

Guided Reading and Discussion Questions for *My Grandmother's Hands*

1. What does the title of the book mean? How is it a jumping off point for the author?
2. The author writes, "Race is a myth—something made up in the seventeenth century that has been carried forward . . . into the present." (p. 67) When and why was this myth created?
3. Why does the author differentiate between white supremacy and white body supremacy? What are its implications?
4. What is the difference between clean pain and dirty pain? How does the author revisit these concepts (directly and indirectly) throughout the book?
5. What is the vagus or "soul" nerve? How does it contribute to white body supremacy? How can it be used to heal from it?
6. Emotional and historical trauma can be felt physically and can be transmitted generationally. How does that idea impact your understanding of yourself? Your family? Your community?
7. The book involves both reading and somatic body practices throughout. Did you try the somatic practices as you were reading? How did they affect your reading and thinking about the book?