

**Book Recommendations:**

Culture Talk: the Politics of Being Young and Black in America by Jonathan Evans

The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together by Heather McGhee

Race Talk and the Conspiracy of Silence by Dr. Derald W Sue

Cultural Humility by Hook, Joshua N; Davis, Don; Owen, Jesse; DeBlaere, Cirleen.

White Rage by Carol Anderson, PhD

White Fragility by Robin DeAngelo

How to be AntiRacist by Ibram X. Kendi

Post Traumatic Slave Syndrome by Dr. Joy DeGruy

The Body Keeps the Score by Bessel van der Kolk

My Grandmother's Hands by Resmaa Menakem

Anti-Racist Psychotherapy: Confronting Systemic Racism and Healing Racial Trauma by David Archer