

# The Change Paradox Field Manual

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*An Open-Source Protocol for Building  
Transformative Power in Traumatized Communities*

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A 7-step protocol combining nervous system regulation,  
integral theory, and on-the-ground organizing tactics.

***For movements that actually win.***

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[github.com/BjornKennethHolmstrom/change-paradox-field-manual](https://github.com/BjornKennethHolmstrom/change-paradox-field-manual)