

The Rastafari Manifesto: A Guide to the Rastafari Way of Life



Rastafari Manifesto by Nigel Daring

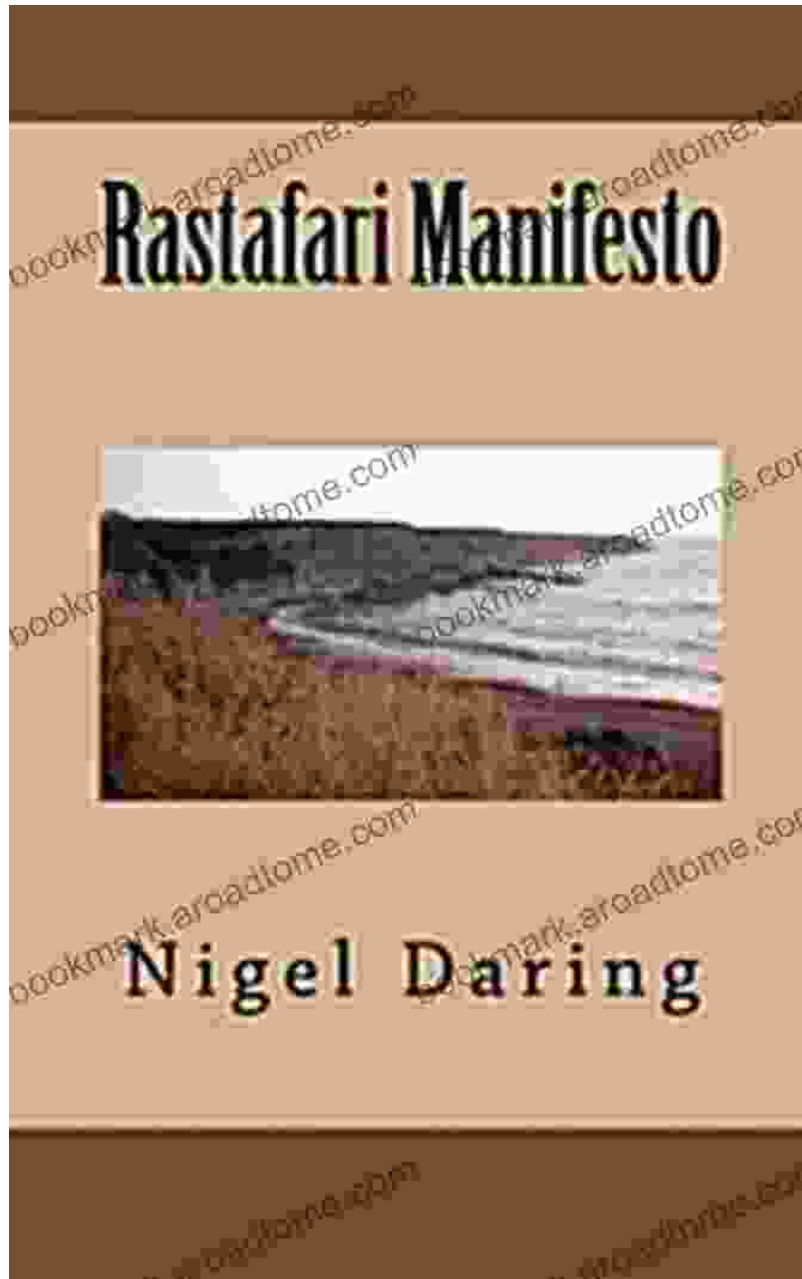
★★★★☆ 4 out of 5

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By Nigel Daring

The Rastafari Manifesto is a groundbreaking book that provides a comprehensive overview of the Rastafari way of life. Written by Nigel Daring, a leading expert on Rastafari culture, the book covers everything from the history of Rastafari to its beliefs, practices, and music.

Daring begins the book with a brief history of Rastafari, tracing its roots back to the early 20th century in Jamaica. He then discusses the Rastafari belief system, which is based on the teachings of Marcus Garvey and other black nationalist leaders. Daring also explores the Rastafari way of life, including their dietary habits, dress, and music.

The Rastafari Manifesto is a valuable resource for anyone who wants to learn more about Rastafari culture. It is a well-written and informative book that provides a unique insight into this fascinating and vibrant culture.

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Reviews

"The Rastafari Manifesto is a must-read for anyone who wants to understand Rastafari culture. Daring provides a comprehensive and insightful overview of the Rastafari way of life, from its history to its beliefs, practices, and music."

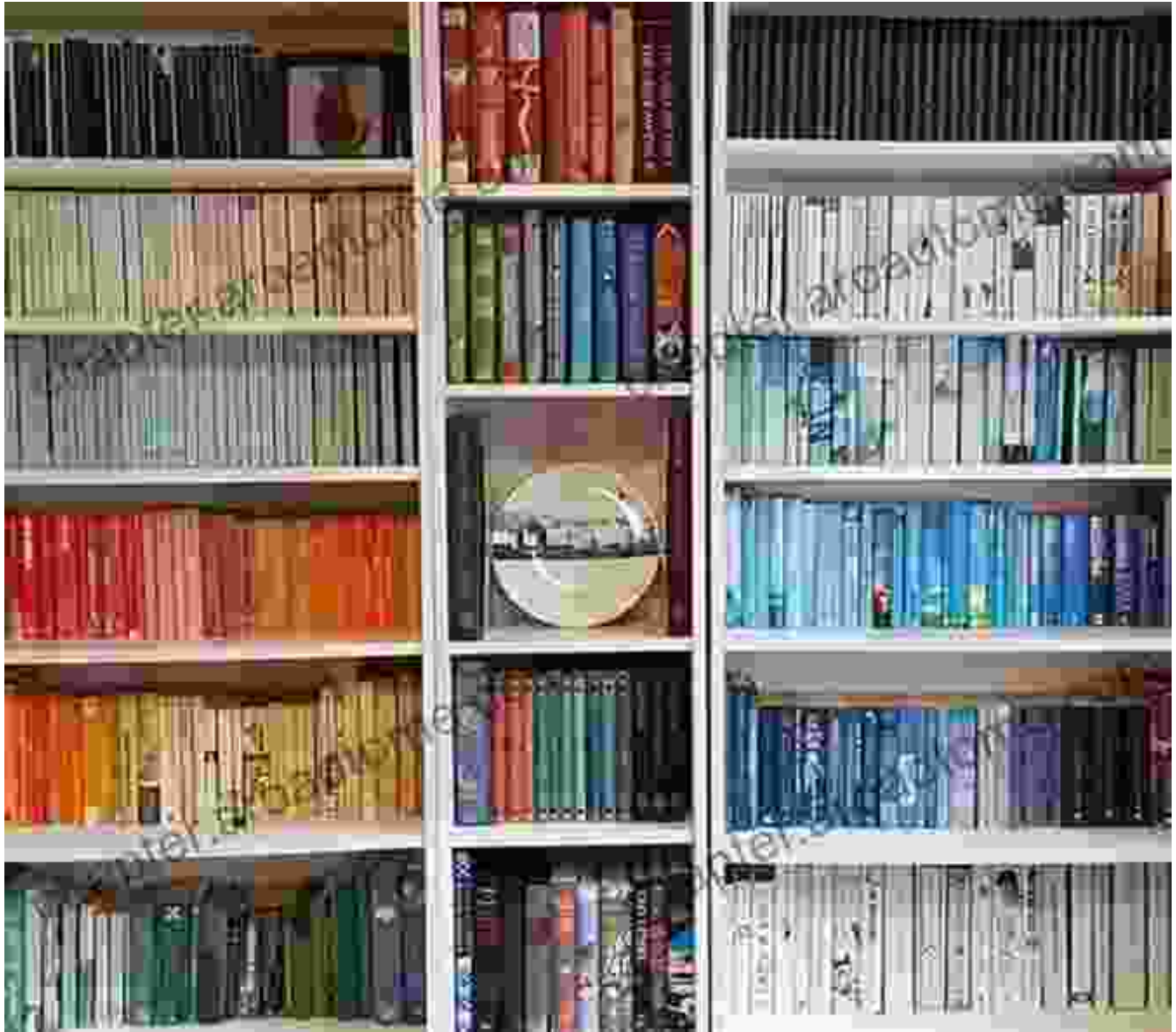
- **Dr. Carole Boyce Davies, author of *Rastafari: A Spirit of Resistance***

"The Rastafari Manifesto is a valuable contribution to the study of Rastafari culture. Daring's book is a well-written and informative account of the Rastafari way of life that will be of interest to scholars, students, and general readers alike."

- **Dr. Barry Chevannes, author of *Rastafari: Roots and Ideology***

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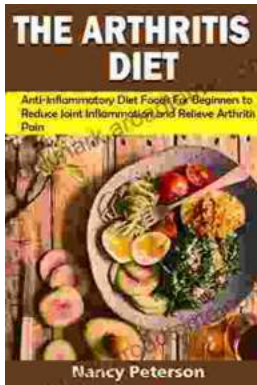
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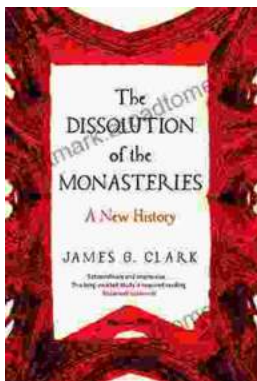
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