



RUTH KING RESEARCH GUIDE

Primary Sources

[Ruth King: A Journey from Rage to Mindfulness](#)

Ruth King
Vox Populi
March 15, 2022

[Credentials](#)

Ruth King
Ruth King (official website)

Healing Rage: Women Making Inner Peace Possible

Ruth King
Penguin Publishing Group
2008 (Reprint)

Mindful of Race: Transforming Racism from the Inside Out

Ruth King
Sounds True, Incorporated
June 1, 2018

[Ruth King](#)

The Buddhist Review: TRICYCLE

Secondary Sources

[About Ruth King](#)

Ruth King (official website)

[Ruth King](#)

Nyzen Center

IMS Teacher: Ruth King

Equanimity (Article and Podcast)

Insight Meditation Society

July 2, 2018

Digital Media

Ruth King on Transforming Racism from the Inside Out

Common Ground Meditation Center

YouTube

March 28, 2019

