

Melanin A Key To Freedom

While participating in sexual intercourse, the author was transported to an unseen dimension where he encountered an ancient, Afrikan goddess. She enlightened him on the sacred and secret science of sex. This book is the result of the author's encounters with her. In ancient Afrika, there was no separation from the word God and nature. To know God meant to understand how nature operates. Energy can be divided into masculine and feminine principles. Once we understand how these energies work in nature, we can fully understand the roles men and women play as the foundation that holds the Universe in a delicate balance. This book was written based on ancient Kemetic science for the upliftment of the Black race. We are being ushered into a new Age of consciousness where the feminine spirit will rule for the next 2,000 years. If one cannot make the transition into this higher consciousness, one will be left behind. Have this "Inner G" work for you instead of working against you!

Over the past few decades, exciting developments have taken place in the field of near-infrared spectroscopy (NIRS). This has been enabled by the advent of robust Fourier transform interferometers and diode array solutions, coupled with complex chemometric methods that can easily be executed using modern microprocessors. The present edited volume intends to cover recent developments in NIRS and provide a broad perspective of some of the challenges that characterize the field. The volume comprises six chapters overall and covers several sectors. The target audience for this book includes engineers, practitioners, and researchers involved in NIRS system design and utilization in different applications. We believe that they will greatly benefit from the timely and accurate information provided in this work.

This American classic has been corrected from the original manuscripts and indexed, featuring historic photographs and an extensive biographical afterword.

How to awaken the Ureaus--the serpent power of spiritual transcendence within each of us--and connect to the superconscious of the universe • Reveals the biochemistry of how the body's melanin provides the template for the subtle energy body or light body • Shows how embracing the dark light consciousness of the awakened Ureaus opens a portal to the sacred darkness of the superconscious • Provides illustrated instructions for meditation practices, breathing exercises, and yoga postures to safely awaken Ureaus/Kundalini energy Within each of us lies the potential to activate a personal connection to the superconscious. Called "Ureaus" in ancient Egyptian texts and "Kundalini" in ancient Hindu yoga traditions, our innate serpent power of spiritual transcendence inhabits the base of the spine in its dormant state. When awakened, it unfurls along the spinal column to the brain, connecting individual consciousness to the consciousness of the universe enfolded within the dark matter of space. At the root of creativity and spiritual genius across innumerable cultures and civilizations, this intelligent force reveals portals that enfold time, space, and the luminous matrix of reality itself. Combining physics, neuroscience, and biochemistry with ancient traditions from Africa and India, Edward Bruce Bynum, Ph.D., explores the ancient Egyptian science of the Ureaus and reveals how it is intimately connected to dark matter and to melanin, a light-sensitive, energy-conducting substance found in the brain, nervous system, and organs of all higher life-forms. He explains how the dark light of melanin serves as the biochemical infrastructure for the subtle energy body, just as dark matter,

together with gravity, holds the galaxies and constellations together. With illustrated instructions, he shows how to safely awaken and stabilize the spiritual energy of the Ureaus through meditation practices, breathing exercises, and yoga postures as well as how to prepare the subtle body for transdimensional soul travel. By embracing the dark light of the shining serpent within, we overcome our collective fear of the vast living darkness without. By embracing the dark, we transcend reality to the dimension of light.

NEW YORK TIMES BESTSELLER Building on the groundwork laid in the New York Times bestseller *White Fragility*, Robin DiAngelo explores how a culture of niceness inadvertently promotes racism. In *White Fragility*, Robin DiAngelo explained how racism is a system into which all white people are socialized and challenged the belief that racism is a simple matter of good people versus bad. DiAngelo also made a provocative claim: white progressives cause the most daily harm to people of color. In *Nice Racism*, her follow-up work, she explains how they do so. Drawing on her background as a sociologist and over 25 years working as an anti-racist educator, she picks up where *White Fragility* left off and moves the conversation forward. Writing directly to white people as a white person, DiAngelo identifies many common white racial patterns and breaks down how well-intentioned white people unknowingly perpetuate racial harm. These patterns include: • rushing to prove that we are “not racist” • downplaying white advantage • romanticizing Black, Indigenous and other peoples of color (BIPOC) • pretending white segregation “just happens” • expecting BIPOC people to teach us about racism • carefulness • and feeling immobilized by shame. DiAngelo explains how spiritual white progressives seeking community by co-opting Indigenous and other groups’ rituals create separation, not connection. She challenges the ideology of individualism and explains why it is OK to generalize about white people, and she demonstrates how white people who experience other oppressions still benefit from systemic racism. Writing candidly about her own missteps and struggles, she models a path forward, encouraging white readers to continually face their complicity and embrace courage, lifelong commitment, and accountability. *Nice Racism* is an essential work for any white person who recognizes the existence of systemic racism and white supremacy and wants to take steps to align their values with their actual practice. BIPOC readers may also find the “insiders” perspective useful for navigating whiteness. Includes a study guide.

In the 16th century, the beginning of African enslavement in the Americas until the ratification of the Thirteenth Amendment and emancipation in 1865, Africans were hunted like animals, captured, sold, tortured, and raped. They experienced the worst kind of physical, emotional, psychological, and spiritual abuse. Given such history, isn't it likely that many of the enslaved were severely traumatized? And did the trauma and the effects of such horrific abuse end with the abolition of slavery? Emancipation was followed by one hundred more years of institutionalized subjugation through the enactment of Black Codes and Jim Crow laws, peonage, convict leasing, domestic terrorism and lynching. Today the violations continue, and when combined with the crimes of the past, they result in yet unmeasured injury. What do repeated traumas, endured generation after generation by a people produce? What impact have these ordeals had on African Americans today? Dr. Joy DeGruy, answers these questions and more. With over thirty years of practical experience as a professional in the mental health field, Dr. DeGruy encourages African Americans to view their attitudes,

assumptions, and behaviors through the lens of history and so gain a greater understanding of how centuries of slavery and oppression have impacted people of African descent in America. Post Traumatic Slave Syndrome helps to lay the necessary foundation to ensure the well-being and sustained health of future generations and provides a rare glimpse into the evolution of society's beliefs, feelings, attitudes and behavior concerning race in America.

Told in two voices, sixteen-year-old Audre and Mabel, both young women of color from different backgrounds, fall in love and figure out how to care for each other as one of them faces a fatal illness.

A Study of ancient African history reveals an early African definition of the human Melanin System as a whole body Black Melanin System that serves as the eye of the soul to produce inner vision, true spiritual consciousness, creative genius, beatific vision, to become Godlike, and to have conversation with the immortals (Ancestors). The purpose of ancient African education was to provide knowledge and development of the will of the student that allowed salvation (freedom) of the soul from the fetters (chains) of the physical body (George G. M. James, *Stolen Legacy*)

Join Melanin Origins as we tell of the Tuskegee Airmen and a few of their accomplishments in flight and in moral character. Author Larry Simmons penned this story for children worldwide in hopes to awaken the conquering, persevering and ambitious nature in every child that reads this book.

'This book rewarded me with dark, dry chuckles on every page' Reni Eddo-Lodge 'Hilarious . . . This original approach to discussing race is funny, intellectual and timely' Independent 'The work of a true mastermind' Benjamin Zephaniah I learned early on that, for me as a black professional, to rise through the ranks and really attain power, I needed to adopt the most ruthless of mindsets possible: the mindset of the White Man who would tear your cheek from your face before he even considered turning his one first.

Race is real because we perceive it. Racism is real because we enact it. But the appeal to science to strengthen racist ideologies is on the rise - and increasingly part of the public discourse on politics, migration, education, sport and intelligence. Stereotypes and myths about race are expressed not just by overt racists, but also by well-intentioned people whose experience and cultural baggage steer them towards views that are not supported by the modern study of human genetics. Even some scientists are uncomfortable expressing opinions deriving from their research where it relates to race. Yet, if understood correctly, science and history can be powerful allies against racism, granting the clearest view of how people actually are, rather than how we judge them to be. *HOW TO ARGUE WITH A RACIST* is a vital manifesto for a twenty-first century understanding of human evolution and variation, and a timely weapon against the misuse of science to justify bigotry.

Asking the question, Are people with dark skin truly different?, these essays consider the history, science, and psychology of melanin. With contributions from such noted writers and scholars as Hunter Adams, Ann Brown, Richard King, and Owen Moore, these writings explore the history of people with surface skin melanin. The genetic influence of melanin on culture and learning is also addressed, with a specific look at the unfair treatment of African American children in schools that has led to poor IQ test scores and disproportionate numbers of African American children in special education classes.

This book is compiled of scientific research on melanin and copper as well as my personal experiences and understanding of them being one and the same. All pigment comes from copper and in that pigment we see the process of life in motion. Melanin is the name of the human pigment, but copper is the source.

African Origin of Biological Psychiatry produces data pertaining to the diagnosis of genetic

predispositions of historical Blackness. World experts in science have always clashed in debating the origin of man however, a Geneticist from the University of California in Berkeley, using gene analysis, recently asserted that, "all modern races derived from an African Woman." As far as biochemist is concerned, the genetic evidence for evolution of modern people is so conclusive that the counter arguments have no validity. For most Americans and African Americans, the study of origins has been approached from a Eurocentric worldview. The effect of this worldview on African Americans has been the development of mental slavery. King's research brings provisions that may challenge the very existence of biological racism that European science established to control behavior. His research is in rhythm with Neely Fuller Jr's views on African American priorities

Albinism in Africa: Historical, Geographic, Medical, Genetic, and Psychosocial Aspects provides the first in-depth reference for understanding and treating patients of human albinism in Africa. Leading international contributors examine the historical, geographic, psychosocial, genetic and molecular considerations of importance in effectively and sensitively managing this genetic disorder. Foundational chapters covering the historical and psychosocial aspects of albinism are supplemented by discussions of the pathobiology of the disease, as well as a thorough analysis of the genetics of skin pigmentation, eye pigmentation, hair pigmentation, and incidents of skin cancer involved in the manifestations of this disorder. New prenatal diagnostics and genetic testing methods, genetic risk assessment for individuals, families, and communities, and novel genetic markers that may be used for developing new therapeutics for treating albinism are also discussed in detail. The book provides care management approaches that may be applied to instances of albinism in other regions, along with guiding principles for treating rare genetic disorders and stigmatized patient populations across the globe. Includes contributions from leading international contributors who examine the historical, geographic, psychosocial, genetic and molecular aspects of importance in sensitively managing albinism in Africa Discusses recent advances in our understanding of the pathobiology of albinism, while also offering a thorough analysis of the genetics of skin pigmentation, eye pigmentation, hair pigmentation, and rates of skin cancer Highlights new prenatal diagnostics and genetic testing methods and approaches to genetic risk assessment for individuals, families and communities

Christians and Christianity have been central to Hip Hop since its inception. This book explores the intersection of Christians and Hip Hop and the multiple outcomes of this intersection. It lays out the ways in which Christians and Hip Hop overlap and diverge. The intersection of Christians and Hip Hop brings together African diasporic cultures, lives, memories and worldviews. Moving beyond the focus on rappers and so-called "Christian Hip Hop," each chapter explores three major themes of the book: identifying Hip Hop, irreconcilable Christianity, and boundaries. There is a self-identified Christian Hip Hop (CHH) community that has received some scholarly attention. At the same time, scholars have analyzed Christianity and Hip Hop without focusing on the self-identified community. This book brings these various conversations together and show, through these three themes, the complexities of the intersection of Christians and Hip Hop. Hip Hop is more than rap music, it is an African diasporic phenomenon. These three themes elucidate the many characteristics of the intersection between Christians and Hip Hop and our reasoning for going beyond "Christian Hip Hop." This collection is a multi-faceted view of how religious belief plays a role in Hip Hoppas' lives and community. It will, therefore, be of great interest to scholars of Religion and Hip Hop,

Hip Hop, African Diasporas, Religion and the Arts, Religion and Race and Black Theology as well as Religious Studies more generally.

The Melanin Effect book offers readers the best work from some of the world's leading researchers, scholars and scientists on melanin. Understanding melanin can offer you an insight to the universal truth that we are all unique and that's what makes us special in every way. Opening up your understanding of melanin to your own optimal diet, mental state, emotional well-being and greater consciousness. Our ancestors spoke about the third eye and the body being a temple for resurrection by light. Modern science and ancient science have never had such a fruitful discussion than this book. It's for the curious, the willing, the thought provoking, the self developer, the self identity proclaimer and the enlightened ones who are known as the "Melanin Effect". Improving education outcomes for Black students begins with resisting racist characterizations of blackness. Chezare A. Warren, a nationally recognized scholar of race and education equity, emphasizes the imperative that possibility drive efforts aimed at transforming education for Black learners. Inspired by the "freedom dreaming" of activists in the Black radical tradition, the book is comprised of nine principles that clarify how centering possibility actively refuses limitations for what Black people can create, accomplish, and achieve. This interdisciplinary volume also features over 30 original images, poems, and lyrics by Black artists from around the United States, each helping to breathe new life into the concept of possibility and its relevance to remaking Black children's experience of school. Warren draws on research in history, cultural studies, and sociology to cast a vision of Black education futures unencumbered by antiblackness and White supremacy. This justice-oriented text will inspire innovative solutions to eliminating harm and generating education alternatives that Black students desire and deserve. Book Features: Describes practical, antideficit approaches to educating Black children, youth, and young adults. Focuses on productively reorienting visions, philosophies, and rationales guiding contemporary Black education transformation work. Includes relatable stories and anecdotes written in a conversational style. Filled with provocative pieces of original art by Black artists, such as paintings, drawings, photographs, mixed media, spoken word, poems, and song lyrics.

In New York in the middle of the twentieth century, comic book companies figured out how to make millions from comics without paying their creators anything. In San Francisco at the start of the twenty-first century, tech companies figured out how to make millions from online abuse without paying its creators anything. In the 1990s, Adeline drew a successful comic book series that ended up making her kind-of famous. In 2013, Adeline aired some unfashionable opinions that made their way onto the Internet. The reaction of the Internet, being a tool for making millions in advertising revenue from online abuse, was predictable. The reaction of the Internet, being part of a culture that hates women, was to send Adeline messages like 'Drp slut ... hope u get gang rape.' Set in a San Francisco hollowed out by tech money, greed and rampant gentrification, I Hate the Internet is a savage indictment of the intolerable bullshit of unregulated capitalism and an uproarious, hilarious but above all furious satire of our Internet Age.

From a star theoretical physicist, a journey into the world of particle physics and the cosmos -- and a call for a more just practice of science. In The Disordered Cosmos, Dr.

Chanda Prescod-Weinstein shares her love for physics, from the Standard Model of Particle Physics and what lies beyond it, to the physics of melanin in skin, to the latest theories of dark matter -- all with a new spin informed by history, politics, and the wisdom of Star Trek. One of the leading physicists of her generation, Dr. Chanda Prescod-Weinstein is also one of fewer than one hundred Black American women to earn a PhD from a department of physics. Her vision of the cosmos is vibrant, buoyantly non-traditional, and grounded in Black feminist traditions. Prescod-Weinstein urges us to recognize how science, like most fields, is rife with racism, sexism, and other dehumanizing systems. She lays out a bold new approach to science and society that begins with the belief that we all have a fundamental right to know and love the night sky. *The Disordered Cosmos* dreams into existence a world that allows everyone to tap into humanity's wealth of knowledge about the wonders of the universe.

1. EGYPTIAN YOGA: THE PHILOSOPHY OF ENLIGHTENMENT An original, fully illustrated work, including hieroglyphs, detailing the meaning of the Egyptian mysteries, tantric yoga, psycho-spiritual and physical exercises. Egyptian Yoga is a guide to the practice of the highest spiritual philosophy which leads to absolute freedom from human misery and to immortality. It is well known by scholars that Egyptian philosophy is the basis of Western and Middle Eastern religious philosophies such as Christianity, Islam, Judaism, the Kabala, and Greek philosophy, but what about Indian philosophy, Yoga and Taoism? What were the original teachings? How can they be practiced today? What is the source of pain and suffering in the world and what is the solution? Discover the deepest mysteries of the mind and universe within and outside of your self. ISBN: 1-884564-01-1

SHORTLISTED FOR THE JAMES TAIT BLACK PRIZE | THE JHALAK PRIZE | THE BREAD AND ROSES AWARD & LONGLISTED FOR THE ORWELL PRIZE FOR POLITICAL WRITING 'This is the book I've been waiting for - for years. It's personal, historical, political, and it speaks to where we are now' Benjamin Zephaniah 'I recommend *Natives* to everyone' Candice Carty-Williams From the first time he was stopped and searched as a child, to the day he realised his mum was white, to his first encounters with racist teachers - race and class have shaped Akala's life and outlook. In this unique book he takes his own experiences and widens them out to look at the social, historical and political factors that have left us where we are today. Covering everything from the police, education and identity to politics, sexual objectification and the far right, *Natives* speaks directly to British denial and squeamishness when it comes to confronting issues of race and class that are at the heart of the legacy of Britain's racialised empire. *Natives* is the searing modern polemic and Sunday Times bestseller from the BAFTA and MOBO award-winning musician and political commentator, Akala. 'The kind of disruptive, aggressive intellect that a new generation is closely watching' Afua Hirsch, Observer 'Part biography, part polemic, this powerful, wide-ranging study picks apart the British myth of meritocracy' David Olusoga, Guardian 'Inspiring' Madani Younis, Guardian 'Lucid, wide-ranging' John Kerrigan, TLS 'A potent combination of autobiography and political history which holds up a mirror to contemporary Britain' Independent 'Trenchant and highly persuasive' Metro 'A history lesson of the kind you should get in school but don't' Stylist

Her story begins on a train. The year is 1956, and the Axis powers of the Third Reich and Imperial Japan rule. To commemorate their Great Victory, they host the Axis Tour:

an annual motorcycle race across their conjoined continents. The prize? An audience with the highly reclusive Adolf Hitler at the Victor's ball in Tokyo. Yael, a former death camp prisoner, has witnessed too much suffering, and the five wolves tattooed on her arm are a constant reminder of the loved ones she lost. The resistance has given Yael one goal: Win the race and kill Hitler. A survivor of painful human experimentation, Yael has the power to skinshift and must complete her mission by impersonating last year's only female racer, Adele Wolfe. This deception becomes more difficult when Felix, Adele's twin brother, and Luka, her former love interest, enter the race and watch Yael's every move. But as Yael grows closer to the other competitors, can she be as ruthless as she needs to be to avoid discovery and stay true to her mission? From the author of *The Walled City* comes a fast-paced and innovative novel that will leave you breathless. A white writer recounts his experiences in the American South following treatments that darkened his skin and shares his thoughts on the problems of prejudice and racial injustice.

Val Garland, the fashion industry's leading makeup artist and the current L'Oréal Paris Global Makeup Director, explores her career highlights and the inspiration behind her most memorable work. She talks for the first time about working with cultural icons including Kate Moss, Edward Enninfu, Nick Knight, Vivienne Westwood, John Galliano, and more. Structured around key themes from Val's work, from raw to color chaos, sexy to savage, the book is packed with campaign and catwalk photography, magazine covers, and backstage pictures as well as anecdotes and quotes from leading industry figures. *Validated* is a must-have for fashion lovers, industry professionals, makeup artists, and followers of Val Garland.

One of Waterstones Best Books to Look Forward to in 2021 The Bookseller's Book of the Month A Guardian 2021 Literary Highlight "I knew in every bone of my body, in every fibre of my being, that I had to report what had happened, not only for myself but to help stop anyone else having to go through what I did. I knew I could not remain silent, or still, I could not stop walking through the world." A journey of reclamation through the natural landscapes of the North, brilliantly exploring identity, nature, place and belonging. Beautifully written and truly inspiring, *I Belong Here* heralds a powerful and refreshing new voice in nature writing. Anita Sethi was on a journey through Northern England when she became the victim of a race-hate crime. The crime was a vicious attack on her right to exist in a place on account of her race. After the event Anita experienced panic attacks and anxiety. A crushing sense of claustrophobia made her long for wide open spaces, to breathe deeply in the great outdoors. She was intent on not letting her experience stop her travelling freely and without fear. The Pennines - known as 'the backbone of Britain' runs through the north and also strongly connects north with south, east with west - it's a place of borderlands and limestone, of rivers and 'scars', of fells and forces. The Pennines called to Anita with a magnetic force; although a racist had told her to leave, she felt drawn to further explore the area she regards as her home, to immerse herself deeply in place. Anita's journey through the natural landscapes of the North is one of reclamation, a way of saying that this is her land too and she belongs in the UK as a brown woman, as much as a white man does. Her journey transforms what began as an ugly experience of hate into one offering hope and finding beauty after brutality. Anita transforms her personal experience into one of universal resonance, offering a call to action, to keep walking onwards. Every footstep

taken is an act of persistence. Every word written against the rising tide of hate speech, such as this book, is an act of resistance.

Combining trenchant philosophy with lyrical memoir, *Afropessimism* is an unparalleled account of Blackness. Why does race seem to color almost every feature of our moral and political universe? Why does a perpetual cycle of slavery—in all its political, intellectual, and cultural forms—continue to define the Black experience? And why is anti-Black violence such a predominant feature not only in the United States but around the world? These are just some of the compelling questions that animate *Afropessimism*, Frank B. Wilderson III's seminal work on the philosophy of Blackness. Combining precise philosophy with a torrent of memories, Wilderson presents the tenets of an increasingly prominent intellectual movement that sees Blackness through the lens of perpetual slavery. Drawing on works of philosophy, literature, film, and critical theory, he shows that the social construct of slavery, as seen through pervasive anti-Black subjugation and violence, is hardly a relic of the past but the very engine that powers our civilization, and that without this master-slave dynamic, the calculus bolstering world civilization would collapse. Unlike any other disenfranchised group, Wilderson argues, Blacks alone will remain essentially slaves in the larger Human world, where they can never be truly regarded as Human beings, where, "at every scale of abstraction, violence saturates Black life." And while *Afropessimism* delivers a formidable philosophical account of being Black, it is also interwoven with dramatic set pieces, autobiographical stories that juxtapose Wilderson's seemingly idyllic upbringing in mid-century Minneapolis with the abject racism he later encounters—whether in late 1960s Berkeley or in apartheid South Africa, where he joins forces with the African National Congress. *Afropessimism* provides no restorative solution to the hatred that abounds; rather, Wilderson believes that acknowledging these historical and social conditions will result in personal enlightenment about the reality of our inherently racialized existence. Radical in conception, remarkably poignant, and with soaring flights of lyrical prose, *Afropessimism* reverberates with wisdom and painful clarity in the fractured world we inhabit. It positions Wilderson as a paradigmatic thinker and as a twenty-first-century inheritor of many of the African American literary traditions established in centuries past.

Based on the research that race, gender, consent, and body positivity should be discussed with toddlers on up, this read-aloud board book series offers adults the opportunity to begin important conversations with young children in an informed, safe, and supported way. Developed by experts in the fields of early childhood and activism against injustice, this topic-driven board book offers clear, concrete language and beautiful imagery that young children can grasp and adults can leverage for further discussion. While young children are avid observers and questioners of their world, adults often shut down or postpone conversations on complicated topics because it's hard to know where to begin. Research shows that talking about issues like race and gender from the age of two not only helps children understand what they see, but also increases self-awareness, self-esteem, and allows them to recognize and confront things that are unfair, like discrimination and prejudice. This first book in the series begins the conversation on race, with a supportive approach that considers both the child and the adult. Stunning art accompanies the simple and interactive text, and the backmatter offers additional resources and ideas for extending this discussion.

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Parkinson's disease is a neurological disorder with cardinal motor signs of resting tremor, bradykinesia and lead-pipe rigidity. In addition, many patients display non-motor symptoms, including a diminished sensation of smell, gastrointestinal problems, various disorders of sleep and some cognitive impairment. These clinical features - particularly the motor signs - manifest after a progressive death of many dopaminergic neurones in the brain. Although currently available, conventional therapies can reduce the signs of the disease, the progression of this neuronal death has proved difficult to slow or stop, and the condition is relentlessly progressive. Hence, there is a real need to develop a treatment that is neuroprotective, one that slows the pathology of the disease effectively. At present, there are several neuroprotective therapies in the experimental pipeline, but these are for the patients of tomorrow. This book focuses on two therapies that are readily available for the patients of today. They involve the use of exercise and light (i.e. photobiomodulation, the use of red to infrared light therapy ($\lambda=600-1070\text{nm}$) on body tissues). The two therapies are tied together in several ways. First, in animal models of Parkinson's disease, they each have been shown to offer the key feature of neuroprotection, stimulating a series of built-in protective mechanisms within the neurones, that helps their survival, to self-protect and/or self-repair. There are also some promising indications of neuroprotection and many beneficial outcomes in parkinsonian patients. Further, both exercise and light therapies are similar in that they are non-invasive and safe to use, with no known adverse side-effects, making their combination with the conventional therapies, such as dopamine replacement drug therapy and deep brain stimulation, all the more feasible. Given the heterogeneity of Parkinson's disease in humans, tackling the condition from a range of different angles - with a number of different therapies - would only serve to enhance the positive outcomes. This book considers the use of exercise and light therapies, proposing that they have the potential to make a powerful "dynamic duo", offering a most effective neuroprotective treatment option to patients.

LOS ANGELES TIMES BOOK PRIZE FINALIST • NAACP IMAGE AWARD NOMINEE

- A "powerful and devastating" (The Washington Post) call to free those buried alive by America's legal system, and an inspiring true story about unwavering belief in humanity—from a gifted young lawyer and important new voice in the movement to transform the system. "An essential book for our time . . . Brittany K. Barnett is a star."—Van Jones, CEO of REFORM Alliance, CNN Host, and New York Times bestselling author

Brittany K. Barnett was only a law student when she came across the case that would change her life forever—that of Sharanda Jones, single mother, business owner, and, like Brittany, Black daughter of the rural South. A victim of America's devastating war on drugs, Sharanda had been torn away from her young daughter and was serving a life sentence without parole—for a first-time drug offense. In Sharanda, Brittany saw haunting echoes of her own life, as the daughter of a formerly incarcerated mother. As she studied this case, a system came into focus in which widespread racial injustice forms the core of America's addiction to incarceration. Moved by Sharanda's plight, Brittany set to work to gain her freedom. This had never been the plan. Bright and ambitious, Brittany was a successful accountant on her way to a high-powered future in corporate law. But Sharanda's case opened the door to a harrowing journey through the criminal justice system. By day she moved billion-dollar

deals, and by night she worked pro bono to free clients in near hopeless legal battles. Ultimately, her path transformed her understanding of injustice in the courts, of genius languishing behind bars, and the very definition of freedom itself. Brittany's riveting memoir is at once a coming-of-age story and a powerful evocation of what it takes to bring hope and justice to a system built to resist them both. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY KIRKUS REVIEWS

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