



Restoring the Balance: First Nations Women, Community, and Culture

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First Nations peoples believe the eagle flies with a female wing and a male wing, showing the importance of balance between the feminine and the masculine in all aspects of individual and community experiences. Centuries of colonization, however, have devalued the traditional roles of First Nations women, causing a great gender imbalance that limits the abilities of men, women, and their communities in achieving self-actualization. Restoring the Balance brings to light the work First Nations women have performed, and continue to perform, in cultural continuity and community development. It illustrates the challenges and successes they have had in the areas of law, politics, education, community healing, language, and art, while suggesting significant options for sustained improvement of individual, family, and community well-being. Written by fifteen Aboriginal scholars, activists, and community leaders, Restoring the Balance combines life histories and biographical accounts with historical and critical analyses grounded in traditional thought and approaches. It is a powerful and important book.

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