

A woman with long, wavy brown hair is laughing heartily, her eyes are squeezed shut, and her mouth is wide open showing her teeth. She is wearing a black top and large, white, tassel-like earrings. The background is a blurred outdoor setting with greenery and string lights.

Media kit

AUTHOR | SPEAKER | DISRUPTOR

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About Me

A community organizer, wellness activist and author of the book *American Detox: The Myth of Wellness and How We Can Truly Heal*, Kerri is recognized across communities for her work to bridge transformational practice with social justice. She's been teaching yoga for over 20 years and is known for making waves in the wellness industry by challenging norms, disrupting systems and mobilizing people to act. Her leadership has inspired CTZNWELL, a movement to democratize wellbeing for all and is committed to creating the conditions where everyone can thrive.

What people are saying:

"An intimate, honest, accountable, and thorough invitation into healing"

adrienne maree brown

"This book is a powerhouse"

Ashley Judd

"Kerri walks with a pocketful of wrenches"

Rev angel Kyodo williams

"American Detox is a blueprint for collective wellness"

Valarie Kaur

"A brilliant call for what it means to be well in our world"

Tara Brach

"Urgent and Unflinching"

Nicole Cardoza

About The Book



In *American Detox: The Myth of Wellness & How We Can Truly Heal*, Kerri Kelly—community organizer and wellness activist—sounds a wake-up call. The wellness that we are so relentlessly seeking is only possible when we embody a mutual responsibility that goes beyond self care towards collective wellbeing. Through powerful storytelling, critical analysis and new/old wisdom, Kerri tackles America's toxic culture rooted in perfectionism, white supremacy and individualism and explores a new paradigm for personal and societal wellness that is radical, relational and resilient. Along the way, she offers tangible practices and strategies for how to detox from the culture of separation, supremacy and scarcity and show up for the wellbeing of the whole. It is a timely book that disrupts the status quo and provokes radical responsibility, while also nourishing and sustaining our resistance and resilience. American Detox is a "personal reckoning meets citizen handbook" about waking up, reclaiming our wholeness and transforming our country from the inside-out.

Speaking/Facilitation Topics

IS WELLNESS MAKING US WORSE?

We are an America obsessed with self-seeking and self-perfection, driving a wellness industry that reaches more than 80 million people and fuels a market worth more than 650 billion dollars. An industry that promises to make you better, stronger, healthier and whole and meets an ever-increasing demand amongst Americans to “feel good” and find meaning in a cruel and confusing world. But while wellness soars so does inequality, insecurity and isolation. We don’t need more juice fasts and yoga fads--we need to detox from the ideologies of separation, supremacy and scarcity that are holding us back from our best selves. In this talk, Kerri Kelly wellness activist and author of *American Detox, The Myth of Wellness and How We Can Truly Heal* sounds a wake-up call - the wellness we are so relentlessly seeking is only possible through a practice of radical responsibility that goes beyond self-help to collective care. Join us for a provocative discussion about what it means to be well in a toxic world.

HEALING THE POLITICAL BODY

America has become a country of record inequality, resilient racism, chronic illness and power-hungry leaders. And while all of this is happening, we turn to the promise of wellness. Wellness promises to make you better, stronger, healthier and whole. It meets an ever-increasing demand amongst Americans to “feel good” and find meaning in a cruel and confusing world. But while wellness soars - a mega-marketplace worth over 650 billion dollars - so does inequality, insecurity and isolation. The myth of “wellness” isn’t making us better, it’s making us sick. In this provocative talk, activist and author of *American Detox: The Myth of Wellness and How We Can Truly Heal* sounds the alarm - if we want to truly be well, we must face the truth of how we got here and detox ourselves from the long legacy of separation, supremacy and scarcity. Only then can we begin to recover our whole selves and heal the political body.

WHY WHITE PEOPLE NEED TO STOP DOING GOOD AND START BEING HUMAN

The call for white people to “do the work” is a serious one. Not just because of the historical and present, pervasive and persistent, embodied and systemic impact of white supremacy on Black and Brown people, but because it threatens our democracy, our planet and our humanity as a whole. White supremacy is bad for all of us. In this talk, Kerri Kelly, activist and author of *American Detox: The Myth of Wellness and How We Can Truly Heal*, calls on well-meaning white people who are ready to reckon with how we’re implicated in the system of white supremacy and what it's going to take to heal from the wound of racism. Kerri's humble yet fierce approach has supported CEOs, influencers, activists and leaders of all kinds in their commitment to the practice of equity and