

Title: Overcoming Our Racism: The Journey to Liberation

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Synopsis:

If you are white and live in America, the odds are— no matter what your economic status or educational background— you are a racist! However painful and embarrassing to admit, we all have innate, long-standing, and instinctive attitudes, stereotypes, and prejudices toward other ethnic and racial groups.

Overcoming Our Racism is an extraordinary book that helps you— no matter what your race or ethnic origin— make an honest appraisal of yourself and your biases and prejudices and guides you on your journey to becoming a person who truly values inclusion, respect, fairness, and the upholding of social justice. This book shows how each of us has had a role in the oppression of others and outlines the steps we need to take to overcome our racism.

Using this book as a guide, you can clearly see your own racism and overcome your prejudices on a very personal level. You can learn to take responsibility for your most intimate attitudes and understand where they came from. Once reaching this point, you can go on to discover the various cultures in the United States by reading and by associating with strong and healthy individuals of color. Then you can experience the reality of their lives, personalize your understanding with guides and advisers, and eventually transform yourself to become an ally, activist, teacher, and student, working toward mutually shared goals in equal-status relationships.

This exceptional and challenging book will inspire you to take this rewarding journey and become less afraid and intimidated by differences, learn to communicate more openly with family, friends, and coworkers, increase your appreciation of people of all colors and cultures in our pluralistic society, and feel a sense of unity and interconnectedness with all humanity.
(Excerpt from book jacket)