

"Resmaa Menakem is one of our country's most gifted racial healers. His brilliant new book could not be more timely—a volume our country, our bodies, and our humanity desperately need. *The Quaking of America* offers wisdom and liberation, not only for Black, Brown, or Indigenous folk, but for all Americans."—**Michael Eric Dyson, author of *Entertaining Race* and *Long Time Coming***

"Resmaa Menakem's *The Quaking of America* is a brilliant and effective guide to embodied social change. All of us need to read this book—and then act on it."—**Angela Rye, NPR political analyst and former CNN commentator**

"This is a book that will wake you up, excite, and terrify you. But Resmaa won't leave you there; all along the way he gives you the practices to do the work of healing into action. And he delivers all of this in riveting prose. 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***

"*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**

"Filled with somatic trauma-healing practices intended to build bodily resilience so your actions can live up to your antiracist intentions, this book could save your life, help you save other lives, or even prepare you to prevent a civil war or survive one."—**Lissa Rankin, MD, New York Times bestselling author of *Mind Over Medicine* and *Sacred Medicine***

"There really are no words that can adequately describe the pouring of incisive foresight and actionable content into a book as Resmaa Menakem has done. We would be remiss not to grasp *The Quaking of America* as a critical operations manual for the salvaging of this utterly imperfect democracy."—**Rev. angel kyodo williams, coauthor of *Radical Dharma: Talking Race, Love, and Liberation***

"Resmaa brings revolutionary insights to the value of connecting with depths of information our bodies hold onto, acquired through life's experiences. He leads us to crucial and deeper connections with our inner truths and provides us with a pathway to building more meaningful relationships and empathy for all people."—**Pete Carroll, Head Coach and Executive Vice President of the NFL's Seattle Seahawks**

"*The Quaking of America* is a profoundly needed bridge over today's troubled waters. Resmaa teaches us how to be present and embodied, even in conflict. For all our sakes, please read this book and share it with a friend."—**Peter A. Levine, PhD, author of *Waking the Tiger*, *Healing Trauma*, and *In an Unspoken Voice***

“One . . . two . . . three . . . BOOM! Precisely how I’ve experienced Resmaa’s work in my life, our company, and in the world. He is a critical voice in reclaiming our bodies and thus our freedom.”
—**Audrey Cavenecia, Chief Content Officer and award-winning producer at Amplify Voices (a Pete Carroll Company)**

“This book provides all that is needed to undertake the needed transmutation of 400 years of conditioning underlying white body supremacy. With *My Grandmother’s Hands*, Resmaa gave us a map to racism across the terrain of our emotions in our body; in *The Quaking of America* he gives us a compass to find our way home to collective healing. Resmaa’s unique and unflinching approach shows us how to begin metabolizing the collective pain of racism in this country while clearly illustrating the consequences of not doing so.”—**Eve Ekman, PhD, Director of Cultivating Emotional Balance and a Senior Fellow at the University of California Berkeley Greater Good Science Center**

“*The Quaking of America* gives us concrete answers on how to process the individual and collective sociopolitical trauma Americans have been living under, while painting a picture of a near future that will call for Americans to choose between continuing a legacy of political corruption and racialized violence or the emergence of a new American culture rooted in racial equality and healing for all.”
—**Anayansi Prado, award-winning filmmaker and educator**

Praise for *My Grandmother’s Hands*:

“Resmaa Menakem’s book, *My Grandmother’s Hands*, and his original insights into racialized trauma in all kinds of bodies, has offered new ways forward for us all. He’s become one of my most important teachers . . .”—**Krista Tippett, host of *On Being***

“Resmaa Menakem cuts to the heart of America’s racial crisis with the precision of a surgeon in ways few have before. Addressing the intergenerational trauma of white supremacy and its effects on all of us—understanding it as a true soul wound—is the first order of business if we hope to pull out of the current morass. As this amazing work shows us, policies alone will not do it, and bold social action, though vital to achieving justice, will require those engaged in it to also take action on the injury, deep and personal, from which we all suffer.”—**Tim Wise, bestselling author of *White Like Me: Reflections on Race from a Privileged Son* and *Dear White America: Letter to a New Minority***