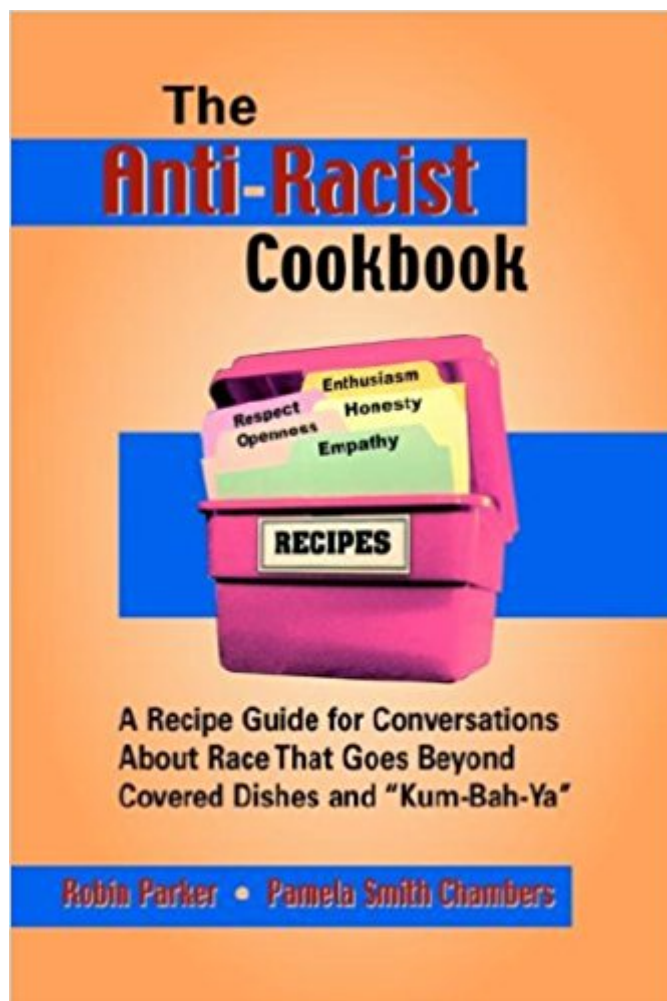


The book was found

The Anti-Racist Cookbook



Synopsis

Many Americans are distressed by race but few know how to talk about it. This book tells how. Dialogue, the authors posit, begins the path to racial reconciliation. The Anti-Racist Cookbook gives straight-forward advice on forming dialogue groups. From whom to invite and how to arrange the room to how to facilitate and what questions to discuss, everything is here. Recommended for community groups, students, activists, educators, trainers, faith-based organizations, diversity councils, and anyone else interested in answering the question "What can we do and how can we do it?"

Book Information

Paperback: 132 pages

Publisher: Crandall, Dostie & Douglas Books, Inc (June 17, 2005)

Language: English

ISBN-10: 0971901767

ISBN-13: 978-0971901766

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 8 customer reviews

Best Sellers Rank: #824,195 in Books (See Top 100 in Books) #88 in Books > Politics & Social Sciences > Sociology > Race Relations > General #1532 in Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Minority Studies #2833 in Books > Reference > Words, Language & Grammar > Communication

Customer Reviews

A really good book for training purposes. Upbeat while also challenging.

Pretty decent, but I couldn't put it in the Outstanding category.

for my son

Race relations continues to be an important, pervasive, and difficult social issue in this opening decade of 21st century America. Co-authored by Robin Parker and Pamela Smith Chambers, The Anti-Racist Cookbook: A Recipe Guide For Conversations About Race That Goes Beyond Covered Dishes and "Kum-Bah-Ya" basic information on the problem of race relations and the authors'

approaches and philosophy. It then goes on to provide practical, applicable information on how to organize and facilitate a small-group discussion on race. There are separate chapters devoted to focusing on an individual's cultural background and early messages about race and ethnicity; the different emotional experiences of race in everyday life and what work individuals can do to improve race relations; conversational oriented intervention strategies that individuals can use to combat prejudiced comments or statements that derail interracial understanding. The Anti-Racist Cookbook is ideal for community activists and non-specialist general readers with an interest in helping themselves, their families, friends, neighbors, and communities in successfully dealing with race relations issues.

I am so glad that I found this book. I have had many conversations about race, but almost all of them never went beyond the surface. People are so afraid to talk about this very important topic. The Anti-Racist Cookbook turns conversations about race into deep, meaningful experiences. I was really pleased with the results of the first conversation I organized using this book. All I can say is that it's about time for this kind of book.

I really enjoyed this book. It lays out some great ideas to organize meaningful dialogue around how we perceive and respond to race related issues. The ideas and recipes are simple, fun, and motivating. Getting beyond the surface dialogue of race in this country is critically important. This book gives us some great ideas on how to get started.

This is a wonderful little book, with spirit. For the best "how to" on holding a dialogue on race, I highly recommend this book.

For the past decade, I've been actively searching for a decent recipe for chitterlings and cabbage or enchiladas Hunan, and really hoped that my quest was ended. This is just a bunch of blather about people TALKING to each other! WHATTUP? ;-D

[Download to continue reading...](#)

Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) ANTI INFLAMMATORY DIET: ANTI INFLAMMATORY COOKBOOK: ANTI INFLAMMATION: 500 Healthy and Delicious Anti Inflammatory Diet Recipes to Heal your Immune System(anti ... inflammatory foods, allergen management) Anti Inflammatory Diet: Guide to

Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life (Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) The Anti-Racist Cookbook Anti Inflammatory Diet: 1000 Anti Inflammatory Recipes: Anti Inflammatory Cookbook, Kitchen, Cooking, Healthy, Low Carb, Paleo, Meals, Diet Plan, Cleanse, Whole Food, Weight Loss, For Beginners Paleo Anti Inflammatory: 500 Paleo Anti Inflammatory Spiralizer and Air Fryer Recipes: Paleo Cookbook, Breakfast, Lunch, Snack, Quick and Easy Healthy Recipes for Weight Loss, Anti Inflammatory Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Anti Inflammatory Diet: Autoimmune Lunch Recipes: 35+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Anti-Inflammatory Diet, Cookbook Book 2) Instant Pot Recipes CookBook: Anti-Inflammation Diet Recipes For Optimal Healthy Lifestyle(Instant Pot Cookbook, Anti Inflammatory Diet, Clean Eating, Pressure cooker cookbook,low carb diet) Anti Inflammatory Diet: 4 Manuscripts: Insulin Resistance Diet, Plant Based Diet Cookbook, Insulin Resistance Cookbook, Healthy Eating (Anti Inflammatory Diet Cookbook Bundle) Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2) Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) The Anti-Inflammatory Diet: Rich Anti-Inflammatory Foods to Cut Down on Inflammation - Over 25 Anti-Inflammatory Recipes You Will Love Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Anti-Inflammatory Cookbook: 150 Anti-Inflammatory Recipes to Lose Weight Fast Anti-Inflammatory Cookbook: 101 Simple and Delicious Anti-Inflammatory Recipes for Eating Yourself Healthy

Contact Us

DMCA

Privacy

FAQ & Help