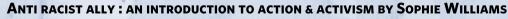


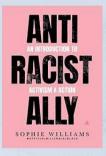
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# BETTER HEALING community TOGETHER THROUGH ANTIRACISM BOOK LIST

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## **ANTI RACISM READING**





As the tragic murder of George Floyd and the Black Lives Matter movement has demonstrated, not being racist is not enough. To fulfill the American ideal, to ensure that all people are equal, you must be actively anti-racist. In this essential guide, Williams provides sharp, simple, and insightful steps anyone can take to be a better ally in the fight against racism. While the book's focus is on race, it also touches on sexism, classism, ableism, oppression, and white supremacy. Williams reminds you that this is a learning process, which means facing difficult truths, becoming uncomfortable, and working through the embarrassment and discomfort. The fight for justice isn't easy; but together, anti-racist allies can use their power to truly change the world and lives. book | audio

#### BLACK FUTURES EDITED BY KIMBERLY DREW AND JENNA WORTHAM

What does it mean to be Black and alive right now? Drew and Wortham have brought together this collection of work--images, photos, essays, memes, dialogues, recipes, tweets, poetry, and more--to tell the story of the radical, imaginative, provocative, and gorgeous world that Black creators are bringing forth today. The book presents a succession of startling and beautiful pieces that generate an entrancing rhythm: Readers will go from conversations with activists and academics to memes and Instagram posts, from powerful essays to dazzling paintings and insightful infographics. Black Futures opens a prismatic vision of possibility for every reader.

## A TERRIBLE THING TO WASTE ENVIRONMENTAL RACISM AND ITS ASSAULT ON THE AMERICAN MIND

## A TERRIBLE THING TO WASTE: ENVIRONMENTAL RACISM AND ITS ASSAULT ON THE AMERICAN MIND BY HARRIET A. WASHINGTON

Washington takes apart the spurious notion of intelligence as an inherited trait, pointing instead to environmental racism -- a confluence of institutional factors that relegate marginalized communities to living and working near sites of toxic waste, pollution, and urban decay -- as the prime cause of the reported black-white IQ gap. Investigating heavy metals, neurotoxins, deficient prenatal care, bad nutrition, and pathogens as the main factors influencing intelligence, she explains why certain communities are so disproportionately affected and what can be done to remedy the problem. book





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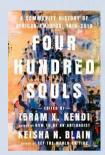
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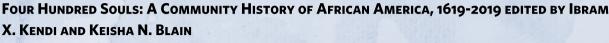
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A "choral history" of African Americans covering 400 years of history in the voices of 80 writers. Last year marked the four hundredth anniversary of the first African presence in the Americas and also launched the Four Hundred Souls project, spearheaded by Ibram X. Kendi, director of the Antiracism Institute of American University, and Keisha Blain, editor of The North Star. They've gathered together Black writers from all disciplines to contribute an entry about one five-year period to create a dynamic, multivoiced single-volume history of Black people in America. <u>book | eBook | audio</u>

### One drop : shifting the lens on race by Yaba Blay

One Drop explores the extent to which historical definitions of race continue to shape contemporary racial identities and lived experiences of racial difference. Featuring the perspectives of 60 contributors representing 25 countries and combining candid narratives with striking portraiture, this book provides living testimony to the diversity of Blackness. Most contributors have been asked "What are you?" or the more politically correct "Where are you from?" throughout their lives. It is through contributors' lived experiences with and lived imaginings of Black identity that we can visualize multiple possibilities for Blackness. book | eBook

## SURVIVING THE WHITE GAZE : A MEMOIR BY REBECCA CARROLL

A stirring and powerful memoir from Black cultural critic Rebecca Carroll recounting her struggle to overcome a completely white childhood in order to forge her identity as a Black woman in America. <u>book | eBook | audio</u>

## We do this 'til we free us: abolitionist organizing and transforming justice by Mariame Kaba

What if social transformation and liberation isn't about waiting for someone else to come along and save us? What if ordinary people have the power to collectively free ourselves? In this timely collection of essays and interviews, Mariame Kaba reflects on the deep work of abolition and transformative political struggle. book

## YOU ARE YOUR BEST THING: VULNERABILITY, SHAME RESILIENCE, AND THE BLACK EXPERIENCE EDITED BY TARANA BURKE AND BRENE BROWN

Burke and Brown are the perfect pair to usher in this stark, potent collection of essays on Black shame and healing (and contribute their own introductions to the work). Along with the anthology contributors, they create a space to recognize and process the trauma of white supremacy, a space to be vulnerable and affirm the fullness of Black love and Black life. book













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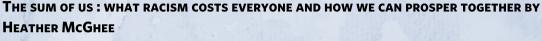
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McGhee's specialty is the American economy - and the mystery of why it so often fails the American public. She embarks on a journey across the country from Mississippi to Maine, tallying up what we lose when we buy into the zero-sum paradigm - the idea that progress for some of us must come at the expense of others. McGhee also finds proof of what she calls the Solidarity Dividend: gains that come when people come together across race, to the benefit of all involved. <u>book | eBook | audio</u>

## WAKING UP WHITE BY DEBBY IRVING

For twenty-five years, Irving sensed inexplicable racial tensions in her personal and professional relationships. As a colleague and neighbor, she worried about offending people she dearly wanted to befriend. As a teacher, she found her best efforts to reach out to students and families of color left her wondering what she was missing. One "aha!" moment launched an adventure of discovery and insight that drastically shifted her worldview and upended her life plan. Irving tells her often cringe-worthy story with such openness that readers will turn every page rooting for her - and ultimately for all of us. <u>book</u> | <u>audio</u>

## WE NEED NEW STORIES BY NASRINE MALIK

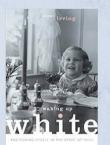
Malik explains common arguments are in fact political myths - variations on the lie that American values are under assault. She breaks down how they are employed to subvert calls for equality from historically disenfranchised groups. Interweaving reportage with an incendiary analysis of American history and politics. What emerges is a radical framework for understanding the crises roiling American contemporary politics. <u>book</u>

## FATAL INVENTION BY DOROTHY ROBERTS

Moving from an account of the evolution of race-proving that it has always been a mutable and socially defined political division supported by mainstream science - Roberts delves deep into the current debates, interrogating the newest science and biotechnology, interviewing its researchers, and exposing the political consequences obscured by the focus on genetic difference. Fatal Invention is a provocative call for us to affirm our common humanity. <u>book | eBook | audio</u>

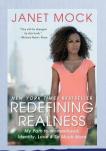
## **REDEFINING REALNESS BY JANET MOCK**

In 2011, Marie Claire magazine published a profile of Janet Mock in which she publicly stepped forward for the first time as a trans woman. Since then, Mock has gone from covering the red carpet for People.com to advocating for all those who live within the shadows of society. Her book offers a bold new perspective on being young, multiracial, economically challenged and transgender in America. <u>book | eBook | audio</u>











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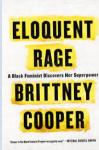
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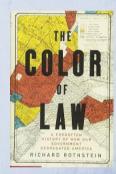
BOOKS



### **ELOQUENT RAGE BY BRITTNEY COOPER**

Too often Black women's anger has been caricatured into an ugly and destructive force that threatens the civility and social fabric of American democracy. Cooper shows us that there is more to the story than that. Black women's eloquent rage is what makes Beyoncé's girl power anthems resonate so hard. It's what makes Michelle Obama an icon. When Cooper learned of her grandmother's eloquent rage about love, sex, and marriage in an epic and hilarious front-porch confrontation, her life was changed. And it took another intervention to turn Brittney into the fierce feminist she is today. <u>book | eBook | audio</u>

## **COLOR OF LAW BY RICHARD ROTHSTEIN**

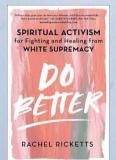


Rothstein, a leading authority on housing policy, explodes the myth that America's cities came to be racially divided through de facto segregation. While urban areas rapidly deteriorated, the great American suburbanization of the post-World War II years was spurred on by federal subsidies for builders on the condition that no homes be sold to African Americans. The Fair Housing Act of 1968 prohibited future discrimination but did nothing to reverse residential patterns that had become deeply embedded. Yet recent outbursts of violence in cities like Baltimore, Ferguson, and Minneapolis show us precisely how the legacy of these earlier eras contributes to persistent racial unrest. Rothstein's invaluable examination shows that only by relearning this history can we finally pave the way for the nation to remedy its unconstitutional past. <u>book | eBook | audio</u>

## MEN WE REAPED BY JESMYN WARD



In five years, Ward lost five young men in her life - to drugs, accidents, suicide, and the bad luck that can follow people who live in poverty, particularly Black men. Dealing with these losses, one after another, made her ask the question: Why? And as she began to write about the experience of living through all the dying, she realized the truth - and it took her breath away. Her brother and her friends all died because of who they were and where they were from, because they lived with a history of racism and economic struggle that fostered drug addiction and the dissolution of family and relationships. She says the answer was so obvious she felt stupid for not seeing it. But it nagged at her until she knew she had to write about her community, to write their stories and her own. book | eBook | audio



## Do Better: Spiritual Activism for Fighting and Healing from White Supremacy by Rachel Ricketts

Thought leader, racial justice educator, and sought-after spiritual activist Rachel Ricketts offers mindful and practical steps for all humans to dismantle white supremacy on a personal and collective level. Includes culturally informed, secular spiritual exercises, such as guided meditations, transformative breathwork, and journaling prompts. <u>book</u>



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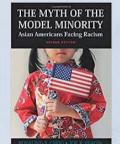
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## BOOKS



## ANTI AAPI HATE



## THE MYTH OF THE MODEL MINORITY: ASIAN AMERICANS FACING RACISM BY ROSALIND CHOU AND JOE FEAGIN

With their apparent success in schools and careers, Asian Americans have long been viewed by white Americans as the "model minority." Yet few Americans realize the lives of many Asian Americans are constantly stressed by racism. This reality becomes clear from the voices of Asian Americans heard in this first in-depth book on the experiences of racism among Asian Americans from many different nations and social classes. The authors conclude with policy measures that can improve the lives not only of Asian Americans but also of other Americans of color. <u>book</u>

## The MAKING of ASIAN AMERICA AMERICA ERIKA LEE



## THE MAKING OF ASIAN AMERICA: A HISTORY BY ERIKA LEE

The definitive history of Asian Americans by one of the nation's preeminent scholars on the subject. The book tells the little-known history of Asian Americans and their role in American life, from the arrival of the first Asians in the Americas to the present-day. An epic history of global journeys and new beginnings, this book shows how generations of Asian immigrants and their American-born descendants have made and remade Asian American life in the United States. book | eBook | audio

## Yellow Peril!: AN ARCHIVE OF ANTI-ASIAN FEAR EDITED BY JOHN KUO WEI TCHEN AND DYLAN Yeats

The "yellow peril" is one of the most long-standing and pervasive racist ideas in Western culture - indeed, this book traces its history to the Enlightenment era. And yellow peril ideology persists, animating, for example, campaign commercials from the 2012 presidential election. This is the first comprehensive repository of anti-Asian images and writing, pop culture artifacts and political polemic. Written by two leading scholars and replete with paintings, photographs and images drawn from dime novels, posters, comics, theatrical productions, movies, polemical and pseudo-scholarly literature, and other pop culture ephemera, this book is both a unique and fascinating archive and a modern analysis of this crucial racist historical formation. book



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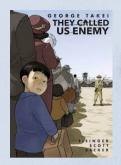
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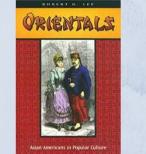
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### THEY CALLED US ENEMY BY GEORGE TAKEI

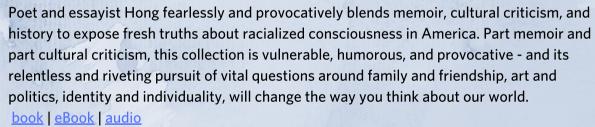
In 1942, at the order of President Franklin D. Roosevelt, every person of Japanese descent on the west coast was rounded up and shipped to one of ten 'relocation centers', hundreds or thousands of miles from home, where they would be held for years under armed guard. This graphic novel is Takei's firsthand account of those years behind barbed wire, the joys and terrors of growing up under legalized racism, his mother's hard choices, his father's faith in democracy, and the way those experiences planted the seeds for his astonishing future. <u>book</u> | <u>eBook</u>

### **ORIENTALS: ASIAN AMERICANS IN POPULAR CULTURE BY ROBERT G. LEE**



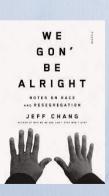
Sooner or later every Asian American must deal with the question "Where do you come from?" It is probably the most familiar, if microaggressive, form of racism. It is a tip-off to the persistent notion that people of Asian ancestry are not real Americans, that "Orientals" never really stop being loyal to their foreign homeland, no matter how long they or their families have been in this country. Confronting the cultural stereotypes that have been attached to Asian Americans over the last 150 years, Lee seizes the label "Oriental" and asks where it came from. <u>book</u>

## MINOR FEELINGS: AN ASIAN AMERICAN RECKONING BY CATHY PARK HONG



## WE GON' BE ALRIGHT: NOTES ON RACE & RESEGREGATION BY JEFF CHANG

Chang takes an incisive and wide-ranging look at the recent tragedies and widespread protests that have shaken the country. Through deep reporting with key activists and thinkers, passionately personal writing, and distinguished cultural criticism, he links #BlackLivesMatter to #OscarsSoWhite, Ferguson to Washington D.C., the Great Migration to resurgent nativism. Chang explores the rise and fall of the idea of "diversity," the roots of student protest, changing ideas about Asian Americanness, and the impact of a century of racial separation in housing. He argues that resegregation is the unexamined condition of our time, the undoing of which is key to moving the nation forward to racial justice and cultural equity. <u>book</u>



ASIAN AMERICAN RECKONING

CATHY PARK

HONG



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ELLEN D. WU

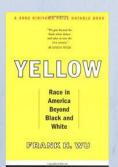
## THE COLOR OF SUCCESS: ASIAN AMERICANS AND THE ORIGINS OF THE MODEL MINORITY BY ELLEN D. WU

Wu demonstrates that the invention of the model minority took place in multiple arenas, such as battles over zoot suiters leaving wartime internment camps, the juvenile delinquency panic of the 1950s, Hawaii statehood, and the African American freedom movement. Together, these illuminate the impact of foreign relations on the domestic racial order and how the nation accepted Asian Americans as legitimate citizens while continuing to perceive them as indelible outsiders. By charting the emergence of the model minority stereotype, she reveals that this far-reaching, politically charged process continues to have profound implications for how Americans understand race, opportunity, and nationhood. book

### FROM A WHISPER TO A RALLYING CRY BY PAULA YOO

A groundbreaking portrait of Vincent Chin and the murder case that took Asian American communities to the streets to protest injustice. America in 1982 - Japanese car companies are on the rise and believed to be putting American autoworkers out of their jobs. Anti-Asian American sentiments simmer, especially in Detroit. A bar fight turns fatal, leaving Vincent Chin, Chinese American man, beaten to death at the hands of two white men, autoworker Ronald Ebens and his stepson Michael Nitz. This book is a searing examination of the killing and the trial and verdicts that followed. When Ebens and Nitz pled guilty to manslaughter and received only a \$3,000 fine and three years' probation, the lenient sentence sparked outrage in Asian American communities. This outrage galvanized the Asian American movement and paved the way for a new federal civil rights trial of the case. Yoo has crafted a suspenseful, nuanced, and authoritative portrait of a pivotal moment in civil rights history, and a man who became a symbol against hatred and racism. book

## YELLOW: RACE IN AMERICA BEYOND BLACK AND WHITE BY FRANK H. WU



Often provocative and always thoughtful, this book addresses some of the most controversial contemporary issues: discrimination, immigration, diversity, globalization, and the mixed-race movement, introducing the example of Asian Americans to shed new light on the current debates. Combining personal anecdotes, social-science research, legal cases, history, and original journalistic reporting, Wu discusses damaging Asian American stereotypes such as "the model minority" and "the perpetual foreigner." By offering new ways of thinking about race in American society, Wu's work challenges us to make good on our great democratic experiment. <u>book</u>





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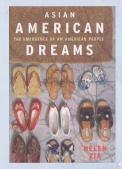
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BOOKS



### DRIVEN OUT: THE FORGOTTEN WAR AGAINST CHINESE AMERICANS BY JEAN PFAELZER

The brutal and systematic "ethnic cleansing" of Chinese Americans in California and the Pacific Northwest in the second half of the nineteenth century is a shocking – and virtually unexplored – chapter of American history. Drawing on years of groundbreaking research, Pfaelzer reveals how, beginning in 1848, lawless citizens and duplicitous politicians purged dozens of communities of thousands of Chinese residents – and how the victims bravely fought back. This book features riveting characters, both heroic and villainous, white and Asian. This is a story of hitherto unknown racial pogroms, purges, roundups, and brutal terror, but also a record of valiant resistance and community. <u>book</u>



### ASIAN AMERICAN DREAMS: THE EMERGENCE OF AN AMERICAN PEOPLE BY HELEN ZIA

This groundbreaking book traces the transformation of Asian Americans from a few small, disconnected, and largely invisible ethnic groups into a self-identified racial group that is influencing every aspect of American society. It explores the events that shocked Asian Americans into motion and shaped a new consciousness. Zia, the daughter of Chinese immigrants, writes as a personal witness to these dramatic changes. <u>book</u>

\*\*\*All descriptions from or adapted from publisher's materials