



THEORY + PRACTICE = PRAXIS

A NEWSLETTER BY LUTZE SEGU A.K.A. THE SOCIAL JUSTICE DOULA
[THESOCIALJUSTICEDOULA.COM](https://thesocialjusticedoula.com)

NEWSLETTER ISSUE 39

July 2024



I recognize and honor that this newsletter was written and assembled on the ancestral and traditional lands of the Tequesta People and the occupied lands of the Seminole and Miccosukee Tribes of Indians.

These lands are known as Miami.

Let us never forget that The United States is stolen land built by stolen and enslaved Africans.



A NOTE FROM LUTZE

Revision is the most apt title for this current chapter of my life. I have been intimately engrossed in the meticulous and messy practice of revision. Revision is happening in my personal, professional, academic, and sociopolitical life. I am squarely in the middle of revising my dissertation. I am attempting to balance demonstrating that I am a rigorous and exciting thinker who knows her shit and who is also a skillful writer while not becoming obsessed with perfectionism, all while embracing the theology of good enough because I am tired and so ready to be Dr. Segú already. I am revising my relationship to being a small business owner whose business is her activist practice while endeavoring to steward a financially healthy business and survive racial capitalism as I keep my head on a swivel within this consult hunger game.

I am revising my thoughts and articulating my desires and relationship to possibility. I am revising my relationship to my body and fitness, which is not built upon anti-fatness and anti-Blackness. I am revising my relationship to conflict and the slippery slope and space within adult relationships between women and holding the distinctions between estrangement, ghosting, and simply letting go. I am learning that I can live with being seen as the villain, aloof, a bitch, a raggedy comrade, or even an odd duck to those who insist on being autocrats in their friendships with others. I am revising my relationship to this very sloppy group project that is The United States, a settler colonial nation-state built on Indigenous dispossession, chattel slavery, and gender-based

violence. I am making peace again with the idea that I will never tire of organizing my thinking, efforts, behaviors, political calculations, and love toward social justice and liberation on these lands and keep pushing this nation-state to live up to its lofty aspirational ideas of itself and never forgetting that I am a global citizen whose fate is linked to the earth and all those laboring for freedom from colonialism imperialism and their right to self-determination.

The soundtrack and syllabus of this chapter of my life are being brought to you by an old podcast episode from The Ezra Klein show I have been revisiting lately. It's between [Dr. Tressie McMillan Cottom, who was filling in for Ezra while he was on paternity leave, and she chose to interview Kiese Layamon; the show is all about revision and the craft of writing between two Black southern geniuses and its evergreen af.](#)

Democracy vs. Everybody

For the past seven months, I have been largely absent in some ways (this newsletter space) while being overwhelmingly present in other ways (Instagram stories). I have been trying to understand the new rules and norms that were rapidly being built around us and coming into focus on social media across different platforms after Oct 7th. While being active and present on IG stories, attempting to seek refuge within its temporal structure. While simultaneously absent on the main feed, I remained chronically online. In this user mode, I started to notice a social phenomenon that I am now describing as democracy fatigue, fomenting and sweeping through the online world, which was also taking hold IRL. As I write the first draft of these thoughts, tonight is the first presidential debate. This is the first time in our short history as a nation-state that a presidential debate is happening between two men with presidential records that can be cited and indicted. The world has changed drastically since 2020, but the presidential choices do not reflect the passage of time. Democracy fatigue can be heard in the public proclamation, "There is no point in voting," usually followed by some variation that there is no lesser of two evils. I respect this nuance point and the principles that undergird it. As a Black person who is first generation and who is familiar with this nation's history, including Black and Indigenous history, I have never conflated what the responsibility and role of the nation-state is both here and abroad and what is the role and responsibility of liberatory social movements. I look for revolution in revolutionary places, which will never be at 1600 Pennsylvania Avenue. Democracy fatigue among those who vote majority with the Democratic Party often manifests in opting out.

In contrast, democracy fatigue for the far Right looks like crafting an over 800-page manifesto called "Project 2025" (I dare NOT link to it) that describes in stunning detail the collective fascistic imagination of the far Right who wants to further partition, undermine, and abolish our already beleaguered and emaciated small portion of democracy we do have through minority rule. People on the Left say they are tired of hearing that "democracy is on the ballot." I have great compassion for those who hold this sentiment, and I want to affirm that although this phrase sounds hyperbolic or even alarmist, and as frustrating as that line is, it is also not a lie. The United States is a former genocidal slave-holding nation-state pluralistic democracy that honors race, gender, class, ethnicity, religion, and the host of differences that reside between a heterogeneous group of people is not a thing we do well or consistently. Our factory's default setting as a nation is white supremacy. Multiracial pluralistic egalitarian democracy takes much work, strategy, and engaging with hope as a discipline. It takes a great deal of patience and acceptance that multiracial pluralistic egalitarian democracy is an ongoing, unfinished, contested project that requires those of us who believe in social justice and liberation to never fall into a deep slumber or allow ourselves not to take whatever wins and progresses we attain in the area of rights, civil liberties, and public goods as proof there is nothing left, to protect, to enshrine, or expand.

The Remix

The newsletter has undergone significant revision and remix. We are in our renaissance era. When I first conceived of the newsletter, it was always in my mind a magazine; from now on, you can flip through it like a magazine. The newsletter is back! The six-month hiatus is over. I hope you enjoy this fresh new approach. I am still renovating the place. As a creative intellectual whose primary medium is writing, I am honored and grateful that you read my work and engage what I put out. I am incredibly thankful to those of you who often take the extra step to either email, text, or message me on social media when something you came across in the newsletter profoundly resonates with you. Enjoy issue #39 and see you in September.

Please also enjoy this summer Spotify playlist that I made. You can find it [here](#).

In struggle/community/love,

*Swize aka The Social
Justice Dancer*

BLACK JOY



What is currently bringing me joy or delight during the apocalypse?

Kendrick Lamar Duckworth, aka K. Dot, aka King Kunta, aka oKlma, aka Kung-Fu Kenny, aka your favorite Canadian rapper Grim Reaper- I have been thoroughly enjoying this rap beef between Kendrick and The Canadian and have loved the discourse it has inspired on and offline. As a geriatric millennial who lived through Pac and Biggie, Nas and Jay, and Kanye saying what he said about the second George Bush after Hurricane Katrina on national TV, I thought I had seen the pinnacle of rap beef. Then here comes Kendrick, who appears to have overnight written a whole new playbook on how to

masterfully and lyrically takedown your rap nemesis while not sacrificing one's craft or temerity. He also gave us a much-needed pallet cleanser and simultaneously ushered in a cultural reset in hip-hop. What brings me joy about this rap beef is that Kendrick Lamar is modeling what it means to be strategic and, dare I say, how to be principled even in one's ideological disdain for others. Hear me out. I am all about love and light.

However, I am also Haitian, meaning my machete energetically stays ready. I do not make a habit of being a hater. I am someone who truly believes in abolition and tries to practice and embody transformative justice, but sometimes you got to "pop out and show niggas" as Kendrick instructs us in ["Not Like Us."](#) Kendrick studied The Canadian. He knows his discography well; he audited his social media strategy, he learned his past moves in beef, he watched his interviews, and when it was time to strike, he was ready. There are so many easter eggs and meanings to discover and glean because Kendrick did his homework. As a neuro-spicy person who tends to ruminate, overthink, fall into various rabbit holes, plan meticulously, and is very passionate and has big feelings about damn near everything, I appreciate how Kendrick moved in this rap battle. His moves made me feel seen. Sometimes, the high road is a dead end. Also, after living in Vancouver for three years and experiencing first-hand the frigidness and the anti-Black American sentiments of Black Canadians, I am not at all surprised by the sheer volume of Black U.S. rappers who are fed up with the Toronto man and that he has met this fate. For some odd reason, seeing the rap Avengers assemble against the rap Thanos has validated and affirmed the many harms I experienced and have struggled to give voice to from my brief time living in Canada. I will write more about this beef on my Patreon, so stay tuned.



Inside Out 2

Every adult who is or has been in long-term therapy, has read all the self-help books, and is on the journey to healing their inner child must watch Inside Out 2. I appreciate the ministry of Pixar and what it is attempting to do through the movie for both adults and children. My partner recently introduced me to the first movie a month ago. I have seen the second movie twice in theatres and recruited my homie Pamela to join me in this world of emotional literacy through a children's movie. I love this franchise and am ready to follow our beloved protagonist, Riley, to high school and beyond as long as Pixar keeps making them. P.S. I enjoyed the first one a little more, but the second one was still magical.

ALL ABOUT LOVE



Exploring the contours of self-love, platonic love, and romantic love from a social justice standpoint.

Lately, I have found so much love, solidarity, and safety within my friendships with my motherless friends. I currently have four friends who have buried their mothers, and at this current stage in my life and schedule, I am in close, steady conversation and platonic intimacy with three of these people. One lost their mother as a teen, and the other two as fully formed adults. They have all experienced major milestones, such as marriage without their mothers. These platonic friendships are helping me to deepen my literacy around grief and ambiguous loss and helping me take seriously the passage of time. They are teaching me how to lovingly sit with the idea that one day, I will be an adult child who will not have parents and who will also experience significant life events without my parents. More importantly, I will not have a momma earthside.

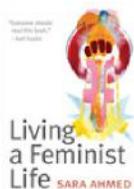
Talking about one's parents in adult friendships can often feel like a landmine. So many adults are not in a good place with their parents, people have been either cut off, or the adult child has cut their parents off, or people have very loose tepid kinship ties to their parents. So, as an adult child who has invested serious energy, time, and money in repairing and recuperating my childhood and my relationship with my immigrant parents, it feels good to be in a community with people who understand the emotional tax and the joy that comes with being deeply connected to aging parents. However, I have noticed my friends who have not yet experienced the loss of a parent never seem to be able or want to talk about our anxiety and fears that have started haunting us about the inevitability of our parents' deaths and what it will mean to be an adult child who is untethered from their parental base. Even when these conversations do happen, we seem to remain on the outside border of the emotions, never transgressing or puncturing the façade and dare run into the heavy emotional middle of the subject matter. But my friends who have lost their mothers always have the stamina, space, and capacity to sit with me when the anticipatory anxiety washes over me. In return and mutual loving exchange, I ask them questions about their mothers and welcome their sadness and complex long-term grief that will never end. I enjoy learning about the phenomenal women who had an indelible imprint and were part of making my amazing friends, and I love trying to glean the parts of their mothers that I see or hear in them. Getting to know their mothers through them is a uniquely beautiful, worthwhile, intimate endeavor I enjoy tremendously.

If you are friends with women and themmes who have buried their mother due to cancer, gender-based violence, old age, etc., these friends are fluent in a language and are the founding members of a club and place that we will all eventually become members of and move into, and they have medicine and wisdom to give us. I think it is time we normalize talking about parental death in our platonic relationships, no matter where we are in our relationship with the subject.

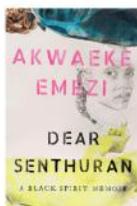


THE DIGITAL DENIZEN SECTION

As a geriatric Millennial who is not a digital native, but who is also chronically online and a rabid consumer of pop culture in this section, I have curated my recommendations of the media across genre that I have consumed.



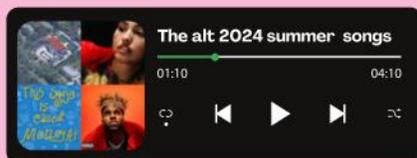
Living a Feminist Life by Sara Ahmed. This book has been on my to-read list for a minute. I read it for my dissertation, and it is by far my favorite read for my dissertation. I love this book I want to live this book. If your feminist tools and thinking need sharpening, read this book.



Dear Senthurán A Black Spirit Memoir by Akwaeke Emezi. I have never read a book like this before! I am not even sure how to describe it. I read this book with my entire body. It is a spirit memoir written by a non-binary writer from Nigeria who also writes speculative fiction rooted in Ibo ontologies. The book scared me, shifted me, unsettled me, haunted me, and has changed my life and what I think is possible for me as writer for the better. I listened to the audiobook which Emezi reads. Since finishing the book I have listened to two specific chapters over and over again as if they are daily devotionals holy text because that is what they are to me. I would especially recommend this book to Black queer, trans, and gender-expansive people who also practice African spiritualities. Emezi also has an album that you can find on Spotify. I am now on a journey to read their speculative fiction next.



Complex PTSD by Pete Walker. I am only 30% into this book, and I am already yielding positive results in my relationship with myself and others. It helps me approach myself and others with more compassion and understanding and it has informed some very recent generative moments in therapy.



I made an **alt summer 2024** playlist on Spotify, which you can find [here](#).

Articles & Resources:

The People's Guide To Project 2025. This is a project by Democracy Forward. They combed the 900-page document that the Right has put together outlining all the ways they will undermine, abolish, and partition democracy. They created an easy-to-read PDF that we must all familiarize ourselves with. Our opponents are

Oath.vote. “Oath empowers donors to give more strategically by making data-driven recommendations about where your dollars have maximum impact.”

Five Questions for Cultivating Solidarity When Responding to Political Repression. In a time of heightened mobilization, like now, law enforcement systems ratchet up repression and deploy legal categories to undermine our movements by singling out particular groups and tactics for criminalization. Universities and colleges collaborate with law enforcement to target and isolate student activists. It is essential that we show solidarity right now and resist their predictable attempts to divide-and-conquer. This document is an invitation, not a set of instructions. As organizers and writers who have fallen into the anti-solidarity traps described below, we invite anyone commenting or reporting on political repression to consider the questions we offer here.

Politics

What Are Arab American Women Supposed To Do This November? “I’ve been watching the “Could Arab American and Muslim voters cost Biden the 2024 election?” discourse unfold this year with a pit in my stomach. A troubling political atmosphere triggers memories from my post-9/11 upbringing: While young people and swing-state voters are also bailing on their support for Biden, some liberals seem primed to scapegoat Arab Americans should Trump win in November. I feel it when I see media figures respond to a columnist’s tweet about his Arab relatives abstaining from voting with “They won’t be happy when Trump puts them in camps.” I feel it when I hear Representative Alexandria Ocasio-Cortez say she’d tell Arab Americans reluctant to vote for the Democratic nominee that she’d rather organize under a Biden administration than a Trump one, prefacing that she wouldn’t want to lecture Palestinian Americans on how to vote. The message these Democrats and the pundits who support them are sending is that the way to prove my community members care about upholding democracy is through discarding whatever feelings they may have about the president and his administration’s handling of the crisis, even if they’ve lost relatives in Gaza, and voting for Biden anyway.”

We Must Fight Repression With Solidarity—Not by Replicating Carceal Logic. “In trying to justify resistance actions and criticize criminalization of protesters, we frequently use talking points that inadvertently undermine our struggles.”



Blackness

GLAAD EXCLUSIVE: Alpha Phi Alpha Fraternity Considers Transgender Ban. “But as one Alpha man based in Philadelphia said, the proposal shouldn’t even be a question. “Trans men are men,” he said. “I just feel like at the end of the day, if you identify as a man and you want to be in fellowship with other men, then you should be allowed to. It doesn’t sit well with me that a white man can be a member of Alpha, this historic Black institution, with no problem, but we’re going to tell Black trans men that they can’t. We’ve got all types of men in this fraternity, so to me, that’s how I look at it. It’s just another type of man.”

Surviving The Crash The Myth of the nigger in the church of illusive freedom. “I’ve come to accept that nothing I’ve achieved in a corrupt system could ever be solely because of my own merit. More importantly, I no longer believe people have to earn their dignity in the first place. Therein lies the appeal of the nigger. In a society where your worth is always conditional, someone must remain worthless for the system to maintain itself.”

Culture

The Coverage of Caitlin Clark is reinforcing the trope of the queer villain. “Clark is the kind of athlete women’s sports have historically fought to protect. In the WNBA, this goes back to the beginning of the league, where players given the “Great White Hope” treatment, such as former Seattle Storm guard Sue Bird and New York Liberty guard Sabrina Ionescu, were

tasked with “saving” the fledgling league. If these white, cis, and (in Bird’s case, perceived) straight athletes were here to save the league, it begs the question of who they were saving it from. The answer, one can deduce, is all the other athletes in the W, many of whom were Black, masculine or gender non-conforming, and queer.”

There Is Nothing More Romantic Than Falling In Love With Your Friends. “In Larry Mitchell’s The Faggots & Their Friends Between Revolutions, he offers the following as a token of “faggot wisdom:” “Romantic love, the last illusion, keeps us alive until the revolutions come.” Despite my ideological opposition to romantic supremacy, this has been the undercurrent of most, if not all, of my relationships — a pervading sense that doom is imminent, so I may as well throw myself headlong into love. I suspect that this is true for many queer and trans people, especially in the past few years, as I’ve noticed what seems to be a broader interest in marriage, children and/or settling down among people who previously seemed to be incredibly opposed to that. Yes, you could argue that this shift is just me being in my mid-20s, but anecdotally speaking, I’ve noticed it among all age groups, and many other friends and colleagues have made the same observation. I don’t think it’s a coincidence that queers are gravitating toward traditional markers of domesticity and stability as we are facing increasingly terrifying levels of state repression. It’s a tendency that feels distinct from the desire for assimilation; perhaps it’s more akin to a survival instinct.”

Rest Is Not Resistance, and That is OK. “I feared penning this essay because in suggesting that rest and resistance are not synonymous, but instead, complementary, there is a possibility that I will be

perceived as a cis man (I am not, neither socially nor politically) leading with a chisel, rather than with care. However, I realized in writing this that I arrive with both chisel and care in hand. I want to challenge the popular notion of rest as a choice. I want to recognize rest as both a tool and an outcome of resistance. We need rest like we need grief and healing work, like we need love, like we need care, like we need tenderness and self-compassion. For without those things, we end up burning out in our pursuit of liberation. But we need liberation above all else. For without it, rest is only aspirational for most of us.

The secret to modern friendship according, according to real Friends. “You may have heard it couldn’t be done: making friends as an adult. Maybe you’ve noticed this in your own life. Perhaps you’ve spent time scouring Google results looking for any advice on how to form new relationships and strengthen the ones you already have. Or you’ve stared at the ceiling in despair wondering why our society is set up to favor romantic relationships over platonic ones. I’m pleased to report that, somehow, my friend Anna Goldfarb and I beat the odds. We achieved the seemingly unachievable and became close in adulthood.”

I Agreed To Meet My Ex-Husbands 2 Other Wives. I Did Not Expect That Decision To Change My Life. “Eventually we were no longer three women connected by the same ex — we were friends. It’s been 10 years since our first meal together. We now care for one another and enjoy spending time together. We’ve held each other up through hard times: Wendy’s second divorce, Suzy’s stressful job, my cancer. I lived with Wendy for a summer while in between residences. They have both trusted me for their house- and pet-sitting. The first time I dog-sat for Wendy, I felt right at home when I reached into the kitchen cabinet for a plate and found my everyday china from my marriage to John! I started writing this essay while dog-sitting for Suzy.”

Everyone’s a sell out now. “Predictably, the same fate has reached the publications dedicated to reviewing said works of art: As ad-supported journalism continues its slow collapse and jobs for cultural critics dwindle — in January, Condé Nast folded the music review site Pitchfork into GQ and laid off staff — we’re losing smart, well-edited and fact-checked criticism (and, crucially, the ability for those people to make a living off of writing it). Even before mass layoffs, the professional critic lost some relevancy: A positive New York Times review, for instance, used to create overnight hits, while now it barely moves the needle, one agent told me. What has replaced them is, as Israel Daramola writes, “a loose collection of YouTubers and influencers who feed slop to their younger audiences, and fan communities that engage with music solely through their obsession with a particular pop act. This has all helped produce a mass of music fans who don’t understand the value of criticism and outright detest being told the things they like might suck.”

NEWSLETTER ISSUE 39



Podcasts:



The Ezra Klein Show: Is Kamala Harris Underrated? "If Joe Biden steps aside for the Democratic presidential nomination — still a very big if — the favorite to replace him is Vice President Kamala Harris. In recently leaked post-debate polling from Open Labs, Harris polled better than Biden in matchups against Trump. In 2019, Dana Goodyear wrote in The New Yorker, "As a Black, female law-and-order Democrat, Harris creates a kind of cognitive dissonance." The profile Harris inhabited then would be welcome in an election year where disorder is on voters' minds and the Republicans are nominating a convicted felon. But Harris hasn't inhabited that political profile for years. And since becoming Biden's vice president the conventional wisdom on her has shifted: She's gone from rising star — many thought her "the next Obama" — to political underachiever. So I've had a few questions about Harris. What accounted for the fast fall from grace after she took the vice presidency? What happened to the smart-on-crime prosecutor we once saw? What has the White House done — or not done — to build her profile? And are critics of Harris fair, or is she underrated now? I'm joined by Elaina Plott Calabro, a staff writer at The Atlantic who traveled with Harris extensively for a major profile last year. I left this conversation with a very different theory of who Harris is, what her politics are and what led to the confusions of her vice presidency."



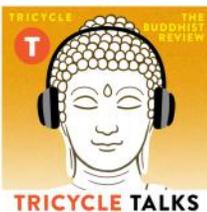
The Gray Area with Sean Illing: The Existential Struggle of Being Black. Nathalie Etoke joins The Gray Area to talk about existentialism, the Black experience, and the legacy of dehumanization.



NPR: 25 years on, 'Boys Don't Cry' remains a milestone in trans cinema. "As part of his ongoing look at groundbreaking films from 1999, host Scott Detrow speaks with Kimberly Peirce, the writer-director of Boys Don't Cry."



Becoming The People with Prentis Hemphill: Embodying Existence with Kai Cheng Thom. "Kai Cheng Thom — MSW, Qualified Mediator, Somatic Sex Educator, performance artist, community healer, award-winning writer, and author of Falling Back in Love with Being Human joins us for this episode. A consummate dreamer and believer in revolutionary potential, Kai brings radical love to her work and this conversation. Join us while Kai and Prentis geek out about exciting and dangerous things like monster-making, harm and revenge, + queerness and love."



Tricycle: Facing Injustice with Joy. "In this episode of Tricycle Talks, Dr. Kamilah Majied draws from Black wisdom traditions and the teachings of Nichiren Buddhism to lay out a path to justice grounded in courage, curiosity, and joy."



Conspiruality 186: Coaches Coaching Coaches. "Life coaching is big business. The life coaching industry was worth \$1.5 billion in 2022 and is considered one of the fastest growing industries in America. The International Coaching Federation reported more than 26,000 coaches in North America in 2020. Yet those numbers are hard to qualify given that you don't need certifications or training to become a life coach or, as we explore today, coaching of most any sort. Life coaches, business coaches, fertility coaches, "quantum" coaches: every industry has an increasing number of people who want to tell you how to do your job effectively, magically, or quantumly. Who really benefits from this supposed gold rush of "MULTI 6 FIGURE BUSINESS COACH", "Multi 8 fig biz mentor", and "high ticket biz coach helping women scale to 20-30k months"? And has the dilution of the term "coach" damaged credentialed coaches with decades of experience?"



Naomi & Mehdi discuss Zionism on 'Unshocked'. In a conversation with Mehdi for her new contributor segment at Zeteo called 'Unshocked,' Jewish activist, academic, and author Naomi Klein calls for an "exodus from the ideological shackles of Zionism." Naomi also reacts to Israeli PM Benjamin Netanyahu comparing student protesters at Columbia University to Nazis, telling Mehdi that when it comes to Netanyahu, "there is nobody more adept at exploiting Jewish trauma, historical trauma, and turning it into a political weapon for his own advantage." Mehdi also opens up to Naomi about why he decided to boycott the White House Correspondents' Dinner. "I can't call out what Israel is doing to Palestinian journalists with American-made bombs and then go to a fun, comedy-type dinner with the President of the United States — who's not just responsible for that, but is also not even acknowledging it."



Pop Pantheon: Do You Still Listen to Kanye West and Micheal Jackson. "Host and culture writer for Dazed, Vogue and more, Kemi Olivia Alemoru, and writer on race, culture and politics and author of the upcoming book Black Genius, Tre Johnson, join the show to discuss how we as critics and the public interface with the work of famous pop stars who have done awful things. Kemi, Tre and Louie dig into the complex legacies of Kanye West and Michal Jackson in particular, parsing apart how darker revelations about each of their characters have impacted how they think about their legacies, how cultural commentators should talk about them and their own personal listening habits. They also attempt to figure out a universal rubric for how and when we should separate art from artist."



NPR: Taylor Swift and the unbearable whiteness of girlhood. "Taylor Swift has become an American icon, (and she's got the awards, sales, and accolades to prove it.) With that status, she's often been celebrated as someone whose music is authentically representing the interior lives of young women and adolescent girls. On this episode, we're asking: Why? What is it about Swift's persona — and her fandom — that feels so deeply connected to girlhood? And, because this is Code Switch, what does all of that have to do with race?"



Radio Atlantic: Maybe You Should Quit Therapy. "Dr. Richard Friedman has been teaching and seeing patients for more than 35 years. Recently, he wrote about the idea that, if therapy has become less of a targeted intervention and more of a weekly upkeep, it might be time to quit. In this episode, Friedman discusses the benefits of quitting therapy, and why it might be hard for some people to contemplate doing just that."



Radio Atlantic: What If Your Bestfriend Is Your Soulmate? "How would life be different if we centered it on our friends? In her new book, *The Other Significant Others*, Rhaina Cohen visits the extremes of friendship, where pairs describe each other as "soulmates" and make major life decisions in tandem with a friend. We talk to Cohen about the lost history of friendship and why she cringes when couples at the altar describe each other as their "best friend."

Videos:



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3. If you follow me on social media, like, share, and engage with my posts.
4. If you subscribe to my newsletter, actually open the email.
5. Become a Patron (no matter what contribution level you choose, you get the same content!)
6. Hire me. Invite me to speak to your organization, school or work with me 1:1 as a coaching client.

Love Lutze, aka SJD

*Lutze aka The Social
Justice Dancer*

