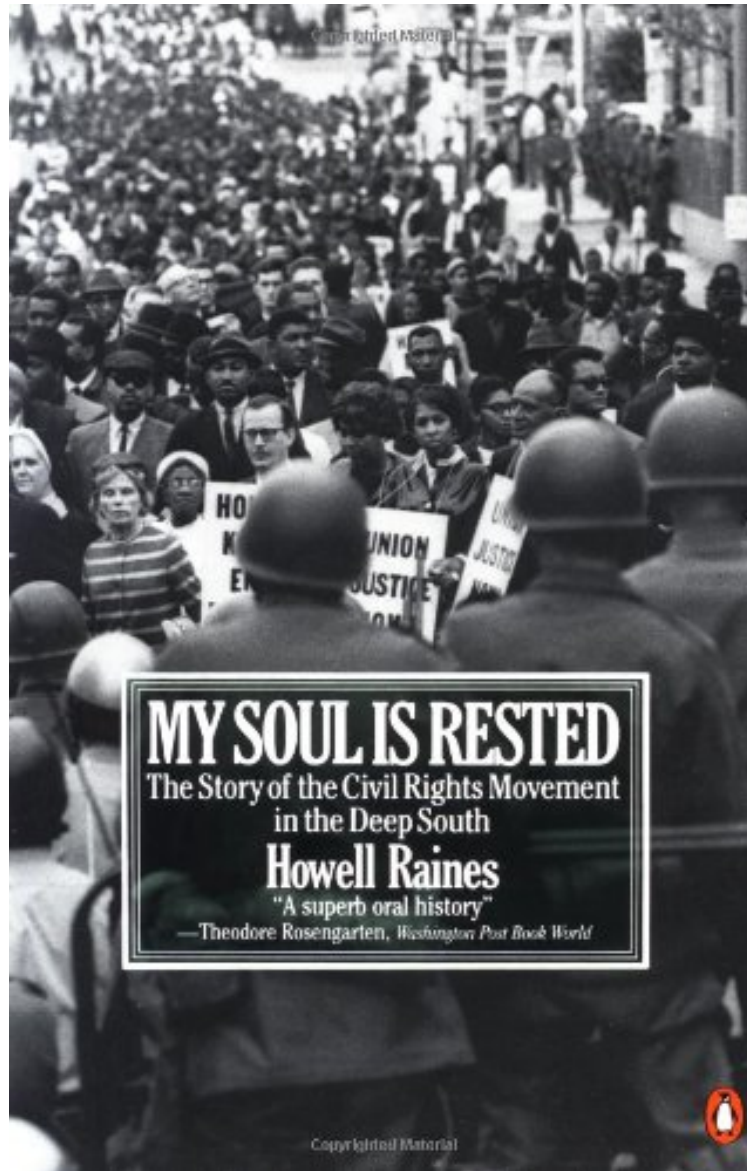


(Download) My Soul Is Rested: Movement Days in the Deep South Remembered

# My Soul Is Rested: Movement Days in the Deep South Remembered

*Howell Raines*

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**Howell Raines : My Soul Is Rested: Movement Days in the Deep South Remembered** before purchasing it in order to gauge whether or not it would be worth my time, and all praised My Soul Is Rested: Movement Days in the Deep South Remembered:

The almost unfathomable courage and the undying faith that propelled the Civil Rights Movement are brilliantly captured in these moving personal recollections. Here are the voices of leaders and followers, of ordinary people who became extraordinary in the face of turmoil and violence. From the Montgomery Bus Boycott in 1956 to the death of Martin Luther King, Jr., in 1968, these are the people who fought the epic battle: Rosa Parks, Andrew Young, Ralph Abernathy, Hosea Williams, Fannie Lou Hamer, and others, both black and white, who participated in sit-ins, Freedom Rides, voter drives, and campaigns for school and university integration. Here, too, are voices from the "Down-Home Resistance" that supported George Wallace, Bull Connor, and the "traditions" of the Old South voices that conjure up the frightening terrain on which the battle was fought. *My Soul is Rested* is a powerful document of social and political history, as well as a magnificent tribute to those who made history happen.