



Resources & Recommendations for Personal Racial Growth

Ten of Cups Consulting · Learning for Liberation

First-Exploring

Just beginning to look honestly at race and whiteness.

BOOKS

- *How to be an Antiracist* — Ibram X. Kendi (2019)
- *So, You Want to Talk About Race* — Ijeoma Oluo (2018)
- *White Fragility* — Robin DiAngelo (2018)
- *What Does it Mean to be White?* — Robin DiAngelo (2012)
- *Why are all the Black Kids Sitting Together in the Cafeteria?* — Beverly Tatum (2017)

VIDEOS

- *Race: The Power of an Illusion* (PBS series, 2023)
- *Who We Are* (Jeffrey Robinson, 2021)
- *TEDx-Seattle: What white people can do to move race conversations along* (Caprice Hollins, 2020)

PODCASTS

- *Hanging with the Oregon Homies* — Franki Trujillo-Dalbey & Oscar Juarez (Apple Podcasts/KYAQ 97.1 FM)
- *Code Switch* — NPR (2013) | [npr.org/podcasts/510312/codeswitch](https://www.npr.org/podcasts/510312/codeswitch)

Mid-Experience

You've done some learning. Ready to go deeper and sit with discomfort.

BOOKS

- *Punished for Dreaming: How School Reform Harms Black Children & How We Heal* — Bettina Love (2023)
- *Pushout: The Criminalization of Black Girls in Schools* — Monique Morris (2018)
- *Teaching for Black Lives* — Dyan Watson, Jesse Hagopian, Wayne Au (2019)
- *Teaching for Justice and Belonging* — Tehia S. Glass, Ph.D. & Lucretia C. Berry, Ph.D. (2022)
- *Black AF History* — Michael Harriot (2023)
- *My Grandmother's Hands* — Resmaa Menakem (2017)
- *Stamped from the Beginning: The Definitive History of Racist Ideas in America* — Ibram X. Kendi (2017)

VIDEOS

- *Between the Lines: Punished for Dreaming* (Bettina L. Love, 2023)
- *Birth of a White Nation* (Jacqueline Battalora, 2015)
- *How America Invented Race: The History of White People in America* (World Channel, 2020)
- *The Marva Collins True Story* (Education Options TV, 2011)
- *I am Not Your Negro* (James Baldwin, Raoul Peck, 2017)
- *White Like Me* (Tim Wise, 2013)

PODCASTS

- *Racial Equity Resource Group* — powercoalition.org/racial-equity-resource-guide-podcasts/ (2025)

Well-Seasoned

Deep in the work. Prepared to hold complexity and challenge yourself further.

BOOKS

- *400 Souls: A Community History of African America 1619–2019* — Keisha Blaine & Ibram X. Kendi, Eds. (2019)
- *400 Year Holocaust* — Dante King (2021)
- *Diagnosing Whiteness and Anti-Blackness* — Dante King (2025)
- *The Third Reconstruction* — Peniel L. Joseph (2022)
- *The Facilitator’s Guide for White Affinity Groups* — Robin DiAngelo & Amy Burtaine (2022)

VIDEOS

- *PBS Origins: In the Margins* (2017)
- *A People’s History of Native America* (2018)

History to Grapple With

American racial history that every white person should know.

BOOKS

- *The African American & Latinx People’s History of the United States* — Paul Ortiz (2018)
- *The Afro Indigenous History of the United States* — Kyle T. Mays (2022)
- *At the Dark End of the Street* — Danielle L. McGuire (2010)
- *The Education of a WASP* — Lois Mark Stalvey (1970)
- *The History of White People* — Nell Irving Painter (2010)
- *Killers of the Dream* — Lillian Smith (1949)
- *An Indigenous People’s History of the United States* — Roxanne Dunbar-Ortiz (2015)
- *They Were Her Property* — Stephanie Jones-Rogers (2019)

VIDEOS

- *Dark Girls* (2011)
- *Killers of the Dream Pt. 1 & Pt. 2* — Piedmont University (2011, Audio of Lillian Smith in 1949)

Trainings & Workshops

Ongoing learning opportunities with trusted practitioners.

- **White Affinity Group Facilitation Trainings** — Robin DiAngelo & Amy Burtaine | www.robindiangelo.com
- **Understanding the Roots of Racism & Bias** — Dante King | www.danteking.com/events
- **Comrades Education (Formerly “White Awake”)** — Eleanor Hancock | www.comrades.education/about
- **Embodied Somatic Abolitionism** — Resmaa Menakem | blackoctopussociety.com/workshops-intensives/



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