

Ancestral Healing Book Recommendations/Resources:

- Amitav Acharya, "The Once and Future World Order: Why Global Civilization Will Survive the Decline of the West"
- Sharon Blackie, "If Women Rose Rooted: The Journey to Authenticity and Belonging"
- Joseph Campbell, Bill Moyers, "The Power of Myth," "The Hero's Journey: Joseph Campbell on His Life and Work"
- Ta-Nehisi Coates, "Between the World and Me," "The Message"
- W.E.B. DuBois, "The Souls of Black Folk"
- Maya Dusenbery, "Doing Harm: The Truth About How Bad Medicine and Lazy Science Leave Women Dismissed, Misdiagnosed, and Sick"
- Franz Fanon, "Black Skin, White Masks"
- Ruby Hamad, "White Tears/Brown Scars: How White Feminism Betrays Women of Color"
- Tricia Hersey, "Rest is Resistance: A Manifesto"
- Bell Hooks, "All About Love"
- Robin Wall Kimmerer, "Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants"

- Audre Lorde, “Selected Works of Audre Lorde”
- Rupa Marya, Raj Patel “Inflamed: Deep Medicine and the Anatomy of Injustice”
- Caroline Myss, “Anatomy of the Spirit: The Seven Stages of Power and Healing”
- Ijeoma Oluo, “So You Want to Talk About Race?”
- Lama Rod Owens, “Love and Rage: The Path of Liberation Through Anger”
- Farina Roisin, “Who is Wellness For: An Examination of Wellness Culture and Who It Leaves Behind”
- Malidoma Patrice Somé, “The Healing Wisdom of Africa: Finding Life Purpose Through Nature, Ritual, and Community”
- Francis Weller, “The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief”
- Linda Yoon, Soo Jin Lee, “Where I Belong: Healing Trauma and Embracing Asian American Identity”
- Document your elders’ stories, read and learn about your culture online, create a genogram: <https://www.canva.com/graphs/genograms/>