

**Give-a-way books for Session 2:**

[White Fragility: Why It's So Hard for White People to Talk About Racism](#) (Beacon Press, 2018) By Robin DiAngelo

A groundbreaking and timely book, anti-racist educator, Robin DiAngelo deftly illuminates the phenomenon of white fragility. Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth examination, DiAngelo explores how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

[My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts & Bodies](#) (Central Recovery Press, 2017) By Resmaa Menakem

The body is where our instincts reside and where we fight, flee, or freeze. *My Grandmother's Hands* is a call to action for Americans to recognize that racism is not only about the head, but also about the body. Menakem introduces an alternative view of what we can do to grow beyond our entrenched racialized divide and takes readers through a step-by-step healing process based on the latest neuroscience and somatic healing methods.

[The Color of Wealth: The Story Behind the U.S. Racial Wealth Divide](#) (The New Press, 2006) By Meizhu Lui, Barbara Robles, Betsy Leondar-Wright, Rose Brewer, and Rebecca Adamson, with [United for a Fair Economy](#).

For every dollar owned by the average white family in the United States, the average family of color has less than a dime. Wealth, not income alone, may be the most revealing index of inequality in America. *The Color of Wealth* lays bare the roots of the racial wealth divide and reveals the astonishingly decisive role government has played in shaping our unequal society.

Written by five leading experts who recount the asset-building histories of Native Americans, Latinos, African Americans, Asian Americans, and European Americans, this book is a uniquely comprehensive multicultural history of American wealth. Published in conjunction with one of the leading economic justice organizations, *The Color of Wealth* suggests that until government policy tackles disparities in wealth, not just income, the United States will never have racial and economic justice.

**In honor of Women's History Month**

[Eloquent Rage: A Black Feminist Discovers Her Superpower](#) (Picador, St. Martins Press, 2018) By Brittney Cooper

Far 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. But Brittney Cooper shows us that there is more to the story than that. Black women's eloquent rage is what makes Serena Williams such a

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powerful tennis player. It's what makes Beyoncé's girl power anthems resonate so hard. It's what makes Michelle Obama an icon.

Eloquent rage keeps us all honest and accountable. It reminds women that they don't have to settle for less. Brittney Cooper reminds us that anger is a powerful source of energy that can give us the strength to keep on fighting!

Brittney Cooper is professor of Women and Gender Studies, and Africana Studies at Rutgers