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2017 Nautilus Award Gold Winner Feel like you dont belong? Youre not alone. The world has never been more connected, yet people are lonelier than ever. Whether we feel unworthy, alienated, or anxious about our place in the world the absence of belonging is the great silent wound of our times. Most people think of belonging as a mythical place, and they spend a lifetime searching for it in vain. But what if belonging isnt a place at all? What if its a skill that has been lost or forgotten? With her signature depth and eloquence, Toko-pa maps a path to Belonging from the inside out. Drawing on myth, stories and dreams, she takes us into the origins of our estrangement, reframing exile as a necessary initiation into authenticity. Then she shares the competencies of belonging: a set of ancestral practices to heal our wounds and restore true belonging to our lives and to the world.

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