

.....

ACW Alcoholism
Center for
Women

.....

BOOK CLUB

MY GRANDMOTHER'S HANDS

By Resmaa Menakem



JULY 27-29

6:30-7 PM

ZOOM

NATIONAL MINORITY MENTAL
HEALTH AWARENESS MONTH

PLEASE RSVP HERE FOR ZOOM LINK

OR EMAIL US

AMORENOGARCIA@ACWL.ORG



ABOUT ACW'S BOOK OF THE MONTH

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies



Learn About Author
DR. RESMAA
MANAKEM



In this groundbreaking book, therapist Resmaa Menakem examines the damage caused by racism in America from the perspective of trauma and body-centered psychology.

The body is where our instincts reside and where we fight, flee, or freeze, and it endures the trauma inflicted by the ills that plague society. Menakem argues this destruction will continue until Americans learn to heal the generational anguish of white supremacy, which is deeply embedded in all our bodies. Our collective agony doesn't just affect African Americans. White Americans suffer their own secondary trauma as well. So do blue Americans—our police.

***My Grandmother's Hands* is a call to action for all of us to recognize that racism is not only about the head, but about the body, and introduces an alternative view of what we can do to grow beyond our entrenched racialized divide.**

- **Paves the way for a new, body-centered understanding of white supremacy—how it is literally in our blood and our nervous system.**
- **Offers a step-by-step healing process based on the latest neuroscience and somatic healing methods, in addition to incisive social commentary.**

***** Description taken from Central Recovery Press - Link below**

WHERE CAN I READ IT?

HOW TO ACCESS BOOK:

1) Borrow Book From Your Public Library Online!

a. Example:



2) Purchase book from your favorite site. It's everywhere. It averages \$7-\$15 depending on the site.

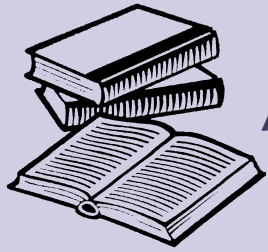
3) If you have an Audible Subscription you can listen to the book as part of your subscription.

[CLICK HERE](#)



TO VIEW THE THREE FREE APPS/SITES WHERE THE
LA COUNTY LIBRARY PROVIDES ACCESS TO FREE E-
BOOKS/AUDIOBOOKS





ACW'S BOOK CLUB ACTIVITY SCHEDULE

ACW Alcoholism
Center for
Women

DAY 1 -CHAPTER 1&2

WE WILL READ ONE SECTION
FROM EACH CHAPTER
TOGETHER AND DISCUSS.

DAY 2 - CHAPTER 3 &4

WE WILL READ ONE SECTION
FROM EACH CHAPTER
TOGETHER AND DISCUSS.

DAY 3 - CHAPTER 5 & 6

WE WILL READ ONE SECTION
FROM EACH CHAPTER
TOGETHER AND DISCUSS.

SUBMIT YOUR
THOUGHTS ON THE
READING HERE TO BE
FEATURED IN OUR
NEWSLETTER



ACW RECOGNIZES MINORITY MENTAL HEALTH AWARENESS MONTH

