

Nonfiction Reading List on Topics Related to Race and Ethnicity

compiled by The Denver Foundation's Inclusiveness Project
with major contributions from the Aurora Mental Health Center and the Denver Center for Crime Victims

sorted in alphabetical order by subtopic

RACIAL AND ETHNIC EXPERIENCES

International

Africa

Amistad * (see also [movie list](#))
Pesci, David, 1997

Biko: Cry Freedom (see also [movie list](#))
Woods, Donald, 1987

[Monique and the Mango Rains: Two Years with a Midwife in Mali](#)
Holloway, Kris, 2006

Arab

Orientalism
Said, Edward, 1979

Cambodian

Killing Fields, The (see also *movie list*)
Hudson, Christopher, 1984

Chinese

Lost Daughters of China, The
Evans, Karin, 2008

Warrior Women: Memoirs of a Girlhood Among Ghosts
Kingston, Maxine-Hong, 1989

Hispanic

Borderlands/La Frontera: The New Mestiza
Anzaldua, Gloria, 1987

Death without Weeping: The Violence of Everyday Life in Brazil
Scheper-Hughes, Nancy, 1993

Devil's Highway, The: A True Story
Urrea, Luis Alberto, 2005

Let Me Speak: Testimony of Domitila, A Woman of the Bolivian Mines
De Chungara, Domitila et al., 1978

Indian

[Hind Swaraj and Other Writings](#)
Gandhi, M. K., 1997

Iran

Stoning of Soraya M., The (see also [movie list](#))
Sahebjam, Freidoune, 1995

Jewish

Pianist, The (see also [movie list](#))
Szpilman, Wladyslaw, 2000

Survival in Auschwitz
Levi, Primo, 2008

United States

Asian

Everybody Was Kung Fu Fighting: Afro-Asian Connections and the Myth of Cultural Purity
Prashad, Vijay, 2002

Yellow: Race in America beyond Black and White
Wu, Frank, 2003

Black

- Bad Boys
Arnett Ferguson, Ann, 2001
- Black and White Racial Identity
Helms, 1993
- Black Families in Therapy
Boyd, Franklin, 1989
- Black Indians
Katz, William, 1999
- But Some of Us Are Brave: All the Women are
White, All the Blacks are Men
Hull, Gloria et al., 1993
- Death at an Early Age
Kozol, Jonathan, 1997
- Everybody Was Kung Fu Fighting: Afro-Asian
Connections and the Myth of Cultural Purity
Prashad, Vijay, 2002
- Glory Road (see also [movie list](#))
Haskins, Don and Daniel Wetzel, 2005
- Hair Story: Untangling the Roots of Black Hair in
America
Byrd, Ayana and Lori Tharps, 2006
- Helping Tradition in the Black Family and
Community, The
Martin and Martin, 1985
- Lay My Burden Down: Suicide and the Mental
Health Crisis among African-Americans
Schulenberg et al., 2001
- Measure of a Man, The: A Spiritual Anthology
Poitier, Sidney, 2007
- Medical Apartheid: The Dark History of Medical
Experimentation on Black Americans from
Colonial Times to the Present
Washington, Harriet, 2008
- A Mighty Long Way: My Journey to Justice at
Little Rock Central High School
Lanier, Carlotta, 2009
- Psychotherapy with African American Women
Jackson and Green, 2000

Rage of a Privileged Class, A: Why Do
Prosperous Blacks Have the Blues?
Cose, 1994

Remembering Jim Crow
Chafe, William, 2008

Shades of Black
Cross, 1991

Sister Outsider
Lorde, Audre, 2007

Sisters of the Yam
hooks, bell, 1995

Social Work and the Black Experience
Martin and Martin, 1995

Stolen Lives
Oukir, Malika, 2002

Why Are All the Black Kids Sitting Together in
the Cafeteria?
Tatum, Beverly, 2003

Hawaiian

Sacred Queens and Women of Consequence:
Rank, Gender, and Colonialism in the Hawaiian
Islands
Linnekin, Jocelyn, 1990

Hispanic

Brown: The Last Discovery of America
Rodriguez, Richard, 2001

Devil's Highway, The: A True Story
Urrea, Luis Alberto, 2005

Just Like Us
Helen Thorpe, 2009

La Familia
Griswold del Castillo, Richard, 1984

Latinos: A Biography of the People
Shorris, 2008

Mexican American Family, The
Williams, Norma, 1990

Rain of Gold
Villasenor, Hector, 1991

Hmong

[Spirit Catches You and You Fall Down, The](#)
Fadiman, Annie, 1997

Immigrant

Culturally Competent Practice with Immigrant
and Refugee Children and Families
Fong and Furuto, 2003

Devil's Highway, The: A True Story
Urrea, Luis Alberto, 2005

[Spirit Catches You and You Fall Down, The](#)
Fadiman, Annie, 1997

Whiteness of a Different Color: European
Immigrants and Alchemy of Race
Jacobsen, 1999

Japanese

Principled Politician, The
Schrager, Adam, 2008

Jewish

Anti-Semitism in America
Dinnerstein, 1995

Native American

Black Indians
Katz, William, 1999

The Earth Shall Weep: A History of Native
Americans
Wilson, 2000

People of Color

Color in a White Society
White, Barbara, 1982

Making Face, Making Soul, Haciendo Caras:
Creative and Critical Perspectives by Women of
Color
Anzaldua, Gloria, 1990

Off White: Readings on Power, Privilege, and
Resistance
Fine, Weis, Powell, and Wong, 2004

Social Work Practice and People of Color
Lum, 2003

Women of Color: Integrating Ethnic and Gender
Identification in Psychotherapy
Comas-Diaz and Green, 1994

White

Black and White Racial Identity
Helms, 1993

Color in a White Society
White, Barbara, 1982

Interrupting White Privilege: Catholic
Theologians Break Silence
Cassidy and Mikulich, 2007

Off White: Readings on Power, Privilege, and
Resistance
Fine, Weis, Powell, and Wong, 2004

Possessive Investment in Whiteness, The: How
White People Profit from Identity Politics
Lipsitz, 2006

Privilege, Power, and Difference
Johnson, Allan, 2005

White Women Race Matters: The Social
Construction of Whiteness
Frankenberg, 1994

Whiteness of a Different Color: European
Immigrants and Alchemy of Race
Jacobsen, 1999

GENDER EXPERIENCES

Gender

Death at an Early Age
Kozol, Jonathan, 1977

[Lesbians and Gays in Couples and Families: A Handbook for Therapists](#)
Laird and Green, 1996

Race, Class, and Gender
Anderson and Collins, 2009

Men

Bad Boys
Arnett Ferguson, Ann, 2001

Women

But Some of Us Are Brave: All the Women are White, All the Blacks are Men
Hull, Gloria et al., 1993

Engendering Democracy
Phillips, Anne, 1991

Making Face, Making Soul, Haciendo Caras: Creative and Critical Perspectives by Women of Color
Anzaldua, Gloria, 1990

Psychotherapy with African American Women
Jackson and Green, 2000

Sister Outsider
Lorde, Audre, 2007

Women of Color: Integrating Ethnic and Gender Identification in Psychotherapy
Comas-Diaz and Green, 1994

Women's Growth in Diversity
Jordan, Judith, 1997

Women's Rights, Human Rights: International Feminist Perspectives
Peters, Julie and Andrea Wolper, 1994

Yearning: Race, Gender, and Cultural Politics
hooks, bell, 1999

OTHER GENERAL TOPICS

Conversations

[Turning to One Another: Simple Conversations to Restore Hope in the Future](#)
Wheatley, Margaret, 2009

Culture

[Counseling the Culturally Different: Theory and Practice](#)
Sue and Sue, 1999

Counseling the Culturally Diverse: Theory and Practice
Sue and Sue, 2002

Cultural Diversity: A Primer for the Human Services
Diller, Jerry, 2010

Cultural Pluralism and Psychoanalysis
Roland, 1996

Culturally Competent Practice with Immigrant and Refugee Children and Families
Fong and Furuto, 2003

Culturally Diverse Children and Adolescents
Canino and Spurlock, 2000

[Culture, Ethnicity, and Mental Illness](#)
Gaw, 1995

Culture and Imperialism
Said, Edward, 1994

[Developing Cross-Cultural Competence: A Guide for Working with Children and Their Families](#)
Parillo, 2008

Dictionary of Cultural Literacy, The
Hirsch, Kett, and Trefil, 2002

A Different Mirror: A History of Multicultural America
Takaki, 2008

Ethnic Identity
Bernal, Knight

Ethnicity, Racism, Class, and Culture
Fenton

Ethnicity and Family Therapy
McGoldrick and Giordano, 2005

[Explorations in Cultural Competence: Journeys of the Four Directions](#)
Weaver, 2004

Fast Food Nation (see also [movie list](#))
Schlosser, Eric, 2008

Language, Culture, and Communication
Bonvillain, Nancy, 2007

Reaching across Boundaries of Culture and Class
Moskowitz, Foster, and Javier, 1996

Speculations: Readings in Culture, Identity, and Values
Shuster and Van Pelt, 1996

Theory of Multi-Cultural Counseling and Therapy, The
Sue, Derald Wing, 2009

Using Race and Culture in Counseling and Psychotherapy
Helms and Cook, 1998

Yearning: Race, Gender, and Cultural Politics
hooks, bell, 1999

Disabilities

Diving Bell and the Butterfly, The: A Memoir of Life and Death
Bauby, Jean-Dominique, 1998

Diversity

Managing Diversity in Organizations
Golembiewski, 1995

Promoting Diversity and Social Justice
Goodman, 2000

Readings for Diversity and Social Justice
Adams et al., 2000

Poverty

Families of the Slums
Minuchin et al., 1967

Pedagogy of the Oppressed
Freire, Paulo and Bergman Ramos, 2000

Savage Inequalities
Kozol, Jonathan, 1991

Psychology

Shadow Dance: Liberating the Power and Creativity of Your Dark Side
David Richo, 1999

Race

Anatomy of Racial Inequality, The
Loury, 2003

Brown: The Last Discovery of America
Rodriguez, Richard, 2001

[Counseling American Minorities](#)
Morten and Sue, 2003

Death at an Early Age
Kozol, Jonathan, 1977

From Different Shores: Perspectives on Race and Ethnicity in America
Takaki, 1994

Ethnic Identity
Bernal, Knight

Ethnicity and Family Therapy
McGoldrick and Giordano, 2005

[Influence of Race and Racial Identity in Psychotherapy, The: Toward a Racially Inclusive Model](#)
Carter, 1995

Killing Rage: Ending Racism
hooks, bell, 1996

Overcoming Unintentional Racism in Counseling and Therapy
Ridley, 2005

Race, Class, and Gender
Anderson and Collins, 2009

Race, Ethnicity, and Self
Salett and Koslow, 2003

Race and Psychotherapy
Carter, 1995

Race Matters
West, Cornell, 2001

Racial Contract, The
Mills, 1999

Racism without Racist: Color-Blind Racism and
the Persistence of Racial Inequality in America
Bonilla-Silva, 2009

Road to Becoming an Anti-Racist Organization,
The
Donner and Miller

Savage Inequalities
Kozol, Jonathan, 1991

Systemic Racism: A Theory of Oppression
Feagin, 2006

Understanding Race, Ethnicity, and Power
Pinderhughs, Elaine, 1989

Uprooting Racism: How White People Can Work
for Racial Justice
Kivel and Zinn, 2000

Using Race and Culture in Counseling and
Psychotherapy
Helms and Cook, 1998

Yearning: Race, Gender, and Cultural Politics
hooks, bell, 1999

Yellow: Race in America beyond Black and
White
Wu, Frank, 2003

* Interesting point of information: The *Amistad* story relates to the efforts undertaken by members of the Congregational Church to assist persons who were captured as slaves and held on the ship *Amistad*. The church provided them with housing, clothing, and education while they lived in Farmington, Connecticut. The Congregational Church is now referred to (in the American West) by its new denominational name: The United Church of Christ. This is the denomination whose members founded Rocky Mountain HDC, Inc. Rocky Mountain HDC, Inc. is one of the members of the Inclusiveness Collaborative (<http://nonprofitinclusiveness.org/inclusiveness-collaborative>).

Does your organization have a book club?

If so, what suggestions would you like to add to this list?

Spirit

Spiritual Dimensions of Mental Health
Shelly and John, 1983