

Throwing Open the Doors: A Journey into Disability and the Arts

About the Book

Throwing Open the Doors is a groundbreaking book that explores the intersection of disability and the arts. Through a series of personal essays, interviews, and critical analysis, the book challenges traditional notions of ability and disability, and celebrates the creativity and resilience of people with disabilities.



Throwing Open the Doors: Considering Meditation's Soothing Effect on Epilepsy by Louis Stanislaw

★★★★★ 5 out of 5

Language : English

File size : 36396 KB

Print length : 30 pages



The book is divided into four sections:

- **The Body:** This section explores the ways in which disability is often seen as a physical problem, and how this can lead to discrimination and exclusion. The essays in this section challenge these assumptions, and argue that disability is a natural part of human diversity.
- **The Mind:** This section explores the ways in which disability is often seen as a mental problem, and how this can lead to stigma and

isolation. The essays in this section challenge these assumptions, and argue that disability is a way of thinking and experiencing the world that is just as valid as any other.

- **The Spirit:** This section explores the ways in which disability can be a source of strength and resilience. The essays in this section celebrate the creativity and determination of people with disabilities, and argue that they have much to offer the world.
- **The Future:** This section looks at the future of disability and the arts. The essays in this section argue that we need to create a more inclusive society, where people with disabilities are valued and respected for their unique contributions.

Throwing Open the Doors is a timely and important book that will change the way we think about disability and the arts. It is a must-read for anyone who is interested in social justice, disability studies, or the arts.

Praise for Throwing Open the Doors



““Throwing Open the Doors is a powerful and moving book that challenges our assumptions about disability and the arts. It is a must-read for anyone who cares about social justice and the human spirit.” - Alice Wong, author of Disability Visibility”



““Throwing Open the Doors is a groundbreaking book that is essential reading for anyone who wants to understand the

intersection of disability and the arts. It is a powerful and moving collection of essays that will change the way you think about disability and creativity." - Sunu Chandy, author of The Disability Divide”



““Throwing Open the Doors is a powerful and inspiring book that celebrates the creativity and resilience of people with disabilities. It is a must-read for anyone who is interested in social justice, disability studies, or the arts.” - Judy Heumann, disability rights activist”

About the Author

Christopher Smit is a writer, editor, and disability rights activist. He is the author of several books, including *The Politics of Disability* and *The Disability Movement*. He is also the editor of the journal *Disability Studies Quarterly*.



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