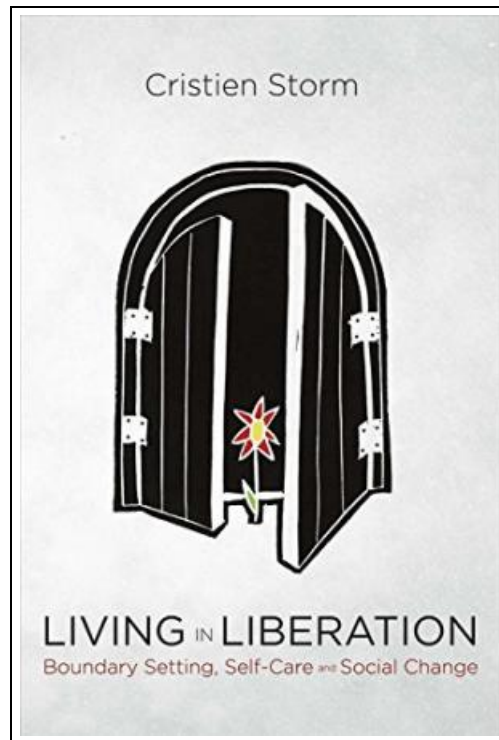


Living in Liberation: Boundary Setting, Self Care and Social Change (Paperback)



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Reviews

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(Ivah West)

LIVING IN LIBERATION: BOUNDARY SETTING, SELF CARE AND SOCIAL CHANGE (PAPERBACK)

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BookBaby, 2016. Paperback. Condition: New. Language: English . Brand New Book. What happens when a collection of artists, musicians, and activists grapple with the violent assault and murder of one of their friends? What happens when they refuse to give in to fear and focus their anger and pain on ways to imagine self-defense as a revolutionary tool for social justice? For over two decades, Cristien Storm has grappled with these questions as a self-defense instructor, writer, therapist, activist, survivor, partner, friend, and community member. As a co-founder and former Executive Director of Home Alive, an anti-violence organization that offers self-defense and boundary setting classes on a sliding scale formed in response to the brutal rape and murder of singer Mia Zapata, Cristien Storm developed self-defense programs that recognize the link between the concepts of self-defense and social change. Living in Liberation outlines this innovative and radical approach to self-defense that challenges those practicing boundary setting and self-care to see themselves not simply as individuals but also as local, national, and global community members. Living in Liberation argues that responses to violence can and should embody boundary setting, self-care, and self-defense skills that interrupt victim-blaming, fear-based approaches and locate healing within the social context of community. Living in Liberation roots boundary setting and self-care in larger visions of happier and healthier communities, all the while holding on to the complexities of individual safety and social justice. There are many books on boundaries. Most of them have good skills to share. What Living in Liberation offers that is unique is a simple, direct approach to boundaries and boundary setting that reflects the complexity of the world we live in while offering practical tools. This book looks deeply at how oppression (racism, classism, homophobia, transphobia, sexism, ableism, ageism) and privilege impact...



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