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It makes the case that rather than being the "original sin" from which we've distanced ourselves, the legacy of slavery and the caste system it introduced continues to tangibly shape and influence almost all aspects of American civics today. When their parents divorce, Birdie and Cole are split up, at a loss for how to find one another. Each narrative pieces together a yearning to know where he belongs—in his family, in his country, and in relation to his wants and fears. They represent a cross-section of perspectives—from a poetry collection by a standout young talent to a National Book Award winner about a family heirloom that's connected three generations of a Black family from slavery to the present. Discourse—which Rich Blint, program director of Race and Ethnicity at The New School, calls a "blistering indictment" of the "violent protocols of Western empire"—offers "necessary historical context for those new to contemporary struggles against racism, police brutality, mass incarceration, and other encroaching threats to freedom and justice," Blint says. This book chronicles the life of a mixed-race family with two daughters: Birdie (who appears white) and Cole (who's dark enough to fit in with the other kids at their Afrocentric school). These offerings range from fiction to narrative non-fiction to memoir; some recent books, some perennial classics. This book serves as a powerful testimony about the challenges of transracial adoption and a validation of the vital work of becoming our full and authentic ourselves. The winner of the 2021 National Book Award for non-fiction, this story traces a family relic—a simple cotton bag that an enslaved woman named Rose thrust into her daughter Ashley's hands in 1850, just as she was wrenched away from her and placed for sale. It's Angelou's guide to living well, for her daughters everywhere. Teams compete for the driver's championship, while individual drivers compete for the driver's championship, while individual drivers compete for the driver's championship. at the end of a season, tallying total points from all previous races. In this sense, Formula 1 is a bit like pro football in the USA — it's possible to win individual games during the regular season, but only one team can win the Super Bowl championship title. CC0/Toby_Parsons/Pixabay Team SponsorsEach Formula 1 team competes in every race throughout the season, and there's a set number of teams slated to compete at the beginning of each season. "While the book speaks specifically to her city (and mine), it's a profound examination of how systemic racism affects our institutions, and what community activists and organizers are doing to fight it," says author and writing teacher Megan Stielstra. These essays offer a series of compassionate, honest, and absorbing lessons from one of our best-loved writers. "The text humanizes history with a vivid account of their lives as they navigate the search... for what they believe will set them free." Yep, you'll want a pen so you can take notes and do your homework. Teams are typically named after sponsors, which tend to be luxury car brands like Lotus, Mercedes, Ferrari and McLaren. It's worth remembering that our reading choices, no matter how noble and expansive they may be, are not a substitute for anti-racism work; which is, ultimately, not a personal, private self-improvement journey, but one that requires engagement and action. The prose leaps from the page as Broome's chronicle effortlessly veers from laugh-out-loud funny self-deprecation to harrowing accounts of addiction, abuse, and toxic masculinity. The result is a moving meditation on the human spirit, a perfect salve and siren call for our times. Edited by the founder of The Bronx is Reading, a non-profit organization that promotes child and adult literacy, the book features 15 prominent Latinx writers offering intimate, joyful reflections and perspectives on the Latinx experience. Fixing the vast inequities in America's criminal justice system remains one of the key pillars of the quest for social justice. If you want to see Formula 1 in action, but you don't have much time to spare, you should probably go see the Saturday afternoon races as those are the main event of the sport.CCO/Papafox/Pixabay A Team SportAmericans may tend to think of race car driving as something that individuals do, but Formula 1 is a sport for teams. Her work, which spans personal anecdote, reflective prompts, and practical exercises, encourages readers to dismantle harmful narratives about Black family life—and gives them the tools to parent with liberation rather than fear. This interactive workbook centralizes around the idea that for society to heal from racism and racial trauma, white and BIPOC communities need to come to terms with collective feelings of shame, guilt, and anxiety; unlearn the process of racism in order to heal from it; and reeducate in ways that can bridge racial divides. Books change your mind." It's therefore heartening that readers continue to turn to relevant titles to understand U.S. history, learn about allyship, experience solidarity and have their experiences affirmed, celebrate their culture and art, and be moved and guided to practical action to end oppression. Storytelling endures as one of the most powerful tools to help us understand how the world works, as infinitely complex as it is: non-fiction that marshals research, facts, and anecdotes to crystallize abstract ideas into digestible knowledge and practical takeaways; novels that pluck at our emotions and foster empathy which, in turn, help us relate to people and experiences beyond our own world. Oluo uses "simple, bold (and sometimes funny) language and stories" to build "a road map for self-reflection," and clarifies "how to have thoughtful and productive conversations about race," explains Bunnie Hilliard, owner of Brave + Kind Bookshop in Decatur, Georgia. In this book, McMillan Cottom uses humor, personal experience, and witty critiques to link the personal to the societal and to challenge everything you knew about race, beauty, money, and whiteness. However, when you buy something through our retail links, we may earn an affiliate commission. Gorman, a 23-year-old phenom and National Youth Poet Laureate, won our hearts with her arresting presence and rendition of President Joe Biden. CCO/roninmd/Pixabay The Formula Behind the NameThe "formula" in Formula 1 refers to a strict set of rules that all cars must adhere to. These 16 essays (as well as poetry and fiction) from some of the most esteemed historians and thinkers of our day reframe the institution of slavery as the foundational centerpiece of all of American history. But perhaps this book's biggest asset is its tone: warm, optimistic, and inclusive, despite the damning case being made about the steep moral and practical costs of racism. Carroll, a biracial child adopted into a white family in an all-white New Hampshire town, didn't see another Black person in real life until she was six years old. Together, their stories offer two intimate and moving portraits of life as Black women in America. Formula 1 races have rigid rules not only for determining winners and timing races but also for specific materials that all cars in these races must use. The bold, genius, and hilarious writer and professor shares her thoughts on being thick—literally and in spirit. We all have a better grasp of the power and importance of intersectionality in that pursuit. "The language is breathtakingly gorgeous, with each story building toward the bigger picture of race and queerness and grief and love in America," Stielstra says. From editor Glory Edim, the founder of the popular Well-Read Black Girl book club, and a whole canon of powerful Black writers—including Jacqueline Woodson, Jesmyn Ward, and Tayari Jones—comes an anthology dedicated to the importance of recognizing ourselves in literature. North American fans can catch Formula 1 races in Canada, the USA and Mexico. "Plan to take an in-depth look at your history, friendships, and experiences with racism," Hilliard says. Was that realistic? "This is a great guide and framework to help navigate racism, check your privilege, and make meaningful progress toward becoming a racial ally."It's safe to say that, as a student, then teacher, and now a scholar studying Chicago's public schools, Ewing knows them well. The book underscores how we must draw from and understand the past in order to have any hope of influencing the future, especially with regard to racial equity. When we laugh or cry with a character, or even when we can't stand a character, those emotions break something open inside of us and leave us vulnerable to appreciating another's experience—and more likely to reconsider and expand what we know or believe about certain people, cultures, ways of life, or even political issues. In publishing my own debut novel last fall, We Are Not Like Them—which follows a friendship between a Black woman and a white woman thrown into turmoil after a police shooting hits close to home—my cowriter and I found that to be true. Bonus: There's also a children's edition of this book, The 1619 Project: Born on the Water. This straightforward and actionable guide addresses everything from the N-word and privilege to police brutality in America in a way that seeks to unite often disparate racial groups. McGhee, who spent much of her career researching economic policy at the think tank Demos, methodically unpacks how this "what is good for 'them' must be bad for 'us'" way of thinking came to be—a direct byproduct of the insidious and lasting legacy of slavery—and how it undermines prosperity for all, not just Black people. Though they are sitting down in a car during races, they travel at high enough speeds that the Formula 1 organization claims drivers need to be in peak physical condition to cope.CCO/Angelo_Giordano/Pixabay Race StrategyAside from simply driving fast and avoiding crashes, Formula 1 drivers and teams typically think about the balance between fuel weight and tire wear. "Every gender studies program should assign this along with its other staples," says Elissa Bassist, editor of the Funny Women column at The Rumpus. "It's impossible to be racist if you're living accordingly." Within this five-section book, Sue uses research, vignette examples, and theoretical discussion to highlight why it's become difficult to talk about race. It feels apt to quote Martin Luther King Jr. in honor of Black History Month, who captured this sentiment in his 1965 Oberlin College commencement address: "All mankind is tied together; all life is interrelated, and we are all caught in an inescapable network of mutuality, tied in a single garment of destiny." With that idea—the collective pursuit of equality—in mind, here are 31 recommendations for books about race and racism in America, specifically when it comes to the Black experience. The more fuel is in a car at the beginning of a race, the heavier it is, so it doesn't move as fast. As protests over the police murders of George Floyd, Breonna Taylor, Tony McDade, and Ahmaud Arbery (and many other Black Americans) spill into their third week—and more marches and gatherings are specifically being organized for children and families—parents might be struggling to explain concepts of police brutality, white supremacy, and racism to their children in an honest and age-appropriate way. There are practice runs on Fridays and Saturday mornings followed by qualifying races on Satur might want to explore and understand the complexities of race, beyond skin tone."This novel tells a powerful and unsparing tale of a young white woman. "And Baldwin's book should be read with The Fire This Time: A New Generation Speaks About Race, an anthology edited by Jesmyn Ward."In his memoir, Laymon uses the personal to draw attention to a great American paradox: a nation obsessed with opportunity and progress, yet skilled in the avoidance of who that advancement is for. Along with each prompt, experts offer a slew of effective ways that educators can analyze classroom interactions, incorporate race into curriculums, address racial categories and inequality, and close achievement gaps in their classrooms. To that end, Coates, who spent years as a federal prosecutor, lays bare the piercing contradictions, complications, and even guilt she experienced when her personal identities—as a mother, a woman, and a Black American—clashed with trying to pursue justice within a deeply flawed system. The Formula 1 organization changes its rules relatively frequently, impacting things like pit stops and vehicle components. CCO/grunzibaer/Pixabay MORE FROM QUESTIONSANSWERED. NET Want more? The book is unfailingly clear-eyed and comprehensive in connecting dots through history. as well as surveying the corrosive effects of this zero-sum mentality across a vast array of arenas—including health care, voting rights, housing, and public infrastructure. For example, Formula 1 cars all need to use the same tires supplied by a single manufacturer. CCO/urv/Pixabay Race WeekendsFormula 1 races are a big deal that offer a full weekend event for fans. Wilkerson brilliantly captures historical details and "sets the stage for why communities of color have continued to struggle, despite efforts to remove themselves from the harsh grips of racial strife in America," Hilliard says. She lays out the case for why and how to change the rules of the game when it comes to economic opportunity in America so that everyone has a chance to win. In this kaleidoscopic and wildly inventive debut collection, Johnson introduces us to a group of Charlottesville residents who seek refuge at Thomas Jefferson's former plantation after fleeing a white militia; a Black professor who studies racism by conducting social experiments on his own son, and a southern woman who goes to great lengths to reinvent herself and escape her roots. Since then, she's published her first full-length work of poetry, Call Us What We Carry. CC0/Jonny Joka/Pixabay Rule ChangesRules are important for understanding Formula 1, and they can also impact the strategies teams use to win races. It seemed a bit like we were going to try to read and write ourselves out of racism. The piercing chronicle is fueled by a profound question: Why do our lives turn out the way they portrait of identity, legacy, and how to survive in America. In this sweeping and intimate memoir, a former Chicago Tribune columnist traces the lives of three girls (herself, her best friend, and her younger sister)—from their childhoods coming of age in historic Bronzeville through the shocking turns their respective journeys take. Essays are "short enough to be read through in one sitting," Bocala says. This book demands reader introspection on the ways in which we can be complicit in silencing conversations about race, and it suggests social change is reliant on both the vulnerability and courage required to communicate honestly—regardless of our own racial identities. Ultimately, this story is an affirmation of the hard-won healing and resilience required when you're Black and queer in a world that doesn't make either easy. Racism is not a zero-sum game. In interacting with legions of readers (of all ethnicities), one theme has emerged over and blind spots; also, how grateful they are to have books that can serve as vehicles to help spark and smooth some of these vital discussions, and to both challenge and affirm their worldviews. Another theme that has emerged over the last few grueling years is the reminder that we're all in this together. Through revelatory anecdotes and intimate personal moments, she exposes the tension between pursuing "what is right and what is just" and the fraught realities of sweeping institutional change—a must-read for anyone interested in criminal justice reform. This book grew out of an historic work of journalism Hannah-Jones spearheaded at The New York Times. Gorman applies her considerable lyrical finesse to explorations of feminism, oppression, resilience, hope, and healing. hooks highlights radical but straightforward considerations of the way interconnectedness manifests in both our intimate and public lives: what it means to give and receive love, rethinking the kind of self-love that will bring more compassion into our relationships, and the power of love to end communal and societal struggle. "I felt changed after reading Heavy." Within this collection of essays, various scholars and educators pose challenging questions about race in schools. Each provocative reflection invites the reader to explore what a lifetime of deception does to a Black body, a Black family, and a country on the edge of collapse. All of the books can be found at Black-owned bookstores like the ones you see below, but see here for an extended list of options in your area. So, from picture books to nonfiction works to novels, these reads are all intended to keep the conversation about race and racism going within families—beyond this moment of national media attention. "This is a book that all Americans should read again and again," says Julia Fierro, author and founder of The Sackett Street Writers' Workshop. ("I gave birth to one child, a son, but I have thousands of daughters," Angelou writes.) The book details her turbulent life, while "speaking truth to power," Wilson says. Others are fictional works representing nonwhite protagonists, which are important for helping kids see Black and brown people as not just victims of oppressive circumstance, but heroes in their own right. Learn more about Formula 1, including the location of the F1 USA Grand Prix. It Originated in 20th Century EuropeEarly Formula 1 races were born out of the enthusiasm for grand prix racing that arose in Europe during the interwar period of the early-mid 1900s. Through Baldwin's life in Harlem and two open "letters," he urges Americans, whether or not they're people of color, to fight the terrible racism imprinted on the soul of a nation. The protests of summer 2020 also underscored this thread: People of all backgrounds uniting in a quest to realize our country's multicultural ideals. It's important to note that books alone shouldn't be the extent of a child's education on race. CCO/schuger/Pixabay Formula 1 racing is a widely popular motorsport that has captured a global audience across Europe, Asia, Australia and North America. These teams consist of multiple drivers, though individual drivers can win championships too. "This novel transformed my perspective more than any other novel I've read," Fierro says, "shattering my perspective so I had the beginning of a new understanding of the immense challenges people of color experience." Morrison traces the lives of two young Black girls from small-town Ohio, following them along their very different paths into womanhood—where, ultimately, they're demanded to confront and reconcile their differences. Decades later, the bag ends up in the hands of Rose's granddaughter, Ruth, who embroiders the words: "It be filled with my Love always." Mills, a renowned historian, traces the legacy of this keepsake and uses historic records and archives to stitch together a portrait of three generations of women bound by blood and sacrifice, as well as a ferocious capacity for survival—women whose stories have all too often been overlooked and/or lost to history. This groundbreaking anthology offers readers a vibrant together a portrait of three generations of women bound by blood and sacrifice, as well as a ferocious capacity for survival—women whose stories have all too often been overlooked and/or lost to history. This groundbreaking anthology offers readers a vibrant together a portrait of three generations of women bound by blood and sacrifice, as well as a ferocious capacity for survival—women whose stories have all too often been overlooked and/or lost to history. tapestry that highlights and celebrates the richness and diversity of the Latinx and Afro-Latinx diaspora (a population often left out of discussions of Latinx identity). Advanced embedding details, examples, and help! Sales of books about racism, the Black experience in America, and white supremacy exploded in the wake of George Floyd's murder and often left out of discussions of Latinx identity). the racial reckoning of summer 2020. The USA Grand Prix taxes place at the Austin, Texas Formula One track. "Laymon is a phenomenal writer who gives the reader the great privilege of access to his most intimate experiences, both physical and emotional," Fierro says. Now, she's published a manifesto that delves into the intricacies of systemic racism and calls for "Reconstruction 2.0"—her comprehensive plan for long-overdue economic and social restitution for Black Americans. Wright highlights how the main character, Bigger Thomas, like many other Black men, had the odds of jail time stacked against him from the start. The first-ever race took place in 1950 in Silverstone, England Within the book, Lorde explores her own intellectual development and emerging self—in regard to race, class, gender, and sexual orientation—highlighting the ways in which systems of oppression are intertwined. This book offers essential reading about how we think about love, culture, and one another. This book illuminates the racist politics at play that were responsible for a wave of school closures in 2013—leaving 12,000 children, 88% of them Black, without a pivotal neighborhood touchstone. And couldn't we all use a little more poetry in our lives? Amid the protests following George Floyd's murder, Kimberly Jones delivered an impassioned and straightforward analysis of the enduring disparities Black Americans face, using a Monopoly analogy. It's at once a poignant celebration on how race, class, gender, and opportunity ultimately shape our fate. Broome delivers a heart-wrenching and raw coming of age odyssey about growing up Black, poor, and gay in Ohio and struggling to find a sense of belonging. The six-minute video featuring her history-lesson-cum-call-to-arms immediately went viral and has since been viewed more than 2 million times. Well, no. "Plus, challenging whiteness challenges white readers, and the absolute least we can do is to be challenged." This collection of essays, written between 1976 and 1984, is "for anyone who is at a loss for words or is afraid of their own voice and four, children begin internalizing racial bias. Each team can be worth several million dollars in prize money. CCO/smellypumpy/Pixabay Driver FitnessThough the original Formula 1 champion driver was a 44 year old, drivers these days tend to be younger, and they need to be in good shape to handle the physical demands of the sport. In her unflinching memoir, she chronicles her journey to forge an identity as a Black woman in America against the tide of negative or complicated messages she got about Blackness—from society her parents, and the birth mother she reconnects with in adolescence, who has a toxic inclination to undermine Carroll's self-esteem and racial identity. Césaire describes the brutal impacts of colonization on all parties and reminds us that a just society first requires decolonized minds. Books are a reflection. "It's about how Black children can have freedom and joy in their lives, within a context of trauma and violence," says Jamia Wilson, author, speaker, and the executive director of The Feminist Press. This book chronicles three Black citizens out of almost 6 million who fled the South between 1915 and 1970 in search of better lives and opportunities. "It also contains good advice about how to encourage more race talk and how to facilitate dialogues about race," says Candice Bocala, Ed.D., faculty director of Reimagining Integration: Diverse and Equitable Schools at Harvard's Graduate School of Education. Brown fills a critical gap with this guidebook for parents and guardians of Black children. Wilson says about reading Edim's work: "I feel like I'm in church. "Published in France in 1955, this classic essay influenced a generation of scholars and activists fighting for liberation in Africa, Latin America, and the Caribbean—and 20 years later the civil rights movement in America, and the Caribbean—and 20 years later the civil rights movement in America, and the Caribbean—and 20 years later the civil rights movement in America. and, especially now, what they're seeing in the world. The authors of the American Academy of Pediatrics piece, Ashaunta Anderson, MD, MPH, FAAP, recommend various tips for talking to kids about race: for preschoolers noticing diversity in the people around them, say "Isn't it wonderful that we are all so different?"; for grade schoolers, start pointing out and debunking stereotypes and race-based bias in books and media; and to understand their perspectives regardless of age, follow up curiosities and observations with open-ended questions, like "How do you feel about that?" and "Why do you think that?" With those conversation starters in mind, we solicited reading recommendations from various authors, teachers, parents, and librarians, for families looking to diversify their libraries: Hi'lei Hobart, mom and assistant professor of anthropology at the University of Texas; DL Mullen, proprietor of Chicago's Semicolon Bookstore & Gallery; Diana Lovett, mom and founding member of OneMamaroneck, a school diversity initiative in Mamaroneck, New York; Brian Gresko, father, writing teacher; Olugbemisola Rhuday-Perkovich, children's-book author; Waisy Card, author, writing teacher; and bunnie Hilliard, mom and owner of Brave + Kind Bookshop in Decatur, Georgia. Some of the books in this list, which we designated by recommended age ranges, are specifically written to educate on racism and historical events. That's the "work" part. That said, as someone who has worked in book publishing for two decades, I agree wholeheartedly with Toni Morrison's unequivocal assessment: "Books are a form of political action. "There's so much in it that resonates related to the grief we're feeling now, the collective outrage, and the indignities Black people experience as part of overt and covert racism." A searing book of essays by one of America's favorite authors, this influential text from the emerging civil rights movement details intersectionality between race, religion, and more. Each essay offers an ultra-timely reminder of why we turn to books in times of struggle. Books are knowledge. A great place to start teaching your kids about race is by making sure your bookshelves are stocked with a range of stories that center, or exclusively feature, Black characters. Starting early is important: Kids as young as six months old can recognize race-based differences, according to an article by the American Academy of Pediatrics. "She reminds us that life should be rooted in love," explains D.L. Mullen, proprietor of Semicolon Bookstore & Gallery in Chicago. "Morrison's complicated consideration of the contradictions of Black life in the context of white supremacy adds an accessible existential dimension to the purely sociological analyses of our ongoing racial emergency," Blint explains. When it comes to heartless immigration policies, the horrifying rise in Asian American hate crimes, and persistent strains of anti-Islamism and antisemitism, we see a shared struggle against oppression. But as the race progresses, tires wear out, meaning they have less grip to propel themselves forward.CC0/grunzibaer/Pixabay Race LocationsFormula 1 races take place in North America, South America, South America, Europe, Asia and Australia, often in major global cities like Abu Dhabi, Sao Paulo, Shanghai and Barcelona. "Each chapter ends with three takeaway points: a 'principle' to summarize the big idea, a 'strategy' to suggest implications of the idea, and a 'try tomorrow,' with a concrete suggestion for action." Iones's memoir weaves together a series of vignettes about growing up as a gay Black man in the South. All offer what we're looking for in these challenging times—connection, enlightenment, and, I hope, a strong dose of optimism. Items 12-31 contributed by Ali Francis. All products featured on SELF are independently selected by our editors. Though, as McGhee discovered when researching her highly insightful book, many white people view it as such, and that corrosive mentality has been the bedrock principle of social and economic opportunity (or lack thereof) in America. Is literature a cure-all for our social ills?

