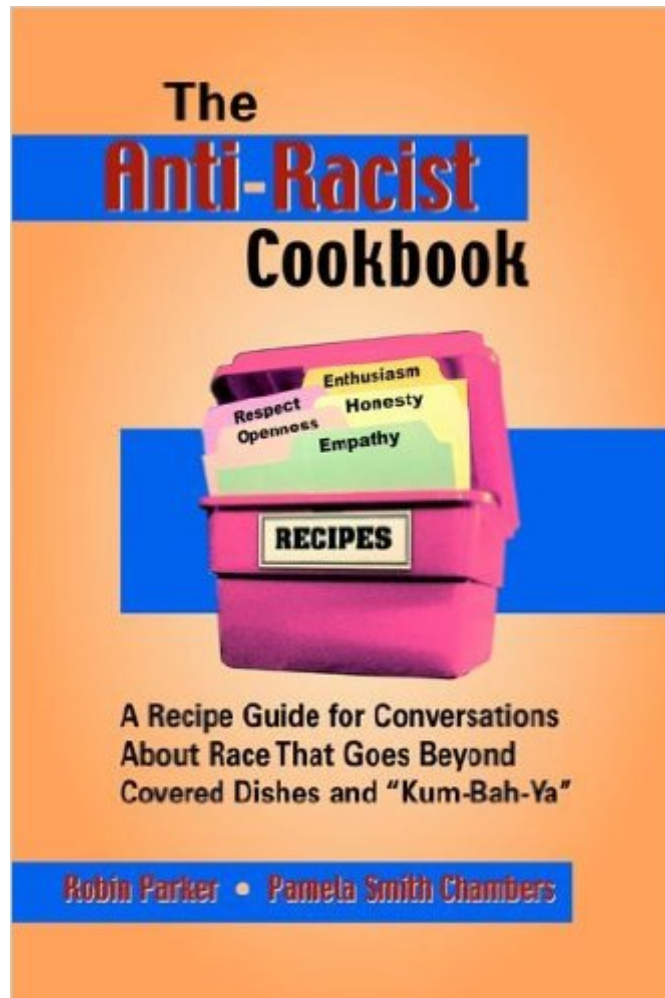


The book was found

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: 4.0 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #133,304 in Books (See Top 100 in Books) #13 in [Books > Politics & Social Sciences > Sociology > Race Relations > General](#) #227 in [Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Minority Studies](#) #383 in [Books > Reference > Words, Language & Grammar > Communication](#)

Customer Reviews

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.

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

Anti-Inflammatory Diet: Beginner's Guide with XL Granny's Recipes (Anti Inflammatory Cookbook, Anti Inflammatory Diet Cookbook, Anti-Inflammatory Recipes, Anti Inflammatory Books, Anti-Inflammatory Diet) ANTI INFLAMMATORY DIET: Anti-Inflammatory Recipes To Heal Yourself (Anti Inflammatory Diet, Anti Inflammatory, Anti Inflammatory Diet Cookbook, Anti Inflammatory ... Fast, Pain Free, Heal Yourself Book 1) 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 Aging: Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever (Anti Aging Diet, Anti Aging Secrets, Anti Aging Drugs) (Fitness Book 1) 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-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) 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: 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: 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)
Anti-Inflammatory Diet: The Ultimate Beginners Guide to Eliminate Body Pain and Restore Your Overall Health By Eating Foods Designed For You (Anti-Inflammatory ... Pain Free, Anti-Inflammatory Recipes) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Anti Inflammatory Diet: Anti Inflammatory Cookbook & Meal Plan - Weight Loss & Pain Management (Whole Food, Autoimmune, Low Carb Cookbook, Clean Eating, Arthritis, Thyroid, Hashimotos) Culling the Masses: The Democratic Origins of Racist Immigration Policy in the Americas Are Cops Racist? Anti Inflammatory Cookbook - 50 Slow Cooker Recipes With Anti - Inflammatory Ingredients - (Great For Gout Relief!) Crockpot Recipes, Slow Cooker Recipes, (Low Cooker Cookbooks, Crockpot Cookbooks) Anti Inflammatory Diet: How To End Chronic Pain Forever and Heal Your Body Naturally (delicious anti-inflammatory recipe cookbook with 14 day meal plan) Bone Broth: What They Aren't Telling You About Bone Broths & Must Know Rich Broth Recipes (Anti-Inflammatory, Lose Weight, Anti-Aging, Paleo Diet, Natural Remedies, Soups & Stews) Spiralizer Recipe Book: Spiralizer Recipes for Weight Loss, Anti-Aging, Anti-Inflammatory & So Much More! (Recipes for a Healthy Life Book 2)

[Dmca](#)