working to incite a collective trauma response in tens of millions of American bodies. What will this trauma response look like?

Widespread fear, rage, possibly violence, and perhaps civil war—much of it racialized. It will be a classic non-cognitive *fight* response, invoked in millions of bodies at once.

### You write, "In order to prevent civil war—or, if war is unavoidable, to successfully resist and prevail—we need to begin not with strategy or politics, but with tempering and conditioning our bodies." Why is this so, and what will such a response look like?

Currently, few American bodies are prepared for a collective *fight* response involving many millions of people. Rather than wring our hands or react with *fight* or *flight* responses of our own, we need to temper and condition our minds and bodies, so we can respond to unfolding events with discernment, settled energy, and a capacity to stay with peril and possibility. *The Quaking of America* contains over 80 different body practices to help build such a response, both individually and collectively. These practices can also help us develop discernment and grit around the energies of race; heal our own racialized trauma; and begin to develop a living, embodied antiracist culture.

## Sales Points

- Applies many of the key concepts in *My Grandmother's Hands* that resonated with so many readers, but in a new context of addressing our country's upheaval.
- Resmaa Menakem is internationally recognized as an author and thought leader on healing generational and racialized trauma.
- Resmaa Menakem is the first mental health professional to bring recent discoveries in neurobiology and somatic healing methods to bear on the subject.
- Somatic Abolitionism is a key solution to the decaying political situation in America, and the potential for widespread white supremacist political violence.

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