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History 213

**Précis**

Reading *My Soul is Rested* by Howell Raines really gave color to both the author who interviewed various people to get a full coverage of the civil rights movement as well a the era in which it took place. Howell Raines was born in Birmingham Alabama February 5, 1943; a Caucasian male that got to witness much of the activity growing up. Mr. Raines was a journalist and also attended Birmingham Southern College in 1964, a time that was full of movement especially in the south where there was more vivid segregation and more protest given at the given time. Mr. Raines explains watching such gathering, a movement of people really captivating. A period where people truly desired changed, also a period where many thoughts began to challenge the way of living. He describes, the feeling of integration now being a remarkable success, and decides to connect with people of different background that were involve in some shape or form during the civil rights Movements. He also begins to focus on the success and the build up of non-violent activism, where he portrays them as being necessary and effective method of rebellion.

At the beginning of the book Howell Raines interviews many influential activist that made the Civil Rights movement a dream come true. In addition the practice of protesting in a non-violent, a new method that had came from India. Mahatma Gandhi was an inspiration for such change. Even though he had passed away, he was a beacon for a better tomorrow. Many people took his ideas and practice various methods of protesting that Mahatma Gandhi had done. The book continues explaining various perspectives of people desiring a change. People became more enlighten over the situation and began to question and challenge the way of living. A segregated community full of hate and racism was being re evaluated by the black community and began challenging the Caucasian community. Another distinction that came across was the determination of the younger generation. The older generation would have liked a change, but did not have that full desire that the younger generation withheld. The older generation saw it as an achievement of not working in the fields like their ancestors, while the younger generation, could not fully comprehend their rights in America, when they were clearly stated and clearly were citizens of the country.

Referencing back to the Howell Raines I believe it was needed to interview various people, because it was a time when no one had the right answers but everyone had a little to contribute, even if it meant just showing up for showing support. It was a movement that needed to take place; all the signs for change were there, however, with no one had prior experience it was hard being leader of such movement. However one thing did held true, a lot of sacrifice and deaths were needed in order to see a change. I believe this book is very inspiring for fighting for a change, however it also, challenges your determination and will. The battle of equal rights is not in way easy. It is a vision that has a price, but with determination and desire it can be obtainable. I believe the author did phenomenal job grabbing different resources with different background, whether it was economical, or gender. It truly gave a sense of the time period from different angles. I believe that a little more information of neighboring countries would have been a nice view to see their perspective but all in all a great interview and written book.