

Mindful of Race by Ruth King

5 stars

Reading Mindful of Race is a life-changing experience leading to positive transformation.

Ruth King's Mindful of Race will take you to a deeper level of understanding racism and oppression. It does not stop there however; if you are open she leads you to a new place and a new mindful life. Yet, it is absolutely not easy to read her book Mindful of Race because you have to be prepared for a deep and critical self-awareness journey. Sometimes it is not pleasant to critically look at your own prejudices and taught assumptions that need re-considering for a new way of thinking, feeling and behaving.

I believe there is a way to read Mindful of Race. Reading time with this book must be planned because it needs to be read in a meditative and open frame of mind. It is a book that you cannot just pick up where you left off the last time.

I suggest reading the book once slowly and then go back to it with the purpose of using the tools and guidelines she provides as a means of transformation. Ruth knows her tools and guidelines are not always easy to work through and implement so she gently provides solutions. To quote Ruth King: "Over time, this practice becomes a habit of healing replacing habits of harm." She gets us to "check our inner experience." She understands the difficult conversations we will have when we enter into a life which is "Mindful of Race."

Thank you for writing this book Ruth King. My heart is soaring with new mindful ways of being.

BonnieK

Breakaway Reviewers received a copy of the book to review.