

Waking Up White And Finding Myself In The Story Of Race Ebook Debby Irving

This book is more than an overview of race. While it includes haplographic studies and ancestry tracing, there is still a lot that is unknown about who we are as a HUMAN race. The story begins with the first people who lived with dinosaurs and the massive mutations occurring 5 thousand and 10 thousand years ago. Why these happened are important when tracing our ancestry. This study does not cover the near term expansion and massive mixing of races. What it does is look for beginnings and endings. Both suggest mutation, separation, migration, and adaptation in a world that is just a changing as race.

Yes you can understand the Bible! Discovering the Miracle of the Scarlet Thread in Every Book of the Bible takes the mystery and confusion out of the Bible and makes God's Word come alive with new insights and a fresh excitement that will have you searching for more. Dr. Richard Booker unveils the mysteries and secrets of the Bible by explaining its master theme, and then reveals a simple plan so you can discover God's personal revelation for yourself. The author provides Exciting biblical background, An interesting survey of each book in the Bible, Each book's master theme, Practical principles, forms, and guidelines for your own life-enriching Bible study. The sometimes hard-to-understand teachings of Jesus in their original culture and context come alive and become real through discovering the miracle of the scarlet thread. Then Jesus began to explain everything which had been written in the Scriptures about Him. Jesus started with the books of Moses and then He talked about what the prophets had written about Him (Luke 24:27 PEB). This book about the Bible will change the way you think about His Word His life-changing and eternal Word.

Your relationship with your partner really started when you were in 4th grade, since all the uncomfortable, emotional reactions in you today were formed unconsciously in childhood. You are married to these old reaction patterns, but your adult self is afraid to embrace them. So you blame your spouse, boss, friends, parents, kids, and everything else for your discontent. This is why relationships fail! I call it Half-Syndrome. You need to return to this inner kingdom of experiences, the other half of self. This is where the work on marriage is. Run, don't walk, into the fire of your old feelings. There is where all the answers to the test are. "Well-written and interesting...an oddly sweet and moving book that I can highly recommend." -Steven C. Hayes, Foundation Professor, Univ of Nevada, author of 38 books including A Liberated Mind: How to Pivot Toward What Matters "A uniquely insightful book explaining how our past can have a profound impact on our marriage...the lessons, scientific insights, and learnings will help take yourself and your marriage to greater heights." -Bento Leal, author of 4 Essential Keys to Effective Communication in Love, Life, Work-Anywhere! "An enlightening, uplifting and fresh look at the forces at play during marriage...if your marriage is in trouble, it's time to read this fascinating book." -Brian Nox, best-selling author of F*CK Him!: Nice Girls Always Finish Single and Red Flags: How to know he's playing games with you "Waking Up Marriage paints the way to understanding our old souls, and offers a clear path to honesty and redemption. I found myself understood at a deep level once I began to follow its practices." -Ron Seybold, author of the memoir Stealing Home: A Father, a Son, and the Road to the Perfect Game

Wise recalls her near fatal suicide attempt following the death of her young husband from Lou Gehrig's Disease. This account of the entire process navigated through therapy is told from the rare perspective of the patient, yet is written for people who sit on both sides of the couch.

NEW YORK TIMES BESTSELLER Building on the groundwork laid in the New York Times bestseller White Fragility, Robin DiAngelo explores how a culture of niceness inadvertently promotes racism. In White Fragility, Robin DiAngelo explained how racism is a system into which all white people are socialized and challenged the belief that racism is a simple matter of good people versus bad. DiAngelo also made a provocative claim: white progressives cause the most daily harm to people of color. In Nice Racism, her follow-up work, she explains how they do so. Drawing on her background as a sociologist and over 25 years working as an anti-racist educator, she picks up where White Fragility left off and moves the conversation forward.

Writing directly to white people as a white person, DiAngelo identifies many common white racial patterns and breaks down how well-intentioned white people unknowingly perpetuate racial harm. These patterns include: • rushing to prove that we are “not racist” • downplaying white advantage • romanticizing Black, Indigenous and other peoples of color (BIPOC) • pretending white segregation “just happens” • expecting BIPOC people to teach us about racism • carefulness • and feeling immobilized by shame. DiAngelo explains how spiritual white progressives seeking community by co-opting Indigenous and other groups' rituals create separation, not connection. She challenges the ideology of individualism and explains why it is OK to generalize about white people, and she demonstrates how white people who experience other oppressions still benefit from systemic racism. Writing candidly about her own missteps and struggles, she models a path forward, encouraging white readers to continually face their complicity and embrace courage, lifelong commitment, and accountability. Nice Racism is an essential work for any white person who recognizes the existence of systemic racism and white supremacy and wants to take steps to align their values with their actual practice. BIPOC readers may also find the “insiders” perspective useful for navigating whiteness. Includes a study guide.

* Instant NEW YORK TIMES and USA TODAY bestseller * * GOODREADS CHOICE AWARD WINNER for BEST DEBUT and BEST ROMANCE of 2019 * * BEST BOOK OF THE YEAR* for VOGUE, NPR, VANITY FAIR, and more! * What happens when America's First Son falls in love with the Prince of Wales? When his mother became President, Alex Claremont-Diaz was promptly cast as the American equivalent of a young royal. Handsome, charismatic, genius—his image is pure millennial-marketing gold for the White House. There's only one problem: Alex has a beef with the actual prince, Henry, across the pond. And when the tabloids get hold of a photo involving an Alex-Henry altercation, U.S./British relations take a turn for the worse. Heads of family, state, and other handlers devise a plan for damage control: staging a truce between the two rivals. What at first begins as a fake, Instagramable friendship grows deeper, and more dangerous, than either Alex or Henry could have imagined. Soon Alex finds himself hurtling into a secret romance with a surprisingly unstuffy Henry that could derail the campaign and upend two nations and begs the question: Can love save the world after all? Where do we find the courage, and the power, to be the people we are meant to be? And how can we learn to let our true colors shine through? Casey McQuiston's Red, White & Royal Blue proves: true love isn't always diplomatic. "I took this with me wherever I went and stole every second I had to read! Absorbing, hilarious, tender, sexy—this book had everything I crave. I'm jealous of all the readers out there who still get to experience Red, White & Royal Blue for the first time!" - Christina

Lauren, New York Times bestselling author of *The Unhoneymooners* "Red, White & Royal Blue is outrageously fun. It is romantic, sexy, witty, and thrilling. I loved every second." - Taylor Jenkins Reid, New York Times bestselling author of *Daisy Jones & The Six*
The night that changed everything!

The White Seed Brings Life to Worlds Three thousand years ago, the seeds arrived from Earth on hundreds of worlds. The developed worlds formed the Network, connected only by radio and laser. Since the time of the seeds, nothing but information has traveled between the stars. Now a starship, *The Child of Ambition*, is changing that. Her first mission: to explore the dark worlds, the ones that failed. Kali Hakoian, pilot-astronaut and war hero, thought landing on the super-Earth of Keto would be routine. The emptiest seed world—its global ocean matted with algae and crawling with hurricanes—hides the oldest human ruins. Her crew of scientists: a dreamer, a believer, and a retired assassin. Their hypothesis—self-termination of the seed base. But when an act of sabotage strands her in the path of a superstorm, she's forced to escape with the man she trusts the least. They may never find out what happened to the settlers—unless it happens to them. Can she trust her crew enough to find a way out of the darkness?

A Collection of Matt Shaw's heartbreaking dramas Matt Shaw does not just write horror. In fact, when asked what his favourite books are, he often names the tales collected within this set. Stories of heartbreak, loss and grief - all with an element of hope... A hope we often forget when dealing with grief. Contained within this collection *Heaven's Calling* BOY: Built to Love The Missing Years of Thomas Pritchard (unpublished short story) Alone Heaven's Calling Josh and Holly could face anything thrown at them all the time they had each other. Their love would conquer anything and the world was their oyster. But when a tragic accident tears Josh away from Holly she realises that, without her husband, she cannot cope and her world begins to crumble; her loss being more than she can handle. Until, that is, she receives a phone call. Her late husband. The same time every day; he doesn't appear to know what has happened to him and Holly can't bring herself to tell him. She isn't even sure if it really is him calling or whether it's all in her tormented mind. Especially seeing as the calls only happen when she is alone. Is it all in her head, has she gone mad, or is heaven really calling? Boy: Built to Love No parent should have to bury their own child and yet that was exactly what they had to do. Stillborn; a young boy never to open his eyes to take in the world around him. And now Lucy and Jack's marriage was on the verge of crumbling under the strain of the grief they struggled to cope with. A grief made worse when the doctors tell them they'll never be able to have a child of their own due to complications from the last pregnancy. But what if it didn't have to be that way? What if there was a way of using science and technology to create a son they could love? What if Jack was able to use Artificial Intelligence to create A Boy: Built to Love? Is the answer to their problems to be found within the world of science-fiction or are they setting themselves up for yet more grief and sadness? The Missing Years of Thomas Pritchard August 3rd. 6:03am. The tranquil summer's morning was shattered by the desperate screams of Thomas' mother echoing down the near deserted suburban street. The few people milling about outside getting ready for their daily business had said they couldn't make out what the cries were about when they were interviewed. Not initially. Not until Anne, a pretty woman in her early thirties with shoulder length blonde hair, spilled out onto the street wearing nothing more than her dressing gown and slippers anxiously calling out for her five year old son, Thomas, to come out from wherever he was hiding. Eye witnesses reported Anne was closely followed by her husband Bill - a professional, clean-shaven man in his late thirties with dark, short hair - half dressed for work in his suit trousers and unbuttoned white shirt, and that he too looked just as frantic as the mother did. The year was 2003; the year Thomas disappeared from his home without a trace. * * * * * August 3rd. 6:03am. A young, fragile looking hand knocked confidently on the white PVC of the front door to number twenty-two. The hand belonged to a smartly dressed, skinny fourteen year old, fresh-faced boy. Whilst waiting for an answer to his knocking he slid a brown leather satchel off his shoulder down onto the floor as though the weight was too much for him to bear any more. He went to knock again but stopped himself when he heard the sound of footsteps from the other side of the door as the freshly woken homeowner came to answer his initial knocking. There was the slightest of pauses as keys were twisted in locks before the door opened as much as the strong, gold, security chain would permit it to. "Can I help you?" asked the homeowner, a frail looking woman in her late sixties. "Where's my mum?" asked the boy. The year was 2012; the year Thomas came home.

America's problem with race has deep roots, with the country's foundation tied to the near extermination of one race of people and the enslavement of another. Racism is truly our nation's original sin. "It's time we right this unacceptable wrong," says bestselling author and leading Christian activist Jim Wallis. Fifty years ago, Wallis was driven away from his faith by a white church that considered dealing with racism to be taboo. His participation in the civil rights movement brought him back when he discovered a faith that commands racial justice. Yet as recent tragedies confirm, we continue to suffer from the legacy of racism. The old patterns of white privilege are colliding with the changing demographics of a diverse nation. The church has been slow to respond, and Sunday morning is still the most segregated hour of the week. In *America's Original Sin*, Wallis offers a prophetic and deeply personal call to action in overcoming the racism so ingrained in American society. He speaks candidly to Christians--particularly white Christians--urging them to cross a new bridge toward racial justice and healing. Whenever divided cultures and gridlocked power structures fail to end systemic sin, faith communities can help lead the way to grassroots change. Probing yet positive, biblically rooted yet highly practical, this book shows people of faith how they can work together to overcome the embedded racism in America, galvanizing a movement to cross the bridge to a multiracial church and a new America.

This book will help you to remember who you truly are, and to be your true, authentic self, in its entirety, to unlock the beautiful spirit and essence of you. You have a soul mission: it's time to wake up to it and fulfill your destiny and be everything you ever dreamed of being, your soul and spirit self really are, unafraid to shine in a world that all too often might seem might seek to undermine or limit you... You are filled with infinite possibilities and great gifts. Many of us are waking up from the illusion of fear, lower consciousness and vibration that we have been trapped in. Though times may be dark, the light can prevail and by holding on to our dreams and visions, we will emerge with a higher consciousness. We will shed all the restrictions of the past, and break the chains of the judgmental and fear-based systems which have ruled and limited our lives in so many ways, to take a jump and leap of faith and really be the full expression of our unique and special souls. "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul.... I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure" "What a beautiful book; one that touches you and works on so many levels." "It doesn't matter where you are on your journey, in this book you will find something new, something to remind you of who and where you are, why you are following the path you have chosen and affirmation that you are not alone, the Universe is always supporting you. I found the book easy to read, to me the energy of the words just flow off the page, and hit the spot. Read it from cover to cover, dip in and out, the choice is yours and the book supports you in what ever way you wish to connect with it. Bursting with information and and workable ways to experiment and include in your spiritual practice. Sally has worked really hard to make this work appeal to as wider audience as possible and I feel she has pulled it off with a flourish. Well done Sally, when's the next one?" "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul and I felt curiously emotional. I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure & refer to when I am in need of uplifting"

You may be white, but that doesn't mean you have no culture. Charting his own journey toward understanding his white identity, Daniel Hill shows us the seven stages we encounter on the path to cultural awakening. This timely book will give you a new perspective on being white and also empower you to be an agent of reconciliation in our increasingly diverse and divided world.

Author Jasmin Rogg draws from her own extensive experience as a psychotherapist, addiction and recovery group facilitator, and her own personal struggle with substance abuse and long-term sobriety. She compiled a collection of writings meant to offer inspiration and information for recovery and change. After introducing readers to her own story and her path through addiction and recovery, Rogg goes on to write with honesty and compassion about the issues at the heart of substance abuse and recovery. She shares how embracing Buddhism's teachings of mindfulness practice help foster emotional regulation and healing—two important aspects of maintaining ongoing sobriety. She does not shy away from difficult topics, tackling issues such as abuse, trauma, love, attachment, and suffering, all while shining a light on the things we tell ourselves and about why we do what we do. *Waking Up Sober* inspires insight and understanding, and includes adverse childhood experiences and relational issues as underlying factors for self-destructive behavior patterns. Rogg intersperses her own poems throughout the book, which ultimately serve to ground the topics in humanity.

The key to becoming fully alive and joyful is to develop our natural capacity for attention and to be fully present here and now. In this informative guidebook to practical Buddhism you discover: How to live life with equanimity, loving-kindness, compassion, and joy How to cut through obsessions with the external world, relationships, harmful emotions, pleasure and power, and self Tried-and-true methods for cultivating active attention with your body and mind.

For twenty-five years, Debby Irving sensed inexplicable racial tensions in her personal and professional relationships. As a colleague and neighbor, she worried about offending people she dearly wanted to befriend. As an arts administrator, she didn't understand why her diversity efforts lacked traction. As a teacher, she found her best efforts to reach out to students and families of color left her wondering what she was missing. Then, in 2009, one "aha!" moment launched an adventure of discovery and insight that drastically shifted her worldview and upended her life plan. In *Waking Up White*, Irving tells her often cringe-worthy story with such openness that readers will turn every page rooting for her—and ultimately for all of us.

Waking up early was the most life-changing habit I ever did. In just a few weeks I was waking up 2 hours early every day and feeling more productive and happier than ever. This book will show you how I did it. But first, Does this sound like you? Are you dissatisfied with your life? Are you overwhelmed with obligations to everyone else but you? Do you want more time to yourself? Are you confused about your purpose? Are you worried about the future? Do you feel unhappy at work? Are you seeking peace and quiet? Are you feeling depressed and powerless in your life? Do you feel like life is passing you by? That's how I felt. Trust me, I've tried and failed many times! I was addicted to the snooze button and lost momentum when I slept in on the weekends. I couldn't keep the habit and went on Amazon looking for morning routine books. Sound familiar? I was able to string together days, weeks, and months of waking up early every day. I started feeling more alive, more enthusiastic, and more in control of my life. After a few months I felt like I had woken up to a deeper part of my self. My true self. I call this my awakening. There are lots of books out there about waking up early and habit change. What you get with *Wake Up* is a personal story of how someone just like you put all the advice into practice and saw massive change in his life. It's real, it's honest, it's inspirational. I WOULD LOVE TO WAKE UP EARLY BUT I CAN'T BECAUSE... Let me stop you there, friend. I know what you're going to say. You don't have time, right? You are already get too little sleep and there is NO WAY you could possibly wake up early. Maybe you have kids or family obligations that make it difficult to carve out time for yourself. All I can say is I hear you loud and clear. But this isn't the only excuse I've heard. Do any of these EXCUSES sound familiar? Not enough time I'm not a morning person Lack of self-discipline I keep hitting snooze I'm too tired in the morning My family makes it difficult I can't keep the habit consistent Fortunately, I help you with all these excuses and more in *Wake Up*. After reading the book, you will have no excuses left! Now's the time to take action my friend! READ WAKE UP AND YOU WILL LEARN HOW TO: BECOME AN EARLY RISER Develop the habit of waking up early every day. Build a perfect morning routine. Imagine what you could do with an extra hour each morning! FIND YOUR PURPOSE We each have a purpose for being on this planet. Learn how to follow your joy and curiosity, then find the courage to show it to the world. BECOME A HABIT MASTER Most of our actions are habitual. Change your habits, change your life! Create the perfect morning routine to do amazing habits every day, consistently! OVERCOME PROCRASTINATION Procrastination is a symptom of a deeper problem. Sometimes we just can't keep a good habit going or we just can't get started. Learn why. GAIN CLARITY AND INNER PEACE Create a sacred morning ritual that embraces quiet solitude and deep thinking. Start your day in touch with your inner self and genuine desires. OVERCOME DEPRESSION Depression is a symptom of a stifled soul that cannot express its true gifts. Put the power of your life back into your hands and create the life you desire. What would your life be like if you could wake up early every day? Read "Wake Up" and find out. Your true self awaits.

With a foreword by Tim Wise, *Raising White Kids* is for families, churches, educators, and communities who want to equip their children to be active and able participants in a society that is becoming one of the most racially diverse in the world while remaining full of racial tensions. For white people who are committed to equity and justice, living in a nation that remains racially unjust and deeply segregated creates unique conundrums. These conundrums begin early in life and impact the racial development of white children in powerful ways. What can we do within our homes, communities and schools? Should we teach our children to be "colorblind"? Or, should we teach them to notice race? What roles do we want to equip them to play in addressing racism when they encounter it? What strategies will help our children learn to function well in a diverse nation? Talking about race means naming the reality of white privilege and hierarchy. How do we talk about race honestly, then, without making our children feel bad about being white? Most importantly, how do we do any of this in age-appropriate ways? While a great deal of public discussion exists in regard to the impact of race and racism on children of color, meaningful dialogue about and resources for understanding the impact of race on white children are woefully absent. *Raising White Kids* steps into that void.

The International Bestseller 'With clarity and compassion, DiAngelo allows us to understand racism as a practice not restricted to "bad people." In doing so, she moves our national discussions forward. This is a necessary book for all people invested in societal change' Claudia Rankine Anger. Fear. Guilt. Denial. Silence. These are the ways in which ordinary white people react when it is pointed out to them that they have done or said something that has - unintentionally - caused racial offence or hurt. After, all, a racist is the worst thing a person can be, right? But these reactions only serve to silence people of colour, who cannot give honest feedback to 'liberal' white people lest they provoke a dangerous emotional reaction. Robin DiAngelo coined the term 'White Fragility' in 2011 to describe this process and is here to show us how it serves to uphold the system of white supremacy. Using knowledge and insight gained over decades of running racial awareness workshops and working on this idea as a Professor of Whiteness Studies, she shows us how we can start having more honest conversations, listen to each other better and react to feedback with grace and humility. It is not enough to simply hold abstract

progressive views and condemn the obvious racists on social media - change starts with us all at a practical, granular level, and it is time for all white people to take responsibility for relinquishing their own racial supremacy. 'By turns mordant and then inspirational, an argument that powerful forces and tragic histories stack the deck fully against racial justice alongside one that we need only to be clearer, try harder, and do better' David Roediger, Los Angeles Review of Books 'The value in White Fragility lies in its methodical, irrefutable exposure of racism in thought and action, and its call for humility and vigilance' Katy Waldman, New Yorker 'A vital, necessary, and beautiful book' Michael Eric Dyson This is a poetry book about life, and death, and everything in-between. An honest look into the bright side of bad things.

Everyone is taking DNA tests! Including me. I woke up one morning a stranger in my skin. I was no longer the woman I had built for 30 years. I was a lost soul with only a hologram existence. My Birth Certificate was a flat out lie. I was not the little girl from Gulfport with just honey brown skin. I was not the little girl who tried to straighten her curls. I was Val with a biological change in my mental makeup all because I spit into a DNA test tube. I lost not only my fake false identity. I lost my race. I was raised white. To think white. To see white. My mothers lie took me on a road of self discovery that I must share. In order to heal and move past my racial beginnings. I confront the truth about racial relations and how every family has a voice in who we have actually become. My story started prior to the racial debate on full display in 2020. My look on the inside is a window of opportunity to help enlighten both Americas to our truths in racial justice and equality. How did my family react to my new discoveries? Did I change as a human being? Was my white husband of 30 years shocked to find his wife is a half black woman and not the white girl her mother forced upon her? Is there a difference in our races? Or did I discover we really are all the same? Was I able to forgive my mother for causing such deep pain that still resides deep in my soul with every breathe I take?

Kids who grow up with basic values of conserving water, energy and not polluting will have a better chance of being responsible adults who care about others, animals and their surroundings. Eco Stars books help bring these value in a FUN and EXCITING way! The Mysterious Lake Bandit specifically touches the subject of water conservation: why is it important to conserve water, daily actions we can take to save water, how important it is to us and to others. It also teaches where our water comes from which many children do not know! If your child is already an Eco Star, a kid who is aware of being Eco Friendly and taking care of the planet, this book will make him or her smile and make him or her proud! The Eco Stars captivating story leaves your child inspired about conseving water. "On a hot summer day, the residents of Ecolandia wake up to a town without water! As the Eco Stars begin to investigate they come to suspect the town's water could have been... Stolen?!? But by whom and why!? Join them to find out! The book is part of the "Eco Stars Series," stories that will inspire your child to be an Eco Star: Someone who is Eco Friendly, kind to the environment and to animals. The Eco Stars Series enwraps your child in the imaginative world of Ecolandia with lively, playful and stimulating adventures that teach your child to be an Eco Star!

Waking Up White, and Finding Myself in the Story of Race

Indistinct voices, strange visitations and unusual dreams have begun to plague Nineteen-year-old Khari days before her return from London to her Oregon home. As the occurrences have spawned haunting emotions she thought she had escaped, she realizes she can't ignore them any longer and begins to surrender to their pull. Feeling weary and a bit crazy, Khari struggles to cope with what is happening to her. She is forced to open up about herself, only to find out secrets were kept from her by those she trusts the most. She then begins a problematic journey toward self-discovery and uncovers more than she ever imagined possible. But, continuing toward understanding requires Khari to face a dangerous figure, risk of death and a fight for love. Kharishma explores the importance of family ties, both past and present, the consequences of love and hate, and the power of believing in ones self. It is a story of deception, humility, discovery and the strength of bonds to the seen and unseen. It is a story that will not be easily forgotten and will leave you wishing for more.

Why are we so divided? Why is it so difficult to find consensus around what is right? How can we better work together? In this new approach toward mitigating company risk and doing the right thing, you will gain firsthand knowledge in best practices for applying effective mindfulness techniques to your company. The twenty-six awareness tools presented in Timothy R. Velner's, Waking Up Work, will give you practical steps toward mindfulness that will help your company and employees flesh out unknowns and do the right thing. Once you understand how to navigate your decisions through mindfulness, the application of those same methods to improve your company culture will seem inevitable. The tools and techniques offered in this innovative book will allow you to become aware of potential issues in your business and find solutions for getting you back on the right path. Mindfulness applied to business means a heightened opportunity for your company will spot potential problems before they arise.

#1 NEW YORK TIMES BESTSELLER Featured by Oprah's Book Club on the Anti-Racist Books for Young Adults list curated by bestselling author Jacqueline Woodson A USA TODAY Bestseller Recommended by The Guardian, Time, Grazia, The Telegraph, Express, and The Sun 'This is one for you, your neighbour, the children in your lives and especially that 'only slightly' racist colleague... A guide to the history of racism and a blueprint for change' —The Guardian Who are you? What is racism? Where does it come from? Why does it exist? What can you do to disrupt it? Learn about social identities, the history of racism and resistance against it, and how you can use your anti-racist lens and voice to move the world toward equity and liberation. 'In a racist society, it's not enough to be non-racist—we must be ANTI-RACIST.' —Angela Davis Gain a deeper understanding of your anti-racist self as you progress through 20 chapters that spark introspection, reveal the origins of racism that we are still experiencing and give you the courage and power to undo it. Each chapter builds on the previous one as you learn more about yourself and racial oppression. 20 activities get you thinking and help you grow with the knowledge. All you need is a pen and paper. Author Tiffany Jewell, an anti-bias, anti-racist educator and activist, builds solidarity beginning with the language she chooses – using gender neutral words to honour everyone who reads the book. Illustrator Aurélia Durand brings

the stories and characters to life with kaleidoscopic vibrancy. After examining the concepts of social identity, race, ethnicity and racism, learn about some of the ways people of different races have been oppressed, from indigenous Americans and Australians being sent to boarding school to be 'civilized' to a generation of Caribbean immigrants once welcomed to the UK being threatened with deportation by strict immigration laws. Find hope in stories of strength, love, joy and revolution that are part of our history, too, with such figures as the former slave Toussaint Louverture, who led a rebellion against white planters that eventually led to Haiti's independence, and Yuri Kochiyama, who, after spending time in an internment camp for Japanese Americans during WWII, dedicated her life to supporting political prisoners and advocating reparations for those wrongfully interned. Learn language and phrases to interrupt and disrupt racism. So, when you hear a microaggression or racial slur, you'll know how to act next time. This book is written for EVERYONE who lives in this racialised society—including the young person who doesn't know how to speak up to the racist adults in their life, the kid who has lost themselves at times trying to fit into the dominant culture, the children who have been harmed (physically and emotionally) because no one stood up for them or they couldn't stand up for themselves and also for their families, teachers and administrators. With this book, be empowered to actively defy racism and xenophobia to create a community (large and small) that truly honours everyone.

For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, *Waking Up* is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. *Waking Up* is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

The Sunday Times Number One Bestseller It's time we get back to common sense. It's time to cancel the cancel culture. It's time to Wake Up. If, like me, you're sick and tired of being told how to think, speak, eat and behave, then this book is for you.

A RICHARD AND JUDY BOOK CLUB 2017 PICK A SUNDAY TIMES BESTSELLER A NEW YORK TIMES BESTSELLER The best books make you see differently. This is one of them. The eye-opening new novel from Jodi Picoult, with the biggest of themes: birth, death, and responsibility. When a newborn baby dies after a routine hospital procedure, there is no doubt about who will be held responsible: the nurse who had been banned from looking after him by his father. What the nurse, her lawyer and the father of the child cannot know is how this death will irrevocably change all of their lives, in ways both expected and not. *Small Great Things* is about prejudice and power; it is about that which divides and unites us. It is about opening your eyes. SOON TO BE A MAJOR FILM STARRING VIOLA DAVIS AND JULIA ROBERTS

In this tenth anniversary, new edition of an award-winning, best selling classic, Russell updates his brilliant manifesto for awakening to the mounting planetary crisis while deepening our connection to inner peace and transformation. Amid visions of doom in the wake of ecological catastrophe, this book by renowned visionary scientist Peter Russell stands out for its sanity, hopefulness, and relevance.

The author collects the most meaningful and inspiring stories from her life, including people and experiences that taught her how to live a good life—one touched with sacredness. Original. Spot the difference is an amazing activity that boosts your child's fine-ground perception. Fine-ground perception is the skill that would allow children to see in-between the negative spaces. This makes it possible to locate hidden objects, which is an important element to learning math and reading. Don't forget to checkout with a copy of this activity book today!

When the mysterious Alistair appears from nowhere to rescue cute African American girl Wyn from being attacked, she is intrigued to find out exactly who this mystery man is. Alistair insists on taking care of her and ensuring her safety from that moment forwards which deepens her intrigue and also her attraction for this mysterious stranger. Especially as he already knows her name and EVERYTHING about her.... Wyn has no idea that she is about to embark on a life changing journey full of romance, sex, mystery, action and adventure. The White Vampire Complete Saga Includes: *Desired By The White Vampire* *The Mystery Of The White Vampire* *In Love With The White Vampire* *Claimed By The White Vampire*

Support the author more by purchasing direct from his CreateSpace Store: *RISE OF THE DIBOR* <https://wwwcreatespace.com/3618531> *THE LION VRIE* <https://wwwcreatespace.com/3649857>

ATHERA'S DAWN <https://wwwcreatespace.com/3723285> This newly edited 2nd edition of the 2006 debut, brought to you by Spearhead Books, includes a revised map, page layout, and first ever "From the Author" section. Visit spearheadbooks.com and christopherhopper.com today! DESCRIPTION: Read the story that turned children into warriors, and warriors into legends. The Dairne-Reih haven't been seen in Dionia for generations—their kind and their king, Morgui, banished long ago from haunting paradise. But when creation shows signs of deterioration, the kings of the seven realms converge in the sacred Gvindollion gathering to arrive at one inexplicable conclusion: Morgui has returned. In the hopes of entrusting Dionia's brave history and perilous future to a generation that has never known war, the kings decide to raise up their young sons as an elite group of warriors, known only as the Dibor. Gorn, legendary hero of the First Battle, is commissioned to teach the Dibor the art of war, leading them on a four-year adventure on the Isle of Kirstell. It is Luik, son of Lair, who soon emerges as the warband's spirited front man. But he is not the only one of his peers to grow in power; his dear friend Fane discovers hidden abilities among the Mosfar under the mentorship of Li-Saide of Ot, while Princess Anorra finds that her lifelong tutor knows as much about combat as he does about etiquette. There is little time for the Dibor to enjoy the satisfaction of graduation, however, as a sinister plot is discovered to dethrone Dionia's kings and flatten the capital city of Adriel. The Dibor are summoned to war, along with the rest of Dionia's fighting men. It is before the gates of Adriel Palace that Luik and his army face Morgui's prince, Valdenil, as well as the unending ranks of the Dairne-Reih.

Maggie Whitaker decides to forego college to work in her family-run jewelry shop. She becomes entangled with a mysterious John Doe.

The great question before our country now is when will middle-class Americans, especially the white middle-class, finally wake up and realize that now they are being screwed. Jim Hill, former Oregon State Treasurer, shares his unique perception as a black man growing up in the South and compares it to what is going on now in America. Wake Up! A tool to help gain momentum and clarity in the sometimes-confusing maze called life and work. The book covers subjects as diverse as parenting, finances, relationships, career, and more.

Practice your decision making skills by working on these mazes. Sure, you can decide for yourself but sometimes you get used to your daily tasks that you miss out any other details not covered by your day-to-day. Mazes challenge your routine and they make you a better problem solver. Believe in the benefits of mazes. Grab a copy today!

"Daddy, what is a white lie?" My father put down his spoon and looked at me thoughtfully. "Why'd you ask, Princess?" "I heard you talking yesterday and you said 'one more white lie isn't going to make a difference.' I just want to know what you meant." "You heard that, huh?" My father tilted his head to study me. "It's just a small lie you tell when you don't want to hurt someone's feelings. It's nothing for you to worry about." My eyes grew wide. "Like when you told Aunt Rena that her pie was good even though it tasted icky?" "Exactly." He smiled. "Or when you told the man last week that you hadn't seen Uncle Bruno and you had?" The Smile fell from his face and he straightened in his chair. "No, Princess, that was a different kind of lie." Scrunching up my nose, I asked, "What kind of lie was that?" My father swallowed hard before replying. "That's the kind of lie where you have to have a real good memory." As an inquisitive child, the woman known as Clarissa Solano, could never have imagined how significant those words would become. That she would spend years twisting the truth: hoping and praying that she would not contradict herself and expose the secrets she keeps locked inside. Most of the people in her life don't really know her at all. She forces them to swallow her lies, but she is the one who feels the bitter aftertaste of deception. When Lane Hunter sweeps into her life, she finds herself opening up in ways she never thought possible. He sees beyond the facade to the woman beneath and knows instantly that he wants her. However, all is not as it seems and when secrets and lies are exposed, it threatens to destroy them all. This is the first book in a series of standalone HEAs"

Acclaimed linguist and award-winning writer John McWhorter argues that an illiberal neoracism, disguised as antiracism, is hurting Black communities and weakening the American social fabric. Americans of good will on both the left and the right are secretly asking themselves the same question: how has the conversation on race in America gone so crazy? We're told read books and listen to music by people of color but that wearing certain clothes is "appropriation." We hear that being white automatically gives you privilege and that being Black makes you a victim. We want to speak up but fear we'll be seen as unwoke, or worse, labeled a racist. According to John McWhorter, the problem is that a well-meaning but pernicious form of antiracism has become, not a progressive ideology, but a religion—and one that's illogical, unreachable, and unintentionally neoracist. In Woke Racism, McWhorter reveals the workings of this new religion, from the original sin of "white privilege" and the weaponization of cancel culture to ban heretics, to the evangelical fervor of the "woke mob." He shows how this religion that claims to "dismantle racist structures" is actually harming his fellow Black Americans by infantilizing Black people, setting Black students up for failure, and passing policies that disproportionately damage Black communities. The new religion might be called "antiracism," but it features a racial essentialism that's barely distinguishable from racist arguments of the past. Fortunately for Black America, and for all of us, it's not too late to push back against woke racism. McWhorter shares scripts and encouragement with those trying to deprogram friends and family. And most importantly, he offers a roadmap to justice that actually will help, not hurt, Black America.

[Copyright: 349723341ef53a0f83d0aa64951b942c](https://www.amazon.com/dp/B08L5L5L5L)