

Me And White Supremacy A Guided Journal The Official Companion To The New York Times Bestselling Book Me And White Supremacy

When You Ask Me Where I'm Going Own Your Glow The ABCs of Black History White Rage Wilmington's Lie Love and Rage Radical Dharma Love Warrior Natives The Inner Work of Racial Justice Me and White Supremacy Sober Curious The Stars and the Blackness Between Them Myths America Lives By Managing the Motherload Me and White Supremacy When I Was White Be the Bridge How to Be an Antiracist Unpolished Gem Baby Medical School: My Doctor's Visit So You Want to Talk About Race Cyber Racism How We Fight White Supremacy Me and White Supremacy The Unapologetic Guide to Black Mental Health The Racial Healing Handbook How to Be Less Stupid About Race Break 'Em Up White Fragility Me and White Supremacy A Window Opens White Supremacy A Chosen Faith Men Who Hate Women Stamped from the Beginning The Tangled Web We Weave Not My Idea The Circle Way Mama Glow

When You Ask Me Where I'm Going

Igniting a long-overdue dialogue about how the legacy of racial injustice and white supremacy plays out in society at large and Buddhist communities in particular, this urgent call to action outlines a new dharma that takes into account the ways that racism and privilege prevent our collective awakening. The authors traveled around the country to spark an open conversation that brings together the Black prophetic tradition and the wisdom of the Dharma. Bridging the world of spirit and activism, they urge a compassionate response to the systemic, state-sanctioned violence and oppression that has persisted against black people since the slave era. With national attention focused on the recent killings of unarmed black citizens and the response of the Black-centered liberation groups such as Black Lives Matter, Radical Dharma demonstrates how social transformation and personal, spiritual liberation must be articulated and inextricably linked. Rev. angel Kyodo williams, Lama Rod Owens, and Jasmine Syedullah represent a new voice in American Buddhism. Offering their own histories and experiences as illustrations of the types of challenges facing dharma practitioners and teachers who are different from those of the past five decades, they ask how teachings that transcend color, class, and caste are hindered by discrimination and the dynamics of power, shame, and ignorance. Their illuminating argument goes beyond a demand for the equality and inclusion of diverse populations to advancing a new dharma that deconstructs rather than amplifies systems of suffering and prepares us to weigh the shortcomings not only of our own minds but also of our communities. They forge a path toward reconciliation and self-liberation that rests on radical honesty, a common ground where we can drop our need for perfection and propriety and speak as souls. In a society where profit rules, people's value is determined by the color of their skin, and many voices—including queer voices—are silenced, Radical Dharma recasts the concepts of engaged spirituality, social transformation, inclusiveness, and healing.

Own Your Glow

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People of color are eager for white people to deal with their racial ignorance. White people are desperate for an affirmative role in racial justice. *Not My Idea: A Book About Whiteness* helps with conversations the nation is, just now, finally starting to have.

The ABCs of Black History

A leading advocate for racial reconciliation offers a clarion call for Christians to move toward relationship and deeper understanding in the midst of a divisive culture. With racial tensions as high within the church as outside the church, it is time for Christians to become the leaders in the conversation on racial reconciliation. This power-packed guide helps readers deepen their understanding of historical factors and present realities, equipping them to participate in the ongoing dialogue and to serve as catalysts for righteousness, justice, healing, transformation, and reconciliation.

White Rage

A powerful and practical guide to help you navigate racism, challenge privilege, manage stress and trauma, and begin to heal. Healing from racism is a journey that often involves reliving trauma and experiencing feelings of shame, guilt, and anxiety. This journey can be a bumpy ride, and before we begin healing, we need to gain an understanding of the role history plays in racial/ethnic myths and stereotypes. In so many ways, to heal from racism, you must re-educate yourself and unlearn the processes of racism. This book can help guide you. The *Racial Healing Handbook* offers practical tools to help you navigate daily and past experiences of racism, challenge internalized negative messages and privileges, and handle feelings of stress and shame. You'll also learn to develop a profound racial consciousness and conscientiousness, and heal from grief and trauma. Most importantly, you'll discover the building blocks to creating a community of healing in a world still filled with racial microaggressions and discrimination. This book is not just about ending racial harm—it is about racial liberation. This journey is one that we must take together. It promises the possibility of moving through this pain and grief to experience the hope, resilience, and freedom that helps you not only self-actualize, but also makes the world a better place.

Wilmington's Lie

Love and Rage

SHORTLISTED FOR THE JAMES TAIT BLACK PRIZE | THE JHALAK PRIZE | THE BREAD AND ROSES AWARD & LONGLISTED FOR THE ORWELL PRIZE FOR POLITICAL WRITING 'This is the book I've been waiting for - for years. It's personal, historical, political, and it speaks to where we are now' Benjamin Zephaniah 'I recommend *Natives* to everyone' Candice Carty-Williams From the first time he was stopped and searched as a child, to the day he realised his mum was white, to his first encounters with racist teachers - race and class have

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shaped Akala's life and outlook. In this unique book he takes his own experiences and widens them out to look at the social, historical and political factors that have left us where we are today. Covering everything from the police, education and identity to politics, sexual objectification and the far right, Natives speaks directly to British denial and squeamishness when it comes to confronting issues of race and class that are at the heart of the legacy of Britain's racialised empire. Natives is the searing modern polemic and Sunday Times bestseller from the BAFTA and MOBO award-winning musician and political commentator, Akala. 'The kind of disruptive, aggressive intellect that a new generation is closely watching' Afua Hirsch, Observer 'Part biography, part polemic, this powerful, wide-ranging study picks apart the British myth of meritocracy' David Olusoga, Guardian 'Inspiring' Madani Younis, Guardian 'Lucid, wide-ranging' John Kerrigan, TLS 'A potent combination of autobiography and political history which holds up a mirror to contemporary Britain' Independent 'Trenchant and highly persuasive' Metro 'A history lesson of the kind you should get in school but don't' Stylist

Radical Dharma

Perfect for fans of Rupi Kaur and Elizabeth Acevedo, Jasmin Kaur's stunning debut novel is a collection of poetry, illustrations, and prose. scream so that one day a hundred years from now another sister will not have to dry her tears wondering where in history she lost her voice The six sections of the book explore what it means to be a young woman living in a world that doesn't always hear her and tell the story of Kiran as she flees a history of trauma and raises her daughter, Sahaara, while living undocumented in North America. Delving into current cultural conversations including sexual assault, mental health, feminism, and immigration, this narrative of resilience, healing, empowerment, and love will galvanize readers to fight for what is right in their world.

Love Warrior

A groundbreaking book that pulls back the curtain on the terrorist movement no one is talking about Women's rights activist Laura Bates has been the target of many misogynistic attacks online: from hate-fueled Twitter rants to vivid descriptions of her own rape and even death threats. At first, the vitriol seemed to be the work of a small handful of individual men but over time, the volume and consistency of the attacks hinted at something bigger and more ominous. As Bates followed the thread of online misogyny farther into the corners of the internet, the spiral of hateful and toxic rhetoric deepened until she found an unseen, organized movement of thousands of anonymous men wishing violence (and worse) upon women—the terrorism no one is talking about. Men Who Hate Women examines the rise of secretive extremist communities who despise women as Bates traces the roots of misogyny across a complex spider web of groups extending from Men's Rights Activists to trolls and the incel movement. Drawing parallels to other extremist movements around the world, including white nationalism, Bates shows what attracts men to the movement, how it grooms and radicalizes boys, how it operates, and what can be done to stop it. Most urgently of all, she follows the pathways this extreme ideology has taken from the darkest corners of the internet to emerge covertly in our mainstream media, our playgrounds, and our government. Going undercover on and offline, Bates provides the first comprehensive look at this under-the-radar phenomenon, including eye-opening interviews with former members of these communities, the academics studying this

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movement, and the men fighting back. By turns fascinating and horrifying, *Men Who Hate Women* is a broad, unflinching account of the deep current of loathing toward women and anti-feminism that underpins our society and is a must-read for parents, educators, and anyone who believes in equality for women. "Men Who Hate Women has the power to spark social change."—Sunday Times

Natives

'An indispensable resource for white people who want to challenge white supremacy but don't know where to begin' Robin DiAngelo, author of New York Times bestseller *WHITE FRAGILITY* 'It should be mandatory reading Buy the book, do the work and then push more copies into the hands of everyone you know' Emma Gannon 'Confrontational and much-needed' Stylist 'She is no-joke changing the world and, for what it's worth, the way I live my life.' Anne Hathaway _____ *Me and White Supremacy* shows readers how to dismantle the privilege within themselves so that they can stop (often unconsciously) inflicting damage on people of colour, and in turn, help other white people do better, too. When Layla Saad began an Instagram challenge called #MeAndWhiteSupremacy, she never predicted it would spread as widely as it did. She encouraged people to own up and share their racist behaviours, big and small. She was looking for truth, and she got it. Thousands of people participated, and over 90,000 people downloaded the book. The updated and expanded *Me and White Supremacy* takes the work deeper by adding more historical and cultural contexts, sharing moving stories and anecdotes, and including expanded definitions, examples, and further resources. Awareness leads to action, and action leads to change. The numbers show that readers are ready to do this work - let's give it to them.

The Inner Work of Racial Justice

"[We need] a grassroots, bottom-up movement that understands the challenge in front of us, and then organizes against monopoly power in communities across this country. This book is a blueprint for that organizing. In these pages, you will learn how monopolies and oligopolies have taken over almost every aspect of American life, and you will also learn about what can be done to stop that trend before it is too late." —From the foreword by Bernie Sanders. A passionate attack on the monopolies that are throttling American democracy. Every facet of American life is being overtaken by big platform monopolists like Facebook, Google, and Bayer (which has merged with the former agricultural giant Monsanto), resulting in a greater concentration of wealth and power than we've seen since the Gilded Age. They are evolving into political entities that often have more influence than the actual government, bending state and federal legislatures to their will and even creating arbitration courts that circumvent the US justice system. How can we recover our freedom from these giants? Anti-corruption scholar and activist Zephyr Teachout has the answer: *Break 'Em Up*. This book is a clarion call for liberals and leftists looking to find a common cause. Teachout makes a compelling case that monopolies are the root cause of many of the issues that today's progressives care about; they drive economic inequality, harm the planet, limit the political power of average citizens, and historically-disenfranchised groups bear the brunt of their shameful and irresponsible business practices. In order to build a better future, we must eradicate monopolies from the private sector and create new safeguards that prevent new ones from seizing power. Through her expert analysis of monopolies in

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several sectors and their impact on courts, journalism, inequality, and politics, Teachout offers a concrete path toward thwarting these enemies of working Americans and reclaiming our democracy before it's too late.

Me and White Supremacy

Own Your Glow is an inspirational, actionable, and wildly enriching companion for change. Celebrity wellness and lifestyle guru, Latham Thomas provides soulful principles that offer an illuminated path for examining life's challenges, helping you curate your path to greatness, while embracing your uniquely feminine attributes. Packed with rituals, meditations, and snackable lifestyle tips, Thomas provides a clear framework for harnessing your passion, developing spiritual fitness, and embracing true vulnerability. This guide is for anyone who wants to witness her own life transform and contribute to the positive change of the world around her. Combining spiritual, psychological, and self-reflective tools, Thomas offers an antidote to the hustle-hard, make-it-happen mainstream culture and fosters slowing down, intentionality, and self-care as a pathway to empowerment. How much more potent and powerful would we all be if we embraced our inherent talents, strengths, and feminine edge, rather than dwelling in patterns of self-criticism, doubt, and catty competition? Thomas invites you to step into a soulful, fulfilling life of freedom, transcending self-destructive habits and creating a blueprint for a more gratifying, centered, and bountiful way of living. Own Your Glow is an awakening roar for women to mobilize, become the masters of their lives, and hold their crowned heads up high, letting their relentless light from within shine bright for the world.

Sober Curious

The stunning and provocative coming-of-age memoir about Sarah Valentine's childhood as a white girl in the suburbs of Pittsburgh, and her discovery that her father was a black man. At the age of 27, Sarah Valentine discovered that she was not, in fact, the white girl she had always believed herself to be. She learned the truth of her paternity: that her father was a black man. And she learned the truth about her own identity: mixed race. And so Sarah began the difficult and absorbing journey of changing her identity from white to black. In this memoir, Sarah details the story of the discovery of her identity, how she overcame depression to come to terms with this identity, and, perhaps most importantly, asks: why? Her entire family and community had conspired to maintain her white identity. The supreme discomfort her white family and community felt about addressing issues of race—her race—is a microcosm of race relationships in America. A black woman who lived her formative years identifying as white, Sarah's story is a kind of Rachel Dolezal in reverse, though her "passing" was less intentional than conspiracy. This memoir is an examination of the cost of being black in America, and how one woman threw off the racial identity she'd grown up with, in order to embrace a new one.

The Stars and the Blackness Between Them

#1 NEW YORK TIMES BESTSELLER • From the National Book Award–winning author of *Stamped from the Beginning* comes a

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“groundbreaking” (Time) approach to understanding and uprooting racism and inequality in our society—and in ourselves. “The most courageous book to date on the problem of race in the Western mind.”—The New York Times NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • Time • NPR • The Washington Post • Shelf Awareness • Library Journal • Publishers Weekly • Kirkus Reviews Antiracism is a transformative concept that reorients and reenergizes the conversation about racism—and, even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. At its core, racism is a powerful system that creates false hierarchies of human value; its warped logic extends beyond race, from the way we regard people of different ethnicities or skin colors to the way we treat people of different sexes, gender identities, and body types. Racism intersects with class and culture and geography and even changes the way we see and value ourselves. In *How to Be an Antiracist*, Kendi takes readers through a widening circle of antiracist ideas—from the most basic concepts to visionary possibilities—that will help readers see all forms of racism clearly, understand their poisonous consequences, and work to oppose them in our systems and in ourselves. Kendi weaves an electrifying combination of ethics, history, law, and science with his own personal story of awakening to antiracism. This is an essential work for anyone who wants to go beyond the awareness of racism to the next step: contributing to the formation of a just and equitable society. Praise for *How to Be an Antiracist* “Ibram X. Kendi’s new book, *How to Be an Antiracist*, couldn’t come at a better time. . . . Kendi has gifted us with a book that is not only an essential instruction manual but also a memoir of the author’s own path from anti-black racism to anti-white racism and, finally, to antiracism. . . . *How to Be an Antiracist* gives us a clear and compelling way to approach, as Kendi puts it in his introduction, ‘the basic struggle we’re all in, the struggle to be fully human and to see that others are fully human.’”—NPR “Kendi dissects why in a society where so few people consider themselves to be racist the divisions and inequalities of racism remain so prevalent. *How to Be an Antiracist* punctures the myths of a post-racial America, examining what racism really is—and what we should do about it.”—Time

Myths America Lives By

Would life be better without alcohol? It’s the nagging question more and more of us are finding harder to ignore, whether we have a “problem” with alcohol or not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it’s hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, *Sober Curious* is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, *Sober Curious* is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, *Sober Curious* is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

Managing the Motherload

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The National Book Award winning history of how racist ideas were created, spread, and deeply rooted in American society. Some Americans insist that we're living in a post-racial society. But racist thought is not just alive and well in America -- it is more sophisticated and more insidious than ever. And as award-winning historian Ibram X. Kendi argues, racist ideas have a long and lingering history, one in which nearly every great American thinker is complicit. In this deeply researched and fast-moving narrative, Kendi chronicles the entire story of anti-black racist ideas and their staggering power over the course of American history. He uses the life stories of five major American intellectuals to drive this history: Puritan minister Cotton Mather, Thomas Jefferson, abolitionist William Lloyd Garrison, W.E.B. Du Bois, and legendary activist Angela Davis. As Kendi shows, racist ideas did not arise from ignorance or hatred. They were created to justify and rationalize deeply entrenched discriminatory policies and the nation's racial inequities. In shedding light on this history, *Stamped from the Beginning* offers us the tools we need to expose racist thinking. In the process, he gives us reason to hope.

Me and White Supremacy

In this New York Times bestseller, Ijeoma Oluo offers a hard-hitting but user-friendly examination of race in America. Widespread reporting on aspects of white supremacy -- from police brutality to the mass incarceration of Black Americans -- has put a media spotlight on racism in our society. Still, it is a difficult subject to talk about. How do you tell your roommate her jokes are racist? Why did your sister-in-law take umbrage when you asked to touch her hair -- and how do you make it right? How do you explain white privilege to your white, privileged friend? In *So You Want to Talk About Race*, Ijeoma Oluo guides readers of all races through subjects ranging from intersectionality and affirmative action to "model minorities" in an attempt to make the seemingly impossible possible: honest conversations about race and racism, and how they infect almost every aspect of American life. "Oluo gives us -- both white people and people of color -- that language to engage in clear, constructive, and confident dialogue with each other about how to deal with racial prejudices and biases." -- National Book Review "Generous and empathetic, yet usefully blunt . . . it's for anyone who wants to be smarter and more empathetic about matters of race and engage in more productive anti-racist action." -- Salon (Required Reading)

When I Was White

An essential mindfulness and compassion-based approach to confront racial injustice and work towards healing. Law professor and mindfulness practitioner Rhonda Magee shows that the work of racial justice begins with ourselves. When conflict and division are everyday realities, our instincts tell us to close ranks, to find the safety of our own tribe, and to blame others. The practice of embodied mindfulness--paying attention to our thoughts, feelings, and physical sensations in an open, nonjudgmental way--increases our emotional resilience, helps us to recognize our unconscious bias, and gives us the space to become less reactive and to choose how we respond to injustice. For victims of injustice, embodied mindfulness calms our fears and helps us to exercise self-compassion. Magee shows us how to slow down and reflect on microaggressions--to hold them with some objectivity and distance--rather than bury unpleasant experiences so they have a cumulative effect over time. She helps us develop the capacity to address the fears and anxieties that would otherwise lead us to

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re-create patterns of separation and division. It is only by healing from injustices and dissolving our personal barriers to connection that we develop the ability to view others with compassion and to live in community with people of vastly different backgrounds and viewpoints. Incorporating mindfulness exercises, research, and Magee's hard-won insights, *The Inner Work of Racial Justice* offers a road map to a more peaceful world.

Be the Bridge

Explores counterproductive reactions white people have when discussing racism that serve to protect their positions and maintain racial inequality.

How to Be an Antiracist

Told in two voices, sixteen-year-old Audre and Mabel, both young women of color from different backgrounds, fall in love and figure out how to care for each other as one of them faces a fatal illness.

Unpolished Gem

This celebration of Black resistance, from protests to art to sermons to joy, offers a blueprint for the fight for freedom and justice -- and ideas for how each of us can contribute. Many of us are facing unprecedented attacks on our democracy, our privacy, and our hard-won civil rights. If you're Black in the US, this is not new. As *Colorlines* editors Akiba Solomon and Kenrya Rankin show, Black Americans subvert and resist life-threatening forces as a matter of course. In these pages, leading organizers, artists, journalists, comedians, and filmmakers offer wisdom on how they fight White supremacy. It's a must-read for anyone new to resistance work, and for the next generation of leaders building a better future. Featuring contributions from: Ta-Nehisi Coates Tarana Burke Harry Belafonte adrienne maree brown Alicia Garza Patrisse Khan-Cullors Reverend Dr. Valerie Bridgeman Kiese Laymon Jamilah Lemieux Robin DG Kelley Damon Young Michael Arceneaux Hanif Abdurraqib Dr. Yaba Blay Diamond Stingily Amanda Seales Imani Perry Denene Millner Kierna Mayo John Jennings Dr. Joy Harden Bradford Tongo Eisen-Martin

Baby Medical School: My Doctor's Visit

The history of race relations on two continents is enormously enriched by this comparative study

So You Want to Talk About Race

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In the face of systemic racism and state-sanctioned violence, how can we metabolize our anger into a force for liberation? White supremacy in the United States has long necessitated that Black rage be suppressed, repressed, or denied, often as a means of survival, a literal matter of life and death. In *Love and Rage*, Lama Rod Owens, coauthor of *Radical Dharma*, shows how this unmetabolized anger--and the grief, hurt, and transhistorical trauma beneath it--needs to be explored, respected, and fully embodied to heal from heartbreak and walk the path of liberation. This is not a book about bypassing anger to focus on happiness, or a road map for using spirituality to transform the nature of rage into something else. Instead, it is one that offers a potent vision of anger that acknowledges and honors its power as a vehicle for radical social change and enduring spiritual transformation. *Love and Rage* weaves the inimitable wisdom and lived experience of Lama Rod Owens with Buddhist philosophy, practical meditation exercises, mindfulness, tantra, pranayama, ancestor practices, energy work, and classical yoga. The result is a book that serves as both a balm and a blueprint for those seeking justice who can feel overwhelmed with anger--and yet who refuse to relent. It is a necessary text for these times.

Cyber Racism

THE NEW YORK TIMES BESTSELLER From the Civil War to our combustible present, *White Rage* reframes the continuing conversation about race in America, chronicling the history of the powerful forces opposed to black progress. Since the abolishment of slavery in 1865, every time African Americans have made advances towards full democratic participation, white reaction has fuelled a rollback of any gains. Carefully linking historical flashpoints – from the post-Civil War Black Codes and Jim Crow to expressions of white rage after the election of America's first black president – Carol Anderson renders visible the long lineage of white rage and the different names under which it hides. Compelling and dramatic in the history it relates, *White Rage* adds a vital new dimension to the conversation about race in America. 'Beautifully written and exhaustively researched' CHIMAMANDA NGOZI ADICHIE 'An extraordinarily timely and urgent call to confront the legacy of structural racism' NEW YORK TIMES BOOK REVIEW 'Brilliant' ROBIN DIANGELO, AUTHOR OF *WHITE FRAGILITY*

How We Fight White Supremacy

A NEW YORK TIMES BESTSELLER B is for Beautiful, Brave, and Bright! And for a Book that takes a Bold journey through the alphabet of Black history and culture. Letter by letter, *The ABCs of Black History* celebrates a story that spans continents and centuries, triumph and heartbreak, creativity and joy. It's a story of big ideas—P is for Power, S is for Science and Soul. Of significant moments—G is for Great Migration. Of iconic figures—H is for Zora Neale Hurston, X is for Malcom X. It's an ABC book like no other, and a story of hope and love. In addition to rhyming text, the book includes back matter with information on the events, places, and people mentioned in the poem, from Mae Jemison to W. E. B. Du Bois, Fannie Lou Hamer to Sam Cooke, and the Little Rock Nine to DJ Kool Herc.

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The New York Times and USA Today bestseller! This eye-opening book challenges you to do the essential work of unpacking your biases, and helps white people take action and dismantle the privilege within themselves so that you can stop (often unconsciously) inflicting damage on people of color, and in turn, help other white people do better, too. "Layla Saad is one of the most important and valuable teachers we have right now on the subject of white supremacy and racial injustice."—New York Times bestselling author Elizabeth Gilbert Based on the viral Instagram challenge that captivated participants worldwide, *Me and White Supremacy* takes readers on a 28-day journey, complete with journal prompts, to do the necessary and vital work that can ultimately lead to improving race relations. Updated and expanded from the original workbook (downloaded by nearly 100,000 people), this critical text helps you take the work deeper by adding more historical and cultural contexts, sharing moving stories and anecdotes, and including expanded definitions, examples, and further resources, giving you the language to understand racism, and to dismantle your own biases, whether you are using the book on your own, with a book club, or looking to start family activism in your own home. This book will walk you step-by-step through the work of examining: Examining your own white privilege What allyship really means Anti-blackness, racial stereotypes, and cultural appropriation Changing the way that you view and respond to race How to continue the work to create social change Awareness leads to action, and action leads to change. For readers of *White Fragility*, *White Rage*, *So You Want To Talk About Race*, *The New Jim Crow*, *How to Be an Anti-Racist* and more who are ready to closely examine their own beliefs and biases and do the work it will take to create social change. "Layla Saad moves her readers from their heads into their hearts, and ultimately, into their practice. We won't end white supremacy through an intellectual understanding alone; we must put that understanding into action."—Robin DiAngelo, author of New York Times bestseller *White Fragility*

The Unapologetic Guide to Black Mental Health

For those contemplating religious choices, Unitarian Universalism offers an appealing alternative to religious denominations that stress theological creeds over individual conviction and belief. In this new edition of the classic introductory text on Unitarian Universalism, which includes a revealing, entertaining foreword by best-selling author Robert Fulghum (*All I Really Need to Know I Learned in Kindergarten, It Was on Fire When I Lay Down on It*), a new preface by UU moderator Denise Davidoff, and two new chapters by the authors, John Buehrens and Forrest Church explore the many sources of the living tradition of their chosen faith.

The Racial Healing Handbook

"Poignant, provocative, sometimes laugh-out-loud funny, Pung's rollicking tale of two worlds is not to be missed."—Kirkus Reviews (starred review) After Alice Pung's family fled to Australia from the killing fields of Cambodia, her father chose Alice as her name because he thought their new country was a Wonderland. In this lyrical, bittersweet debut memoir—already an award-winning bestseller when it was published in Australia—Alice grows up straddling two worlds, East and West, her insular family and the Australia outside. With wisdom beyond her years and a keen eye for comedy in everyday life, she writes of the trials of assimilation and cultural misunderstanding, and of the tender but fraught relationships between three generations of women trying to live the Australian dream without losing themselves. *Unpolished Gem* is a

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moving, vivid journey about identity and the ultimate search for acceptance and healing, delivered by a writer possessed of rare empathy, penetrating insight, and undeniable narrative gifts.

How to Be Less Stupid About Race

A candid, humorous, and heartfelt guide to self-care in motherhood from a meditation expert and mother-of-five. Managing the Motherload is a practical system for sanity from a happy, ultra-productive, and sometimes tired mother of five. This five-part system will help readers create a life that they love while allowing all the items on their to-do list to flourish in their own time. In the book, meditation guide and popular YouTuber Rebekah "Bex" Borucki features her favorite healing and stress-reducing modalities, including her signature 4-minute meditations. Deeply personal, heartfelt stories of her struggles and tender moments raising five children are highlighted throughout the book. As a birth doula and meditation guide, Bex offers a wealth of personal and professional experience in managing the demands of motherhood and the need for self-care and stress management. "I want every woman who reads this book to come away with a feeling of confidence in finding her own way as a mother and a human being. Upon finishing the pages, the reader will have the know-how to create a path to happiness, freedom, and success that can be achieved not in spite of her tremendous responsibility as a mother but in total alignment with it." -- from the author

Break 'Em Up

In Mama Glow, maternity lifestyle maven Latham Thomas shares the tips and techniques to support a blissful journey to motherhood. She shows you how to make room for your pregnancy, assess your current diet, banish toxic habits, and incorporate yoga to keep your mind, body, and spirit in balance. Throughout, you'll get tips to help reduce stress; alleviate common discomforts; demystify birth plans, labor coaches, and midwives; whip up pampering treats like homemade shea butter and coffee sugar scrub; and indulge in over 50 delicious, nutrient-rich recipes to nourish both you and your "bun." Mama Glow also features a postpartum wellness plan to guide you back to your prebaby body, troubleshoot breastfeeding problems, and embrace your abundant new life. Mama Glow includes:

- Illustrated exercises for a fit, fabulous, and comfortable pregnancy
- Fleshed-out cleansing programs to boost fertility
- A simple formula for deconstructing those crazy cravings
- Yoga sequences designed for prepregnancy, each trimester, and postpartum
- Checklists for your prenatal pantry, finding a birth coach, and packing your birth bag
- Glow foods to help you snap back to your fab prebaby body

As your certified glow pilot, Latham will guide you through every stage of your pregnancy, giving you practical advice to make your journey a joyful and vibrant one.

White Fragility

Six myths lie at the heart of the American experience. Taken as aspirational, four of those myths remind us of our noblest ideals, challenging us to realize our nation's promise while galvanizing the sense of hope and unity we need to reach our goals. Misused, these myths allow for

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illusions of innocence that fly in the face of white supremacy, the primal American myth that stands at the heart of all the others.

Me and White Supremacy

The bestselling Baby University book series that brought you ABCs of Space, Rocket Science for Babies, and Quantum Physics for Babies is expanding! Empower children with this educational doctor book for kids so they can visit the doctor with courage and curiosity! Every year, you go to the doctor's office to make sure your body is working like it should. A nurse and doctor will check almost every part of you. They want to make sure you stay happy and healthy. Written by leading medical experts, Cara and Jon Florance, this doctor's visit book will take the fear out of going to the doctor by breaking down what and why a doctor does what he or she does. My Doctor's Visit is the perfect book for nurses to read and makes a wonderful addition to other special gifts for your little one, such as toy stethoscopes for kids, doctor kits for toddlers, and thermometers for babies. Give the gift of learning to your little one with this baby and toddler doctor book and help them feel confident about their next doctor's visit!

A Window Opens

We all see what the internet does and increasingly don't like it, but do we know how and more importantly who makes it work that way? That's where the real power lays The internet was supposed to be a thing of revolutions. As that dream curdles, there is no shortage of villains to blame--from tech giants to Russian bot farms. But what if the problem is not an issue of bad actors ruining a good thing? What if the hazards of the internet are built into the system itself? That's what journalist James Ball argues as he takes us to the root of the problem, from the very establishment of the internet's earliest protocols to the cables that wire it together. He shows us how the seemingly abstract and pervasive phenomenon is built on a very real set of materials and rules that are owned, financed, designed and regulated by very real people. In this urgent and necessary book, Ball reveals that the internet is not a neutral force but a massive infrastructure that reflects the society that created it. And making it work for--and not against--us must be an endeavor of the people as well.

White Supremacy

A unique and irreverent take on everything that's wrong with our "national conversation about race"—and what to do about it How to Be Less Stupid About Race is your essential guide to breaking through the half-truths and ridiculous misconceptions that have thoroughly corrupted the way race is represented in the classroom, pop culture, media, and politics. Centuries after our nation was founded on genocide, settler colonialism, and slavery, many Americans are kinda-sorta-maybe waking up to the reality that our racial politics are (still) garbage. But in the midst of this reckoning, widespread denial and misunderstandings about race persist, even as white supremacy and racial injustice are more visible than ever before. Combining no-holds-barred social critique, humorous personal anecdotes, and analysis of the latest interdisciplinary scholarship on systemic racism, sociologist Crystal M. Fleming provides a fresh, accessible, and irreverent take on everything that's wrong

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with our “national conversation about race.” Drawing upon critical race theory, as well as her own experiences as a queer black millennial college professor and researcher, Fleming unveils how systemic racism exposes us all to racial ignorance—and provides a road map for transforming our knowledge into concrete social change. Searing, sobering, and urgently needed, *How to Be Less Stupid About Race* is a truth bomb for your racist relative, friend, or boss, and a call to action for everyone who wants to challenge white supremacy and intersectional oppression. If you like Issa Rae, Justin Simien, Angela Davis, and Morgan Jerkins, then this deeply relevant, bold, and incisive book is for you.

A Chosen Faith

Men Who Hate Women

Awareness leads to action, and action leads to change. When Layla Saad began an Instagram challenge called #meandwhitesupremacy, she never predicted it would spread as widely as it did. She encouraged people to own up and share their racist behaviors, big and small. She was looking for truth, and she got it . . . Thousands of people participated in the challenge, and over 80,000 people downloaded her guide to the movement *Me and White Supremacy*. Now adapted for younger audiences, *ME AND WHITE SUPREMACY* teaches pre-teens and teens how to dismantle the privilege within themselves so that they can stop (often unconsciously) inflicting damage on people of color, and in turn, help other white people do better, too. The numbers show that readers are ready to do this work--let's give it to them.

Stamped from the Beginning

In this exploration of the way racism is translated from the print-only era to the cyber era the author takes the reader through a devastatingly informative tour of white supremacy online. The book examines how white supremacist organizations have translated their printed publications onto the Internet. Included are examples of open as well as 'cloaked' sites which disguise white supremacy sources as legitimate civil rights websites. Interviews with a small sample of teenagers as they surf the web show how they encounter cloaked sites and attempt to make sense of them, mostly unsuccessfully. The result is a first-rate analysis of cyber racism within the global information age. The author debunks the common assumptions that the Internet is either an inherently democratizing technology or an effective 'recruiting' tool for white supremacists. The book concludes with a nuanced, challenging analysis that urges readers to rethink conventional ways of knowing about racial equality, civil rights, and the Internet.

The Tangled Web We Weave

An unapologetic exploration of the Black mental health crisis—and a comprehensive road map to getting the care you deserve in an unequal

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system. We can't deny it any longer: there is a Black mental health crisis in our world today. Black people die at disproportionately high rates due to chronic illness, suffer from poverty, under-education, and the effects of racism. This book is an exploration of Black mental health in today's world, the forces that have undermined mental health progress for African Americans, and what needs to happen for African Americans to heal psychological distress, find community, and undo years of stigma and marginalization in order to access effective mental health care. In *The Unapologetic Guide to Black Mental Health*, psychologist and African American mental health expert Rheedea Walker offers important information on the mental health crisis in the Black community, how to combat stigma, spot potential mental illness, how to practice emotional wellness, and how to get the best care possible in a system steeped in racial bias. This breakthrough book will help you: Recognize mental and emotional health problems Understand the myriad ways in which these problems impact overall health and quality of life and relationships Develop psychological tools to neutralize ongoing stressors and live more fully Navigate a mental health care system that is unequal It's past time to take Black mental health seriously. Whether you suffer yourself, have a loved one who needs help, or are a mental health professional working with the Black community, this book is an essential and much-needed resource.

Not My Idea

"From the beloved books editor at *Glamour* magazine comes a heartfelt and painfully funny debut about what happens when a wife and mother of three leaps at the chance to fulfill her professional destiny--only to learn every opportunity comes at a price. In *A Window Opens*, Elisabeth Egan brings us Alice Pearse, a compulsively honest, longing-to-have-it-all, sandwich generation heroine for our social-media-obsessed, lean in (or opt out) age. Like her fictional forebears Kate Reddy and Bridget Jones, Alice plays many roles (which she never refers to as "wearing many hats" and wishes you wouldn't, either). She is a mostly-happily married mother of three, an attentive daughter, an ambivalent dog-owner, a part-time editor, a loyal neighbor, and a Zen commuter. She is not: a cook, a craftswoman, a decorator, an active PTA member, a natural caretaker, or the breadwinner. But when her husband makes a radical career change, Alice is ready to lean in--and she knows exactly how lucky she is to land a job at *Scroll*, a hip young start-up which promises to be the future of reading, with its chain of chic literary lounges and dedication to beloved classics. The Holy Grail of working mothers--an intellectually satisfying job and a happy personal life--seems suddenly within reach. Despite the disapproval of her best friend, who owns the local bookstore, Alice is proud of her new "balancing act" (which is more like a three-ring circus) until her dad gets sick, her marriage flounders, her babysitter gets fed up, her kids start to grow up, and her work takes an unexpected turn. Fans of *I Don't Know How She Does It*, *Where'd You Go Bernadette*, and *The Storied Life of A.J. Fikry* will cheer as Alice realizes the question is not whether it's possible to have it all, but what does she--Alice Pearse--really want?"--

The Circle Way

#1 New York Times Bestseller Oprah's Bookclub 2016 Selection "Riveting a worthy investment this book has real wisdom." —New York Times Book Review "A book with so much painful truth packed into its pages that every person who's ever married or plans to marry should really

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give it a read." —Chicago Tribune "Provocative. I adore her honesty, her vulnerability, and her no-nonsense wisdom, and I know you will, too." —Oprah Winfrey "This memoir isn't really about Glennon rebuilding her relationship with her husband; it is about Glennon rebuilding her relationship with herself. Utterly refreshing and badass." —Bustle.com The highly anticipated new memoir by bestselling author Glennon Doyle tells the story of her journey of self-discovery after the implosion of her marriage. Just when Glennon Doyle Melton was beginning to feel she had it all figured out—three happy children, a doting spouse, and a writing career so successful that her first book catapulted to the top of the New York Times bestseller list—her husband revealed his infidelity and she was forced to realize that nothing was as it seemed. A recovering alcoholic and bulimic, Glennon found that rock bottom was a familiar place. In the midst of crisis, she knew to hold on to what she discovered in recovery: that her deepest pain has always held within it an invitation to a richer life. *Love Warrior* is the story of one marriage, but it is also the story of the healing that is possible for any of us when we refuse to settle for good enough and begin to face pain and love head-on. This astonishing memoir reveals how our ideals of masculinity and femininity can make it impossible for a man and a woman to truly know one another—and it captures the beauty that unfolds when one couple commits to unlearning everything they've been taught so that they can finally, after thirteen years of marriage, commit to living true—true to themselves and to each other. *Love Warrior* is a gorgeous and inspiring account of how we are born to be warriors: strong, powerful, and brave; able to confront the pain and claim the love that exists for us all. This chronicle of a beautiful, brutal journey speaks to anyone who yearns for deeper, truer relationships and a more abundant, authentic life.

Mama Glow

Meetings in the round have become the preferred tool for moving individual commitment into group action. This book lays out the structure of circle conversation, based on the original work of the authors who have standardized the essential elements that constitute circle practice.

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