

Category/Stereotype	Suggested Book Description	10:00	11:00	12:00
Addiction and Dyslexia	For most of her life, she was never able to feel like she belonged to the human race. She was told she was un-intelligent because of a severe case of dyslexia. When she found drugs as a kid, she finally felt like she belonged. Her life spiraled for many years, leaving her with PTSD and low self worth. She is now in recovery, and has found a sense of purpose and community.	Room 23	Room 1	Room 12
Black Man Cocaine Addict	New Yorker born and bred, got caught up in the rat race and vicious cycle of cocaine addiction. Moved to Arizona and vowed to put all that behind him. Kicked cocaine and pursued his creative talents as a chef in restaurants in Phoenix, and Sedona. Four years ago, he started his own salad/sandwich delivery business in Cottonwood. Has this new life been easy? Hardly. There has been heartache and loss in his life, but, now he is living the American Dream as a Proud Black Man.	Room 22	Room 26	Room 4
Black Woman in health crisis	If you knew you would be treated differently would you have gone to that hospital or clinic for treatment? Because prejudice comes in all forms, how do we understand and deal with this matter? This is her story of her fight to survive not only breast cancer, but the inherent racial and misogynistic behavior that exists in our medical system.	Room 21	Room 25	Room 3
Child Welfare Mother	She was a teenage mom who dropped out, was shunned for smoking pot, picked on because of her gay father, grew up in a hoarder's house, was on welfare, was treated poorly in middle and high school for being "weird" and a "herd". Her mother's mental health issues required that she become her sister's "mom" at 7. She is now a mother of four, designer for her father's artwork collection books and producer of his documentary.	Room 20	Room 24	Room 2
Crazy Cat Lady	How many pets are too many? With 2 dogs and 6 cats, she has many entertaining and enlightening stories to tell. Four-Leggeds have much to teach us about living in harmony.	Room 19	Room 23	Room 1
Divorcee	Once divorced, she was not invited to events with couples and was suspected she may steal other women's husbands. Once single, men assume they can prowl her. Her husband expected that she would buy out his share of the proposed equity in her home, that she helped to build and design. She enjoys being single and is clear there is nothing wrong with that!	Room 18	Room 8	Room 21

Gay and Christian	Having been born into a family of ministers, he was always encouraged to be a 'Good Christian'. He married, had a family, then realized that this was not the life he was meant to lead. He came out as a gay man to his family and church. He was shunned and shamed. It took many years to discover his true self - a loving being sent by Spirit to proclaim Love and Self-Worth to others. His faith, which he had always felt on a very deep and personal level, has been renewed, invigorated and forever changed.	Room 17	Room 7	Room 20
Gay Obese Adoptee	She moved from a child who was illegally adopted, lied to all her life, judged and abused by her mother, to becoming an empowered, independent woman who knows, loves and accepts herself, as her two mothers could not.	Room 16	Room 6	Room 19
German	After arriving in the US in 1963, she quickly learned about the TV show 'Hogan's Heroes'. The stereotyping of Germans was extremely painful and exacerbated by people greeting her with stretched out arm salutes and 'Heil Hitler'. Today's political atmosphere has triggered old memories and she has learned to be brave and speak her truth aloud, so history doesn't repeat itself.	Room 15	Room 5	Room 18
Heroine Addiction	She has been faced with addressing the shame she carries, as well as the collective shame (stigma) that is associated with addiction. She walked the long path from heroin addiction to freedom.	Room 24	Room 3	Room 13
Indigenous Medicine Woman	For this Anishinaabe woman, arts deeply rooted her to her culture, with not much cultural support for this knowledge keeper. Being used to hearing things like "Why are you playing and singing at the community drum? Drums are for men only". She has overcome negative challenges stifling her progress, standing tall, sharing her wisdom through drumming, healing, singing, dancing, teaching, and film-making proving that "Speaking is a Sacred ACT.." and includes women.	Room 14	Room 22	Room 17
Millennial Gypsy	Society calls her homeless, conspiracy theorist, naive and crazy. Matriarch of a family of 5, digitally manages global teams of professionals, home schools and an entrepreneur, all while traveling the Southwest in a 31ft RV. She is free from the rat race, rules and labels. Experience a new vision of freedom with the Nomadic Millennial Gypsy.	Room 9	Room 17	Room 23

Multiple Personalities	One woman's journey of discovering and accepting all the personalities within her as she faces the traumas that caused her to break into multiple personalities. She shares the healing that has occurred. Even though she remains multiple there is harmony in her family within.	Room 13	Room 21	Room 16
Native American	As a young child it was hard to understand why the Navajo children would call him names, pick fights and laugh at him. More confusing was why the Hopi children would do the same. Isn't the color of our skin the same? Then, BAM!, 9th grade came along and kicked me in the face! What a Rude awakening that first day of school was!	Room 12	Room 20	Room 26
Navajo Jew	As a Diné (Navajo) and Ashkenazi (Jewish) man, age 42, is fortunate to have grown up in the rich traditions of Diné K'eejígo - The Navajo traditional way of life. Yet born into the heart of a land dispute that has awakened a life's work of activism through music, dance and art.	Room 11	Room 19	Room 25
Near death experience	She grew up Roman Catholic and became an atheist for 16 years. After acquiring a rare autoimmune disease called TTP-HUS she had kidney failure and spent 5 days in Heaven. Isolated in her illness, she was ridiculed and silenced in her "near-death" experience. Just when she thought she had figured everything out and gotten a great rhythm in life...it all changed. Her experience forever changing her life and beliefs.	Room 10	Room 18	Room 24
Older Gay Man	At 77 years old, he may be seen as out of the race and past his prime. Hiding being gay, he only recently came out and has grown as a "Total Human Being", not simply a gay stereotype. He is active, creative and fascinating with a world of inspiration at his fingertips living with excitement of fulfilling his Unique Greatness!	Room 8	Room 16	Room 22
Physically Disabled	Paralyzed from the waist down at 17, thirty years later she lives to tell the tales of world travels, a successful business woman, community contributor, and all round optimism and zest for life while overcoming challenge of societal, geographical and architectural barriers.	Room 7	Room 15	Room 11
Psychic/Empath	Her journey is discovering the power and joy of being a Born Empath after a life of abuse and then learning to heal and help others. Spiritual awareness and psychic expansion has been long in coming in our society. While there is still a lot of prejudice, Humanity Is Waking Up, discovering their true innate Psychic abilities to self heal, creating a Peaceful World for all.	Room 6	Room 14	Room 10

Spiritual Outcast	At age 28 she left her high paying career in the film industry to pursue a spiritual & artistic life as a Sound Healer/Manifesting Artist. Embarking on a spiritual pilgrimage to Australia & Thailand, she realized life was more enjoyable with less baggage - literally and figuratively. Her family had an intervention & scolded her for wandering, not knowing every move she made had a purpose. Being estranged from her family brought her to a pivotal moment of full surrender, forgiveness and great healing.	Room 5	Room 13	Room 6
Talks With Animals	People think she's weird because she has two-way conversations with animals. In a radio interview she responded seriously to his questions about talking with animals, he then played clips of animal sounds engaging the audience in laughter. What a mortifying experience. She has helped thousands of clients & students from around the world, in profound ways, yet some of her family still won't talk with her about her work.	Room 4	Room 12	Room 9
Transman	A transgender man who spent the first 25 years of life as a woman, transitioned to a man. First transgender man in Arizona to win custody of his child. 8 years homeless - today has two Master's degrees from Harvard Business School. First part of life was spent finding Herself, now He finds himself feeling like a liar wearing a face of the "oppressor". He wants to change stereotypes and expectations while holding true to his inner spirit - a loving human.	Room 3	Room 11	Room 8
Unhealable Trauma Brain	Her formative years were filled with abandonment, neglect, physical, sexual & emotional abuse. When she was 15 years old, she was abducted by a convicted killer, who brutally raped then attempted to kill her. According to some, she would never heal. She spent years trying to escape her past and was liberated when she embraced and faced it.	Room 26	Room 2	Room 15
Wealthy and Abused	She grew up with a Trust Fund, was beaten mercilessly as a child, robbed as an adult, held hostage, strangled, cheated on and lied to. While surviving and thriving as an Artist in a Man's World, creating beauty through monumental sculptures and massive glass murals internationally, she has found the Woman she is meant to be.	Room 2	Room 10	Room 7

White Male Cop	The prejudice toward a man or woman in a police uniform has increased dramatically over the last few months, but it has been there all along. Through listening to the personal challenges every police officer faces in their training, line of duty and their lives, you may dissolve your negative biases as you listen to our Sedona Police Chief. Bring an intention to heal the divide rather than amplify the prejudice.	Room 1	Room 9	Room 5
Woman Rancher	As a woman rancher, she has been considered ignorant, out of place, and when calling male ranchers for business, the wives are concerned. She brands calves, moves cattle, builds fences and trails, drives heavy equipment, and when doing so is called sir and a redneck. Overcoming the gender bias, she is a successful fourth generation rancher.	Room 25	Room 4	Room 14