



# Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit

*Parker J. Palmer*

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\* **NEWS FLASH** \* *Healing the Heart of Democracy* called "**one of the most important books of the early 21st Century**" for those who care about democracy. (*Democracy & Education*)

\* **NEWS FLASH** \* *Healing the Heart of Democracy* named one of the "**Best Books of 2011**" on contemplation and social activism. (*Spirituality & Practice*)

\* **NEWS FLASH** \* Parker J. Palmer named one of "**25 Visionaries Who Are Changing Your World**" -- people who "don't just think out loud but who walk their talk on a daily basis." (*The Utne Reader*)

~ **HOPE FOR AMERICAN DEMOCRACY IN AN ERA OF DEEP DIVISIONS** ~ In *Healing the Heart of Democracy*, Parker J. Palmer quickens our instinct to seek the common good and gives us the tools to do it. This timely, courageous and practical work -- intensely personal as well as political -- is not about *them*, "those people" in Washington D.C., or in our state capitals, on whom we blame our political problems. It's about *us*, "We the People," and what we can do in everyday settings like families, neighborhoods, classrooms, congregations and workplaces to resist divide-and-conquer politics and restore a government "of the people, by the people, for the people."

In the same compelling, inspiring prose that has made him a bestselling author, Palmer explores **five "habits of the heart"** that can help us restore democracy's foundations as we nurture them in ourselves and each other: (1) An understanding that we are all in this together. (2) An appreciation of the value of "otherness." (3) An ability to hold tensions in life-giving ways. (4) A sense of personal voice and agency. (5) A capacity to create community. *Healing the Heart of Democracy* is an eloquent and empowering call for "We the People" to reclaim *our* democracy. *Publishers Weekly*, in a \*Starred Review\*, said "**This beautifully written book deserves a wide audience that will benefit from discussing it.**"

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