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What Voting Means to Me â?? Episode 16. Noah Praetz

â??Gabor Mate- author of â??The Myth of Normal: Trauma, Illness, and Healing in a Toxic Cultureâ?? suggests there are â??4 Asâ?? that help move us towards healing and wholeness: authenticity, agency, healthy expression of anger, and acceptance. But what does this have to do with democracy? I provide some thoughts on this question in conjunction with my remarkable conversation with Noah Praetz, president of The Elections Group. Throughout the episode we talk about the self-actualizing power of working in democracy spaces, and we come back to the idea that, while flawed, messy, and imperfectâ??democracy is the best answer to the question of how we govern ourselves.â??

[Listen to the full episode on Spotify.](#)

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