My Grandmother’s Hands by Resmaa Menakem

https://centralrecoverypress.com/product/my-grandmothers-hands-racialized-trauma-and-the-pathway-to-mending-our-hearts-and-bodies-paperback

**Race Talk and the Conspiracy of Silence: Understanding and Facilitating Difficult Dialogues on Race**

Race Talk and the Conspiracy of Silence by Derald Wind Sue

https://www.wiley.com/en-us/Race+Talk+and+the+Conspiracy+of+Silence%3A+Understanding+and+Facilitating+Difficult+Dialogues+on+Race-p-9781119241980

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https://www.niu.edu/social-justice-education/resources/reading-list.shtml