



## My Life After Hate

By Arno Michaels

Life After Hate. Paperback. Condition: New. 222 pages. Dimensions: 8.0in. x 5.3in. x 1.0in. A former racist skinhead examines aspects of his past: Where did the hate begin? How did a teenaged alcoholic become a central figure in the white power movement of the late 80s and early 90s? What happened to bring about his drastic change of mind and heart? With a collection of reflective essays, disturbing flashbacks, and an interview, *My Life After Hate* scrubs scabs off the festering wound of racism, then soothes with the essential wisdom of forgiveness and compassion. . . . a reckoning between who a person was and who a person can be. The drastic changes of Arno's perspective and the effects thereof clearly demonstrate that how we experience reality is up to us that we can always choose compassion over aggression. Bashir Malik, Artist, Milwaukee Community Elder *My Life After Hate* is the new standard of brutally honest. It is sure to invoke strong reactions and personal moral inventories. The recounting of past hate oozes ugliness, but it is a necessary evil if others are to understand the true meaning of the word change. Sammy Rangel, Mental health and AODA therapist, former gang leader...



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