In the tradition of Octavia Butler, here is radical self-help, society-help, and planet-help to shape the futures we want. Change is constant. The world, our bodies, and our minds are in a constant state of flux. They are a stream of ever-mutating, emergent patterns. Rather than steel ourselves against such change, Emergent Strategy teaches us to map and assess the swirling structures and to read them as they happen, all the better to shape that which ultimately shapes us, personally and politically. A resolutely materialist spirituality based equally on science and science fiction: a wild feminist and afro-futurist ride! adrienne maree brown, co-editor of Octavia’s Brood: Science Fiction from Social Justice Movements, is a social justice facilitator, healer, and doula living in Detroit.

Efferent Organization and the Integration of Behavior is a nine-chapter text that discusses the hypotheses and alternative conceptualizations of efferent mechanisms, as well as the neural basis of patterned movement. The opening chapters examine several behavioral categories, the neural mediation of movement, and the distinction between efferent response and efferent motor processes. These chapters also present a revised theory of the role of the motor system in physiological regulation and neural-metabolic integration in energy production for behavior. These topics are followed by considerable chapters devoted to efferent organization of specific brain sections, including the motor cortex, pyramidal system, globus pallidus, substantia nigra, diencephalon, hippocampus, and neocortex. This text also deals with the instrumental conditioning based on alimentary or food reinforcements. A chapter discusses the constraints on theoretical interpretations of neuroanatomical circuitry functions of noradrenergic and cholinergic brain systems. The concluding chapter describes the relationship between the motor integration systems of extrapyramidal structures and the motivational systems of limbic structures. This chapter also looks into the anatomical organization of self-stimulation and the microelectrode data, which delineate the response of single neurons to stimulation at hypothalamic self-stimulation sites.

Focusing on cultural areas such as exhibitions, transport, food, dress and photography, 'Changing France' shows how apparently trivial aspects of modern life provided Second Empire writers with a versatile means of thinking about deeper issues.

An examination of the constitutive role of rhythm and movement in the visualization of developing life. In The Form of Becoming Janina Wellmann offers an innovative understanding of the emergence around 1800 of the science of embryology and a new notion of development, one based on the epistemology of rhythm. She argues that between 1760 and 1830, the concept of rhythm became crucial to many fields of knowledge, including the study of life and living processes. She juxtaposes the history of rhythm in music theory, literary theory, and philosophy with the concurrent turn in biology toward understanding the living world in terms of rhythmic patterns, rhythmic movement, and rhythmic representations. Common to all these fields was their view of rhythm as a means of organizing time—and of ordering the development of organisms. With The Form of Becoming, Wellmann, a historian of science, has written the first systematic study of visualization in embryology. Embryological development circa 1800 was imagined through the pictorial technique of the series, still prevalent in the field today. Tracing the origins of the developmental series back to seventeenth-century instructional graphics for military maneuvers, dance, and craft work, The Form of Becoming reveals the constitutive role of rhythm and movement in the visualization of developing life.

UX design has traditionally been deliverables-based. Wireframes, site maps, flow diagrams, content inventories, taxonomies, mockups helped define the practice in its infancy. Over time, however, this deliverables-heavy process has put UX designers in the deliverables business. Many are now measured and compensated for the depth and breadth of their deliverables instead of the quality and success of the experiences they design. Designers have become documentation subject matter experts, known for the quality of the documents they create instead of the end-state experiences being designed and developed. So what's to be done? This practical book provides a roadmap and set of practices and principles that will help you keep your focus on the the experience back, rather than the deliverables. Get a tactical
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understanding of how to successfully integrate Lean and UX/DesignFind new material on business modeling and outcomes to help teams work more strategicallyDelve into the new chapter on experiment designTake advantage of updated examples and case studies.

With over 35 million albums sold in their thirty-year career, the Canadian rock trio Rush clearly has been embraced by discerning music fans around the world. The band's musical and lyrical depth and complexity has inspired everything from comic books to novels. Fans on all levels extract varying degrees of meaning and emotion from the band's extensive and ever-changing catalog. This book is one fan's labor of love; an exploration of how the band's lyrical panorama changed from the fantastic to the realistic, from sci-fi adventures to gritty portraits of how humans face the modern world. This is by no means a definitive work exposing what the band's implicit messages and themes convey—that is beyond anyone's scope save that of the band itself. Rather, A Simple Kind Mirror is a song-by-song journey through Rush's 1980 to 1996 offerings, placing the social commentaries covered within. The beauty of this band is that fans can identify with them on many levels and process their messages in personal and individual ways. In A Simple Kind Mirror, Len Roberto explores the foundation of hope and inspiration Rush carries throughout its portfolio.

Rhythm analysis displays all the characteristics which made Lefebvre one of the most important Marxist thinkers of the twentieth century. In the analysis of rhythms -- both biological and social -- Lefebvre shows the interrelation of space and time in the understanding of everyday life. With dazzling skills, Lefebvre moves between discussions of music, the commodity, measurement, the media and the city. In doing so he shows how a non-linear conception of time and history balanced his famous rethinking of the question of space. This volume also includes his earlier essays on "The Rhythmanalysis Project" and "Attempt at the Rhythm analysis of Mediterranean Towns."

Michel Chion's landmark Audio-Vision has exerted significant influence on our understanding of sound-image relations since its original publication in 1994. Chion argues that sound film qualitatively produces a new form of perception. Sound in audiovisual media does not merely complement images. Instead, the two channels together engage audio-visual, a special mode of perception that transforms both seeing and hearing. We don't see images and hear sounds separately—we audio-view a trans-sensory whole. In this updated and expanded edition, Chion considers many additional examples from recent world cinema and formulates new questions for the contemporary media environment. He takes into account the evolving role of audio-visual in different theatrical environments, considering its significance for music videos, video art, commercial television, and the internet, as well as conventional cinema. Chion explores how multitrack digital sound enables astonishing detail, extending the space of the action and changing practices of scene construction. He demonstrates that speech is central to film and television and shows why "audio-logo-visual" is a more accurate term than "audiovisual." Audio-Vision shows us that sound is driving the creation of a sensory cinema. This edition includes a glossary of terms, a chronology of several hundred significant films, and the original foreword by sound designer, editor, and Oscar honoree Walter Murch.

An instant #1 New York Times Bestseller and a USA Today and Indie Bestseller! The Stormlight Archive saga continues in Rhythm of War, the eagerly awaited sequel to Brandon Sanderson's #1 New York Times bestselling Oathbringer, from an epic fantasy writer at the top of his game. After forming a coalition of human resistance against the enemy invasion, Dalinar Kholin and his Knights Radiant have spent a year fighting a protracted, brutal war. Neither side has gained an advantage, and the threat of a betrayal by Dalinar's crafty ally Taravangian looms over every strategic move. Now, as new technological discoveries by Navani Kholin's scholars begin to change the face of the war, the enemy prepares a bold and dangerous operation. The arms race that follows will challenge the very core of the Radiant ideals, and potentially reveal the secrets of the ancient tower that was once the heart of their strength. At the same time that Kaladin Stormblessed must come to grips with his changing role within the Knights Radiant, his Windrunners face their own problem: As more and more deadly enemy Fused awaken to wage war, no more honorspren are willing to bond with humans to increase the number of Radiants. Adolin and Shallan must lead the coalition's envoy to the honorspren stronghold of Lasting Integrity and either convince the spren to join the cause against the evil god Odium, or personally face the storm of failure. Other Tor books by Brandon Sanderson The Cosmere The Stormlight Archive The Way of Kings Words of Radiance Edgedancer (Novella) Oathbringer Rhythm of War The Mistborn trilogy Mistborn: The Final Empire The Well of Ascension The Hero of Ages Mistborn: The Wax and Wayne series Alloy of Light Shadows of Self Bands of Mourning Collection Arcanum Unbounded Other Cosmere novels Elantris Warbreaker The Alcatraz vs. the Evil Librarians series Alcatraz vs. the Evil Librarians The Scrivener's Bones The Knights of Crystallia The Shattered Lens The Dark Talent The Rithmatist series The Rithmatist Other books by Brandon Sanderson The Reckoners Steelheart Firefight Calamity At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

The author combines the fields of quantum physics, neuroscience, brain chemistry, biology and genetics to back up his assertion that people are not helpless products of their genes and can in fact realize true change for the better. Reprint.

The incomparable Rebecca Solnit, author of more than a dozen acclaimed, prizewinning books of nonfiction, brings the same dazzling writing to the essays in Encyclopedia of Trouble and Spaciousness. As the title
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suggests, the territory of Solnit's concerns is vast, and in her signature alchemical style she combines commentary on history, justice, war and peace, and explorations of place, art, and community, all while writing with the lyricism of a poet to achieve incandescence and wisdom. Gathered here are celebrated iconic essays along with little-known pieces that create a powerful survey of the world we live in, from the jungles of the Zapatistas in Mexico to the splendors of the Arctic. This rich collection tours places as diverse as Haiti and Iceland; movements like Occupy Wall Street and the Arab Spring; an original take on the question of who did Henry David Thoreau's laundry; and a searching look at what the hatred of country music really means. Solnit moves nimbly from Orwell to Elvis, to contemporary urban gardening to 1970s California macramé and punk rock, and on to searing questions about the environment, freedom, family, class, work, and friendship. It's no wonder she's been compared in Bookforum to Susan Sontag and Annie Dillard and in the San Francisco Chronicle to Joan Didion. The Encyclopedia of Trouble and Spaciousness proves Rebecca Solnit worthy of the accolades and honors she's received. Rarely can a reader find such penetrating critiques of our time and its failures leavened with such generous heapings of hope. Solnit looks back to history and the progress of political movements to find an antidote to despair in what many feel as lost causes. In its encyclopedic reach and its generous compassion, Solnit's collection charts a way through the thickets of our complex social and political worlds. Her essays are a beacon for readers looking for alternative ideas in these imperiled times.

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity. An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

A Choctaw Indian Christian bishop explores the teachings of the Bible through the lens of Native American tradition. Steven Charleston—an Episcopal bishop and Choctaw native—takes a unique and provocative look into the "vision quests" of Jesus, and considers Christian biblical interpretation from the perspective of Native American theology. In these inspiring paralells he finds an enlightening spiritual harmony between North American indigenous communities and four specific experiences of Jesus as portrayed in the synoptic gospels. From Jesus's time in the wilderness, to the Transfiguration, to Gethsemane, and finally, to Golgotha, these quests offer insight into such topics as the need to enter the "we" rather than the "I" and the pursuit of freedom through discipline and concern for justice, compassion, and human dignity. The Four Vision Quests of Jesus reveals the values that are primary to the foundation of Native tradition and integral to Christian thought—the principles that lie at the very heart of what unites us all.

NATIONAL BESTSELLER • "A startling vision of what the cycles of history predict for the future."—USA Weekend William Strauss and Neil Howe will change the way you see the world—and your place in it. With blazing originality, The Fourth Turning illuminates the past, explains the present, and reimagines the future. Most remarkably, it offers an utterly persuasive prophecy about how America’s past will predict its future. Strauss and Howe base this vision on a provocative theory of American history. The authors look back five hundred years and uncover a distinct pattern: Modern history moves in cycles, each one lasting about the length of a long human life, each composed of four eras—or "turnings"—that last about twenty years and that always arrive in the same order. In The Fourth Turning, the authors illustrate these cycles using a brilliant analysis of the post-World War II period. First comes a High, a period of confident expansion as a new order takes root after the old has been swept away. Next comes an Awakening, a time of spiritual exploration and rebellion against the now-established order. Then comes an Unraveling, an increasingly troubled era in which individualism triumphs over crumbling institutions. Last comes a Crisis—the Fourth Turning—when society passes through a great and perilous gate in history. Together, the four turnings comprise history’s seasonal rhythm of growth, maturation, entropy, and rebirth. The Fourth Turning offers bold predictions about how all of us can prepare, individually and collectively, for America’s next rendezvous with destiny.

How do designers get ideas? Many spend their time searching for clever combinations of forms, fonts, and colors inside the design annuals and monographs of other designers' work. For those looking to challenge the cut-and-paste mentality there are few resources that are both informative and inspirational. In Graphic Design: The New Basics, Ellen Lupton, best-selling author of such books as Thinking with Type and Design It Yourself, and design educator Jennifer Cole Phillips refocus design instruction on the study of the fundamentals of form in a critical, rigorous way informed by contemporary media, theory, and software systems.

In a period characterized by expanding markets, national consolidation, and social upheaval, print culture picked up momentum as the nineteenth century turned into the twentieth. Books, magazines, and newspapers were produced more quickly and more cheaply, reaching ever-increasing numbers of readers. Volume 4 of A History of the Book in America traces the complex, even contradictory consequences of these changes in the production, circulation, and use of print. Contributors to this volume explain that although mass production encouraged consolidation and standardization, readers increasingly adapted print to serve their own purposes, allowing for increased diversity in the midst of concentration and integration. Considering the book in larger social and cultural networks, essays address the rise of consumer culture, the extension of literacy and reading through schooling, the expansion of secondary and postsecondary systems.
education and the growth of the textbook industry, the growing influence of the professions and their
dependence on print culture, and the history of relevant technology. As the essays here attest, the
expansion of print culture between 1880 and 1940 enabled it to become part of Americans' everyday
business, social, political, and religious lives. Contributors: Megan Benton, Pacific Lutheran University Paul S.
Boyer, University of Wisconsin-Madison Una M. Cadegan, University of Dayton Phyllis Dain, Columbia
University James P. Danly, University of Wisconsin-Madison Ellen Gruber Garvey, New Jersey City University
Peter Jaszi, American University Carl F. Kaestle, Brown University Nicolas Kanellos, University of Houston
Richard L. Kaplan, ABC-Clio Publishing Marcel Chotkowski LaFollette, Washington, D.C. Elizabeth Long, Rice
University Elizabeth McHenry, New York University Sally M. Miller, University of the Pacific Richard Ohmann,
Wesleyan University Janice A. Radway, Duke University Joan Shelley Rubin, University of Rochester Jonathan
D. Sarna, Brandeis University Charles A. Seavey, University of Missouri, Columbia Michael Scudson,
University of California, San Diego William Vance Trollinger Jr., University of Dayton Richard L. Venezky
Michael Winship, University of Texas at Austin Martha Woodmansee, Case Western Reserve University

How do we find balance between our sense of calling and the call to rest? Spiritual director and "recovering
speed addict" Alan Fadling leads readers in a meditation on the unhurried life. Following Jesus' earthly life,
this revised edition from Fadling shows how the work of "unhurrying" ourselves is central to our spiritual
development.

From the Pulitzer Prize winning winner: a revelatory portrait of religion in China today its history, the
spiritual traditions of its Eastern and Western faiths, and the ways in which it is influencing China's future.
Following a century of violent antireligious campaigns, China is now awash with new temples, churches, and
mosques as well as cults, sects, and politicians trying to harness religion for their own ends. Driving this
explosion of faith is uncertainty over what it means to be Chinese, and how to live an ethical life in a country
that discarded traditional morality a century ago and is still searching for new guideposts. Ian Johnson lived
for extended periods with underground church members, rural Daoists, and Buddhist pilgrims. He has
distilled these experiences into a cycle of festivals, births, deaths, detentions, and struggle - a great
awakening of faith that is shaping the soul of the world's newest superpower. (With black-and-white
illustrations throughout).

ECPA BESTSELLER • A compelling emotional and spiritual case against hurry and in favor of a slower,
simpler way of life “As someone all too familiar with ‘hurry sickness,’ I desperately needed this
book.”—Scott Harrison, New York Times best-selling author of Thirst “Who am I becoming?” That was the
question nagging pastor and author John Mark Comer. Outwardly, he appeared successful. But inwardly,
things weren't pretty. So he turned to a trusted mentor for guidance and heard these words: “Ruthlessly
eliminate hurry from your life. Hurry is the great enemy of the spiritual life.” It wasn’t the response he
expected, but it was—and continues to be—the answer he needs. Too often we treat the symptoms of
toxicity in our modern world instead of trying to pinpoint the cause. A growing number of voices are pointing
at hurry, or busyness, as a root of much evil. Within the pages of this book, you’ll find a fascinating roadmap
to staying emotionally healthy and spiritually alive in the chaos of the modern world.

In this practical, energizing guide, pastor and author Craig Groeschel shows how to live life fully by finding,
naming, and achieving your unique, God-given goal. The secret: knowing your chazown (kha-ZONE), a
Hebrew word for “vision,” “dream,” or “revelation.”

Why an awareness of Earth's temporal rhythms is critical to our planetary survival Few of us have any
conception of the enormous timescales of our planet's long history, and this narrow perspective underlies
many of the environmental problems we are creating. The lifespan of Earth can seem unfathomable
compared to the brevity of human existence, but this view of time denies our deep roots in Earth's
history—and the magnitude of our effects on the planet. Timefulness reveals how knowing the rhythms of
Earth’s deep past and conceiving of time as a geologist does can give us the perspective we need for a more
sustainable future. Featuring illustrations by Haley Hagerman, this compelling book offers a new way of
thinking about our place in time, showing how our everyday lives are shaped by processes that vastly
predate us, and how our actions today will in turn have consequences that will outlast us by generations.

Focusing on the differences between natural and artificial time, Waverly Fitzgerald provides a twelve-week
program that guides the reader through various periods of time from the moment to the lifetime, describing
the history of how time has been defined and suggesting ways readers can enjoy more time in their lives.

In this classic bestseller, acclaimed author and speaker Matthew Kelly offers inspiring, take-charge
strategies to help you discover your deepest desires, identify your unique talents, and lead a life filled with
passion and purpose. Do you ever feel that if you weren’t so busy you would be happier, healthier, more
effective, more fulfilledand maybe even a better person? The Rhythm of Life will help you to bring into focus
who you are and why you are here. Through this book Matthew Kelly will help you discover your legitimate
needs, deepest desires, and unique talents—and become the-best-version-of-yourself. He helps you bring
into focus who you are, why you are here, and what possibilities stand before you Everything is a choice.
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This is life’s greatest truth and its hardest lesson. It is a great truth because it reminds us of our power to live the life of our dreams. It is a hard lesson because it causes us to realize that we have chosen the life we are living right now. The measure of your life will be the measure of your courage. Fear stops more people from doing something with their lives than lack of ability, contacts, resources, or any other single variable. Fear paralyzes the human spirit. Life takes courage. With this groundbreaking guide, Kelly cuts through the stifling clutter of our everyday lives and delivers a clarity that is both refreshing and liberating.

This book provides eloquent support for the idea that spontaneous neuron activity, far from being mere noise, is actually the source of our cognitive abilities. In a sequence of “cycles,” György Buzsáki guides the reader from the physics of oscillations through neuronal assembly organization to complex cognitive processing and memory storage. His clear, fluid writing-accessible to any reader with some scientific knowledge—is supplemented by extensive footnotes and references that make it just as gratifying and instructive a read for the specialist. The coherent view of a single author who has been at the forefront of research in this exciting field, this volume is essential reading for anyone interested in our rapidly evolving understanding of the brain.

Life is better shared

The striking colour photos of the land and people of the many Indonesian islands are complemented by a first-person travelogue which invites readers to explore the variety Indonesia has to offer.

"Seeing so much heartache in the world, and so much compromise within the Church, Jon Tyson believes we must redouble our efforts to build a community of hope that is stronger than the hollow culture around us. Tyson invites readers to pursue key disciplines and rhythms through truths such as: worship must be stronger than idolatry, rest must be stronger than exhaustion, and hospitality must be stronger than fear, principles that will make them spiritually stronger than the enchanting pull of the world"--

Considerations given to thermal qualities in the design and construction of buildings worldwide and throughout history are examined in an attempt to show the importance of thermal qualities in effective building design

Which activities give you energy and connect you with God? Do you know what behaviors are life-draining for you, separating you from God? In this book Jan Johnson provides small experiments with simplicity as well as questions for discussion or reflection to help you discover the unhurried rhythms of grace.

Draws on various branches of knowledge to indicate the imminence of a new era characterized by our recognition of the correspondences among the universe, the natural world, and man

The impact of constant technological change upon our perception of the world is so pervasive as to have become a commonplace of modern society. But this was not always the case; as Wolfgang Schivelbusch points out in this fascinating study, our adaptation to technological change—the development of our modern, industrialized consciousness—was very much a learned behavior. In The Railway Journey, Schivelbusch examines the origins of this industrialized consciousness by exploring the reaction in the nineteenth century to the first dramatic avatar of technological change, the railroad. In a highly original and engaging fashion, Schivelbusch discusses the ways in which our perceptions of distance, time, autonomy, speed, and risk were altered by railway travel. As a history of the surprising ways in which technology and culture interact, this book covers a wide range of topics, including the changing perception of landscapes, the death of conversation while traveling, the problematic nature of the railway compartment, the space of glass architecture, the pathology of the railway journey, industrial fatigue and the history of shock, and the railroad and the city. Belonging to a distinguished European tradition of critical sociology best exemplified by the work of Georg Simmel and Walter Benjamin, The Railway Journey is anchored in rich empirical data and full of striking insights about railway travel, the industrial revolution, and technological change. Now updated with a new preface, The Railway Journey is an invaluable resource for readers interested in nineteenth-century culture and technology and the prehistory of modern media and digitalization.

We have disrupted the natural water cycle for centuries in an effort to control water for our own prosperity. Yet every year, recovery from droughts and floods costs billions of dollars, and we spend billions more on dams, diversions, levees, and other feats of engineering. These massive projects not only are risky financially and environmentally, they often threaten social and political stability. What if the answer was not further control of the water cycle, but repair and replenishment? Sandra Postel takes readers around the world to explore water projects that work with, rather than against, nature’s rhythms. In New Mexico, forest rehabilitation is safeguarding drinking water; along the Mississippi River, farmers are planting cover crops to reduce polluted runoff; and in China, “sponge cities” are capturing rainwater to curb urban flooding. Efforts like these will be essential as climate change disrupts both weather patterns and the models on which we base our infrastructure. We will be forced to adapt. The question is whether we will continue to fight the water cycle or recognize our place in it and take advantage of the in herservices nature offers. Water, Postel writes, is a gift, the source of life itself. How will we use this greatest of gifts?
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Blair suggests that our belief systems are on the threshold of change, as we create new myths that encompass both the emotional and rational sides of human nature.

An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reanimate the mind’s abilities to trust, engage others, and experience pleasure--

A wise, helpful book that provides practical tools for one of modern life’s greatest challenges -- Change. True help for everyone -- no matter what difficult or exciting transition you are in! Provides a model based on the four seasons to help align you with natural forces. Using a simple questionnaire, you can discover where you are in your transition process, how to move forward, and how to not get off track. Includes advice for building a strong support network for times of change.

This book shows how rhythm constitutes an untapped resource for understanding poetry. Intervening in recent debates over formalism, historicism, and poetics, the authors show how rhythm is at once a defamiliarizing aesthetic force and an unstable concept. Distinct from the related terms to which it is often assimilated—scansion, prosody, meter—rhythm makes legible a range of ways poetry affects us that cannot be parsed through the traditional resources of poetic theory. Rhythm has rich but also problematic roots in still-lurking nineteenth-century notions of primitive, oral, communal, and sometimes racialized poetics. But there are reasons to understand and even embrace its seductions, including its resistance to lyrical voice and even identity. Through exploration of rhythm’s genealogies and present critical debates, the essays consistently warn against taking rhythm to be a given form offering ready-made resources for interpretation. Pressing beyond poetry handbooks’ isolated descriptions of technique or inductive declarations of what rhythm “is,” the essays ask what it means to think rhythm. Rhythm, the contributors show, happens relative to the body, on the one hand, and to language, on the other—two categories that are distinct from the literary, the mode through which poetics has tended to be analyzed. Beyond articulating what rhythm does to poetry, the contributors undertake a genealogical and theoretical analysis of how rhythm as a human experience has come to be articulated through poetry and poetics. The resulting work helps us better understand poetry both on its own terms and in its continuities with other experiences and other arts. Contributors: Derek Attridge, Tom Cable, Jonathan Culler, Natalie Gerber, Ben Glaser, Virginia Jackson, Simon Jarvis, Ewan Jones, Erin Kappeler, Meredith Martin, David Nowell Smith, Yopie Prins, Haun Saussy

A groundbreaking and visionary call to action on educating and supporting girls of color, from the highly acclaimed author of Pushout “Monique Morris is a personal shero of mine and a respected expert in this space.” —Ayanna Pressley, U.S. congresswoman and the first woman of color elected to Boston’s city council

Wise Black women have known for centuries that the blues have been a platform for truth-telling, an underground musical railroad to survival, and an essential form of resistance, healing, and learning. In her highly anticipated follow-up to the widely acclaimed Pushout on the criminalization of black girls in schools, Monique W. Morris invokes the spirit of the blues to articulate a radically healing and empowering pedagogy for Black and Brown girls. A passionate manifesto that builds naturally on her previous book, Sing a Rhythm, Dance a Blues reimagines what education might look like if schools placed the flourishing of Black and Brown girls at their center. Grounding each chapter in interviews, case studies, and testimonies of educators who work successfully with girls of color, Morris blends research with real life to offer a radiant manifesto on moving away from punishment, trauma, and discrimination toward safety, justice, and genuine community in our schools. In the tradition of For White Folks Who Teach in the Hood and Other People’s Children, Morris’s new book is a clarion call—for educators, parents, students, and anyone who has a stake in a better tomorrow—to transform schools into places where learning and collective healing can flourish.

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