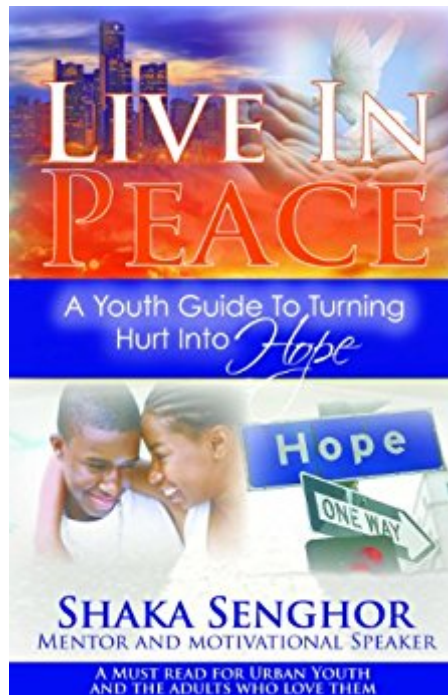




The book was found

Live In Peace: A Youth Guide To Turning Hurt Into Hope



Synopsis

Live In Peace: A Youth Guide to Turning Hurt into Hope was born out of mentor and motivational speaker Shaka Senghor's experience as a mentor and big homie to many misguided and angry youth who, like him, had been victims and perpetrators of gun violence but had not adequately dealt with the trauma of their experiences. It was through journaling that he discovered he had a lot of emotional trauma that he had failed to process in a healthy way. "When I realized what I was experiencing, I had an 'aha' moment and recognized that there were other young men and women in our community going through the same thing, and ultimately, this unprocessed emotional trauma was at the root of the violence we see... It was after seeing the power of writing on my own transformation that I decided to use literature as a tool of change and help other youth transform their lives."

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