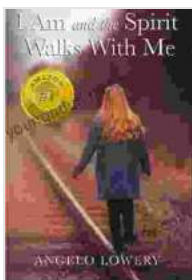


# Am and the Spirit Walks With Me

In *Am and the Spirit Walks With Me*, author and speaker Cree Myles chronicles her journey of self-discovery and cultural connection. Raised in Canada by a white mother and a Black father, Myles spent her early years feeling like she didn't belong in either world. It wasn't until she began to explore her Indigenous heritage that she finally started to feel at home.



## **I Am and the Spirit Walks with Me** by Angelo Lowery

★★★★☆ 4.6 out of 5

Language : English  
File size : 1041 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 150 pages  
Lending : Enabled



Myles's memoir is a powerful and inspiring read for anyone who has ever struggled with their identity. She writes with honesty and vulnerability about her experiences of racism, discrimination, and cultural alienation. But she also writes with hope and resilience, sharing how she eventually found her way to a place of self-acceptance and belonging.

*Am and the Spirit Walks With Me* is more than just a memoir. It is also a call to action. Myles challenges readers to confront their own biases and to work towards creating a more just and equitable world. She reminds us that

we are all connected to each other, and that we all have a role to play in making the world a better place.

## **The Power of Storytelling**

Myles's story is a testament to the power of storytelling. Through her words, she is able to connect with readers on a deeply personal level. She helps us to understand the experiences of Indigenous people in Canada, and she challenges us to think about our own role in perpetuating racism and discrimination.

Myles's memoir is also a reminder that we all have a story to tell. Our stories are important, and they have the power to change the world. By sharing our stories, we can help to create a more inclusive and compassionate society.

## **A Journey of Self-Discovery and Cultural Connection**

*Am and the Spirit Walks With Me* is a must-read for anyone interested in self-discovery and cultural connection. Myles's story is both inspiring and heartbreaking, and it will stay with you long after you finish reading it.

Here are a few of the key takeaways from *Am and the Spirit Walks With Me*:

- It is important to embrace your heritage and find your place in the world.
- Racism and discrimination are still very real problems in our society, and we all have a role to play in fighting against them.

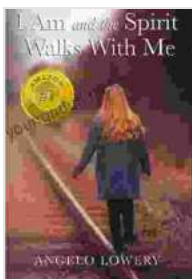
- Storytelling is a powerful tool for change. We can use our stories to connect with others, to challenge stereotypes, and to create a more just and equitable world.

## About the Author

Cree Myles is an author, speaker, and educator. She is a member of the Muskeg Lake Cree Nation in Saskatchewan, Canada. Myles has worked extensively with Indigenous youth, and she is passionate about helping them to connect with their culture and heritage. She is also a strong advocate for social justice and reconciliation.

Myles's other works include the memoir *I Am Not a Number* and the children's book *The Legend of the Dream Catcher*. She has also written for numerous publications, including *The Globe and Mail*, *The Toronto Star*, and *Maclean's* magazine.

*I Am and the Spirit Walks With Me* is a powerful and inspiring memoir that will stay with you long after you finish reading it. Cree Myles's story is a reminder that we all have a story to tell, and that our stories have the power to change the world.



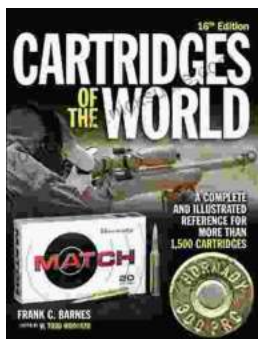
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