

Recommended Readings

Visions for Black Men, by Na'im Akbar

I Know Why the Caged Bird Sings, by Maya Angelou

The N Word: Who Can Say it, Who Shouldn't, and Why, by Jabari
Asim

The Fire Next Time, by James Baldwin

The Black Woman: An Anthology, edited by Toni Cade Bambara

Blues People, by Amiri Baraka (LeRoi Jones)

Before the Mayflower: A History of Black America, by Lerone
Bennett

Smart Money Moves for African-Americans, by Kelvin Boston

Beyond the Down Low: Sex, Lies, and Denial in Black America, by
Keith Boykin

Getting Good Loving: Seven Ways to Find Love and Make It Last,
by Audrey B. Chapman

Deals with the Devil: And Other Reasons to Riot, by Pearl Cleage

The Death of Rhythm and Blues, by Nelson George

The Autobiography of Malcolm X, with Alex Haley

Letters to a Young Brother, by Hill Harper

*Standing in the Shadows: Understanding and Overcoming Depres-
sion in Black Men*, by John Head

Recommended Readings

- Rock My Soul: Black People and Self-Esteem*, by bell hooks
We Real Cool: Black Men and Masculinity, by bell hooks
Their Eyes Were Watching God, by Zora Neale Hurston
Soledad Brother, by George Jackson
Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing, by Dr. Joy Degruy Leary
Why Should White Guys Have All the Fun? How Reginald Lewis Created a Billion-Dollar Business Empire, by Reginald F. Lewis and Blair S. Walker
The Bluest Eye, by Toni Morrison
The Women of Brewster Place, by Gloria Naylor
Who's Gonna Take the Weight? Manhood, Race, and Power in America, by Kevin Powell
Let's Get Real: Exercise Your Right to a Healthy Body, by Donna Richardson
I Will Survive: The African American Guide to Healing from Sexual Assault and Abuse, by Lori S. Robinson
Fast Food Nation, by Eric Schlosser
For Colored Girls Who Have Considered Suicide When the Rainbow Is Enuf, a choreopoem/play by Ntozake Shange
Be a Father to Your Child: Real Talk from Black Men on Family, Love, and Fatherhood, edited by April R. Silver
The Healing Wisdom of Africa, by Malidoma Patrice Some
All About Love: Favorite Selections from In the Spirit on Living Fearlessly, by Susan L. Taylor
Rap Attack 3, by David Toop
Acts of Faith: Daily Meditations for People of Color, by Iyania Vanzant
Core Performance: The Revolutionary Workout Program to Transform Your Body and Your Life, by Mark Verstegen
The Color Purple, by Alice Walker

Recommended Readings

Being a Black Man: At the Corner of Progress and Peril, by the staff
of the *Washington Post*

White Like Me, by Tim Wise

The End of America: Letter of Warning to a Young Patriot, by Naomi
Wolf

Black Boy, by Richard Wright

A People's History of the United States, by Howard Zinn

*Welcome to the Terrordome: The Pain, Politics and Promise of
Sports*, by Dave Zirin

Note: These are suggestions. These volumes cover the areas of political, economic, cultural, spiritual, mental, and physical growth, development, and wellness. They all encourage progressive critical thinking and do-something-ism, and the titles represent both male and female voices.