

Insights on Identity: Key Reads for Awareness



Books Worth Reading

This collection of books has been selected to offer a diverse range of perspectives on the nuances of identity, the subtleties of unconscious bias, and the complexities of systemic inequity. Each title provides insightful explorations into different aspects of DEI, from personal narratives that bring abstract concepts to life, to comprehensive studies that lay bare the underpinnings of societal biases.



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RACE

“So You Want to Talk About Race” by Ijeoma Oluo (2019)

A frank, user-friendly guide to understanding race and racism in the United States, including how to have hard conversations about these topics. 272 pages.

“Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor” by Layla F. Saad (2020)

A practical workbook offering readers a way to do the necessary and vital work of dismantling privilege. 256 pages.

“Caste: The Origins of Our Discontents” by Isabel Wilkerson (2020)

Compares the caste systems of America, India, and Nazi Germany, and explores how America's system has shaped and continues to impact society. 544 pages.

“An Indigenous Peoples' History of the United States” by Roxanne Dunbar-Ortiz (2015)

A reinterpretation of American history from the perspective of Indigenous peoples, challenging the founding myth of the United States. 312 pages.

“There There” by Tommy Orange (2018)

A novel that offers a multi-generational view of urban Native American life. 304 pages.

“Latinos in the United States: Diversity and Change” by Rogelio Sáenz and Maria Cristina Morales (2015)

An exploration of the diversity among Latino populations in the U.S. and the changes they have undergone over time. 280 pages.

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GENDER

"Sister Outsider: Essays and Speeches" by Audre Lorde (1984)

A collection of essential essays and speeches from a leading voice in the feminist movement, discussing sexism, racism, and homophobia. 190 pages.

"Men Explain Things to Me" by Rebecca Solnit (2015)

A collection of essays on feminism, exploring the silencing of women's voices and the gender wars in a patriarchal society. 176 pages.

"Gender Trouble: Feminism and the Subversion of Identity" by Judith Butler (1990)

A seminal work in gender theory, challenging the notion of gender as an inherent identity. 272 pages.



SEXUALITY

"Queer: A Graphic History" by Dr. Meg-John Barker and Julia Scheele (2016)

An accessible and engaging overview of queer theory and the history of LGBTQ+ movements. 176 pages.



DISABILITY

"Disability Visibility: First-Person Stories from the Twenty-First Century" edited by Alice Wong (2020)

A collection of essays by disabled writers, activists, and artists. 336 pages.

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SYSTEMIC BIAS

“The Color of Law: A Forgotten History of How Our Government Segregated America” by Richard Rothstein (2017)

Explores the history of how American laws and policies have deliberately segregated cities and marginalized communities. 368 pages.

“Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations About Race” by Beverly Daniel Tatum (1997, updated in 2017)

A psychologist's perspective on the development of racial identity and its impact on student experiences in education, and how to have open and honest conversations about race. 464 pages.

“The New Jim Crow: Mass Incarceration in the Age of Colorblindness” by Michelle Alexander (2010)

A powerful analysis of how the War on Drugs created a new racial caste system in America. 352 pages.

“The Health Gap: The Challenge of an Unequal World” by Michael Marmot (2016)

Discusses the social determinants of health and their impact on inequality. 400 pages.

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MENTAL ILLNESS

"The Center Cannot Hold: My Journey Through Madness" by Elyn R. Saks (2008)

A memoir about living with schizophrenia and the stigma of mental illness. 368 pages.

"The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma" by Bessel van der Kolk (2015)

Discusses the impact of trauma and mental illness on the body and mind. 464 pages.



RELIGION

"Acts of Faith: The Story of an American Muslim, the Struggle for the Soul of a Generation" by Eboo Patel (2020)

Explores the challenges faced by American Muslims and the importance of interfaith dialogue. 216 pages.

As you embark on this enlightening journey, remember that each page turned is a step towards greater understanding and empathy. These books are not just guides but companions in the ongoing quest to build a more inclusive and equitable world. Let the knowledge you gain be the catalyst for change, both within yourself and in the communities you are a part of.