

a race is a nice thing to have

a race is a nice thing to have when it comes to bringing people together, fostering competition, and promoting fitness. Whether it's a community fun run, a professional marathon, or a friendly challenge among colleagues, the benefits of organizing and participating in a race extend far beyond the finish line. This article explores why a race is a nice thing to have, the social and health advantages it offers, the planning essentials for a successful event, and how races can inspire motivation and positive change. Readers will discover the key elements that make races enjoyable, the diverse types of races available, and effective tips for both organizers and participants. Through a comprehensive look at the impact of races, this guide provides valuable insights for anyone interested in creating or joining a meaningful competitive event.

- The Value of Organizing a Race
- Social Benefits of Participating in a Race
- Health and Wellness Advantages
- Types of Races and Their Appeal
- Essential Steps to Plan a Successful Race
- Motivation and Personal Growth Through Racing
- Tips for First-Time Race Participants

The Value of Organizing a Race

Organizing a race is a nice thing to have for any community, workplace, or group. Planning and hosting a race can create unity and a sense of purpose among participants and organizers. It provides a positive outlet for energy and a chance to support various causes, such as charity fundraisers or awareness campaigns. Races often serve as catalysts for economic activity, benefiting local businesses and vendors. Additionally, a well-organized race can become a recurring event, strengthening community bonds year after year.

Bringing people together for a common goal, races foster teamwork and friendly competition. Organizers have the opportunity to showcase local landmarks, parks, or trails, adding a unique flavor to each event. The process of setting up a race also encourages leadership, project management, and volunteer engagement, making it a rewarding endeavor for all involved.

Social Benefits of Participating in a Race

Participating in a race is a nice thing to have for building friendships and community spirit. Races create an inclusive environment where people of all backgrounds can come together and share a memorable experience. The camaraderie among runners, spectators, and volunteers is a powerful motivator that can inspire continued participation in future events.

Whether as individuals or teams, participants often form lasting connections during training and on race day. The shared excitement and sense of achievement at the finish line help foster mutual respect and understanding. Social events associated with races, such as pre-race gatherings and post-race celebrations, offer additional opportunities for networking and fun.

- Encourages teamwork and collaboration
- Builds local pride and community engagement
- Provides social support for health and fitness goals
- Offers a platform for charitable giving and awareness

Health and Wellness Advantages

From a wellness perspective, a race is a nice thing to have for promoting physical fitness and healthy living. Training for a race encourages consistent exercise, improved cardiovascular health, and overall stamina. The anticipation of an upcoming race provides an incentive to develop better nutrition and self-care habits.

Competing in races can also improve mental health by reducing stress and boosting self-confidence. The sense of accomplishment and personal growth experienced upon completing a race can translate into higher motivation and resilience in other areas of life. Races often provide access to health resources, fitness tips, and professional guidance to support participants on their wellness journey.

Types of Races and Their Appeal

There are many types of races available, each offering unique challenges and rewards. Selecting the right race can greatly enhance the participant experience and meet the goals of organizers. From traditional running events to creative team challenges, the diversity of races ensures there is something for everyone.

Running Races

Running races are the most common and range from 5K fun runs to full marathons. These events attract participants of all skill levels and ages. Running races are well-suited for promoting fitness, supporting causes, and showcasing scenic routes.

Cycling and Triathlon Events

Cycling races and triathlons combine multiple disciplines, offering a challenging and exciting experience for endurance athletes. These events draw competitive participants and often require specialized training and equipment.

Obstacle and Adventure Races

Obstacle races, mud runs, and adventure challenges focus on teamwork, problem-solving, and physical agility. They appeal to participants seeking a unique and exhilarating race format that goes beyond traditional running.

Virtual and Themed Races

Virtual races allow participants to compete from any location, using apps or GPS tracking. Themed races, such as costume runs or holiday events, add a fun and festive atmosphere, encouraging creativity and broad participation.

- 5K and 10K runs
- Half and full marathons
- Cycling races
- Triathlons and duathlons
- Obstacle courses
- Relay races
- Virtual and themed events

Essential Steps to Plan a Successful Race

Planning a race is a nice thing to have for developing organizational skills and ensuring a smooth, enjoyable event. A successful race requires careful coordination and attention to detail, from selecting a route to managing logistics and safety.

Choosing a Date and Location

Selecting the right date and venue is crucial. Consider weather conditions, local calendars, and accessibility for participants. Popular locations include parks, city streets, and trails that offer scenic views and ample space.

Obtaining Permits and Insurance

Securing the necessary permits and insurance is essential for legal compliance and participant safety. Work with local authorities to arrange road closures, emergency services, and other logistics.

Promoting the Event

Effective promotion ensures strong participation. Use social media, local media, and community networks to spread the word. Highlight the unique aspects of the race and any charitable causes involved.

Coordinating Volunteers and Staff

Recruit volunteers to assist with registration, water stations, and course monitoring. Clear communication and training ensure a positive experience for both volunteers and participants.

1. Set clear goals for the race
2. Develop a detailed budget and timeline
3. Create registration procedures
4. Plan for safety and medical support
5. Organize awards and post-race activities

Motivation and Personal Growth Through Racing

A race is a nice thing to have as it inspires motivation and personal development. The process of training for and completing a race teaches discipline, perseverance, and goal-setting. Participants often discover new strengths and overcome personal challenges through their involvement in races.

Races provide measurable milestones, giving individuals a clear sense of progress. Achieving a personal best, finishing a challenging course, or simply crossing the finish line can boost self-esteem and encourage ongoing commitment to fitness and wellness.

For many, races become a lifelong passion, creating opportunities for continued self-improvement and community involvement.

Tips for First-Time Race Participants

For those new to racing, preparation and a positive mindset are key to a rewarding experience. Following practical tips can help ease nerves, prevent injuries, and enhance enjoyment on race day.

- Start training well in advance to build endurance
- Choose a race that matches your fitness level
- Invest in proper footwear and comfortable clothing
- Stay hydrated and follow a balanced diet during training
- Arrive early on race day to warm up and get familiar with the course
- Listen to your body and pace yourself during the race
- Celebrate your achievement, regardless of the outcome

By following these guidelines, first-time participants can fully enjoy the experience and discover why a race is a nice thing to have in any community

or personal fitness journey.

Trending Questions and Answers About a Race is a Nice Thing to Have

Q: Why is a race considered a nice thing to have in a community?

A: A race is considered a nice thing to have in a community because it brings people together, promotes health and fitness, supports local causes, and strengthens social bonds. Races also provide opportunities for fun, friendly competition, and community pride.

Q: What are the main benefits of participating in a race?

A: The main benefits include improved physical fitness, enhanced mental well-being, social interaction, and a sense of accomplishment. Races also encourage goal-setting and can motivate participants to adopt healthier lifestyles.

Q: What types of races are most popular?

A: Popular types of races include 5K and 10K runs, half and full marathons, cycling races, triathlons, obstacle courses, relay races, and themed or virtual events. Each type offers unique challenges and appeals to different interests and fitness levels.

Q: How can organizing a race benefit local businesses?

A: Organizing a race can benefit local businesses through increased foot traffic, sponsorship opportunities, and sales of goods and services to participants and spectators. Races often attract visitors from outside the area, boosting tourism and economic activity.

Q: What should first-time race participants know before their first event?

A: First-time participants should begin training early, choose a suitable race distance, wear appropriate gear, stay hydrated, and not worry about finishing first. Setting realistic goals and enjoying the experience are most important.

Q: How do races support charitable causes?

A: Many races partner with charities, donating entry fees, raising awareness, or encouraging participants to fundraise. This makes a race a nice thing to

have for both physical activity and giving back to the community.

Q: What steps are essential for organizing a successful race?

A: Essential steps include choosing a date and location, securing permits, promoting the event, coordinating volunteers, planning for safety, and ensuring a positive participant experience through clear communication and logistics.

Q: Can families and children participate in races?

A: Yes, many races offer family-friendly formats, kids' fun runs, and activities for all ages. This inclusivity makes races enjoyable and accessible to everyone.

Q: What are virtual races and how do they work?

A: Virtual races allow participants to complete the race distance at their own pace and location, often using fitness apps or GPS tracking. Participants can join from anywhere, making races more flexible and accessible.

Q: How do races promote motivation and personal growth?

A: Training for and completing a race encourages discipline, perseverance, and goal-setting. The achievement of finishing a race builds confidence and inspires ongoing commitment to health and personal improvement.

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A Race Is a Nice Thing to Have: Unpacking the Meaning and Implications

The phrase "a race is a nice thing to have" is often used in the context of competitive activities, but its deeper meaning extends far beyond simple sporting events. This post will delve into the multifaceted interpretation of this phrase, exploring its implications in various contexts, from

athletic competitions to the broader spectrum of human endeavor. We'll examine the benefits of healthy competition, the importance of perspective, and the potential pitfalls of viewing "race" solely through the lens of winning. Prepare to challenge your assumptions and gain a nuanced understanding of this seemingly simple statement.

H2: The Literal Interpretation: Competition and Achievement

The most straightforward interpretation of "a race is a nice thing to have" centers on the positive aspects of competition. A race, in its purest form, provides a framework for individuals or teams to test their abilities, push their limits, and strive for excellence.

H3: The Benefits of Healthy Competition

Motivation and Goal Setting: The prospect of a race provides a powerful motivator. Knowing there's a finish line encourages focused training, disciplined effort, and the setting of clear, measurable goals.

Skill Development and Improvement: Competition forces participants to constantly refine their techniques, improve their strategies, and identify areas needing enhancement. The feedback loop inherent in racing fosters continuous growth.

Personal Growth and Resilience: Facing challenges and setbacks during a race builds resilience, teaches problem-solving skills, and cultivates a stronger sense of self-efficacy. Learning to overcome adversity is a valuable life skill.

Community Building and Camaraderie: Races often foster a strong sense of community among participants. Shared goals, mutual support, and the celebration of success create lasting bonds.

H3: Beyond the Finish Line: The Importance of the Journey

It's crucial to remember that the value of a race isn't solely determined by the outcome. The process of preparation, the challenges overcome, and the lessons learned along the way are equally, if not more, important than the final result. The focus should be on personal best and continuous improvement, not just on winning.

H2: The Figurative Interpretation: Life as a Race

The phrase "a race is a nice thing to have" can also be interpreted metaphorically, referring to the

broader context of life's journey. Life presents countless challenges and opportunities, which can be viewed as a series of "races" towards various goals – personal, professional, or otherwise.

H3: Navigating Life's Challenges with a Competitive Spirit

A competitive spirit, when channeled constructively, can be a driving force for success in various aspects of life. It encourages ambition, fosters innovation, and pushes individuals to reach their full potential. This doesn't necessarily mean always striving to be "the best," but rather striving for self-improvement and achieving personal goals.

H3: The Ethical Considerations of Competition

However, it's essential to acknowledge the potential downsides of a hyper-competitive mindset. An unhealthy emphasis on winning can lead to unethical behavior, the exploitation of others, and a disregard for fairness and sportsmanship. The pursuit of excellence should always be tempered with integrity and respect for others.

H2: The Nuances of "Race" and its Societal Implications

It's important to acknowledge that the word "race," especially in its societal context, carries a complex and often painful history. While this post focuses on the positive aspects of competition, it is crucial to understand that the concept of "race" as a biological construct is scientifically flawed and has been used to justify systemic inequalities. Therefore, using the phrase "a race is a nice thing to have" requires sensitivity and awareness of its potential misinterpretations.

H2: Striking a Balance: Competition and Collaboration

Ultimately, the ideal approach is to balance the benefits of healthy competition with the importance of collaboration and cooperation. While striving for personal excellence is valuable, it's equally important to recognize the contributions of others and work together towards shared goals.

Conclusion

The phrase "a race is a nice thing to have" offers a surprisingly rich tapestry of meaning. While it can literally refer to the positive aspects of competitive activities, it also serves as a metaphor for life's journey, highlighting the importance of striving for personal best, embracing challenges, and learning from both victories and defeats. However, it is crucial to approach competition with ethical considerations and a balanced perspective, ensuring that the pursuit of excellence doesn't overshadow the values of collaboration, respect, and integrity.

FAQs

Q1: Is competition always healthy? A: No, excessive competition can be detrimental to mental health and well-being. Healthy competition focuses on self-improvement and sportsmanship, not solely on winning.

Q2: How can I avoid unhealthy competition? A: Focus on your personal growth and improvement rather than solely comparing yourself to others. Celebrate your accomplishments and learn from your setbacks.

Q3: What if I always lose? A: Losing is a part of the process. Focus on what you can learn from each experience, and use it to improve your performance in the future.

Q4: Can collaboration and competition coexist? A: Yes, absolutely. Many successful teams and individuals find ways to blend collaborative efforts with a healthy competitive spirit.

Q5: How can I apply this concept to my professional life? A: Set challenging goals for yourself, strive for continuous improvement, collaborate with colleagues, and celebrate achievements - both personal and team-based.

a race is a nice thing to have: *A Race Is a Nice Thing to Have* Janet E. Helms, 2019-06-07 A *Race Is a Nice Thing to Have: A Guide to Being a White Person or Understanding the White Persons in Your Life* is designed to help White people fully recognize and accept their racial identity, assume the proper responsibility for ending racism, and develop an understanding of how racism impacts their own racial group. This powerful text encourages positive racial adjustment and deeper levels of self-understanding. The book explores the meaning of race in society, the color-blindness movement, the problem of ignorance about Whiteness, the various phases of internalized racism, and other critical topics. Evocative and meaningful activities throughout the text foster reflection and increased levels of self-awareness and acceptance. The third edition features updated references and charts, as well as a new foreword by Dr. Allen Ivey. *A Race Is a Nice Thing to Have* is part of the Cognella Series on Advances in Culture, Race, and Ethnicity. The series, co-sponsored by Division 45 of the American Psychological Association, addresses critical and emerging issues within culture, race, and ethnic studies, as well as specific topics among key ethnocultural groups. For a look at the specific features and benefits of *A Race Is a Nice Thing to Have*, visit cognella.com/a-race-is-a-nice-thing-to-have-features-and-benefits.

a race is a nice thing to have: A Race Is a Nice Thing to Have Janet E. Helms, 2019 A Race Is a Nice Thing to Have: A Guide to Being a White Person or Understanding the White Persons in Your Life is designed to help White people fully recognize and accept their racial identity, assume the proper responsibility for ending racism, a.

a race is a nice thing to have: White Fragility Dr. Robin DiAngelo, 2018-06-26 The New York Times best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. In this "vital, necessary, and beautiful book" (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and "allows us to understand racism as a practice not restricted to 'bad people' (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

a race is a nice thing to have: So You Want to Talk About Race Ijeoma Oluo, 2019-09-24 In this #1 New York Times bestseller, Ijeoma Oluo offers a revelatory examination of race in America. Protests against racial injustice and white supremacy have galvanized millions around the world. The stakes for transformative conversations about race could not be higher. Still, the task ahead seems daunting, and it's hard to know where to start. How do you tell your boss her jokes are racist? Why did your sister-in-law hang up on you when you had questions about police reform? How do you explain white privilege to your white, privileged friend? In *So You Want to Talk About Race*, Ijeoma Oluo guides readers of all races through subjects ranging from police brutality and cultural appropriation to the model minority myth in an attempt to make the seemingly impossible possible: honest conversations about race, and about how racism infects every aspect of American life. Simply put: Ijeoma Oluo is a necessary voice and intellectual for these times, and any time, truth be told. —Phoebe Robinson, New York Times bestselling author of *You Can't Touch My Hair*

a race is a nice thing to have: Why I'm No Longer Talking to White People About Race Reni Eddo-Lodge, 2020-11-12 'Every voice raised against racism chips away at its power. We can't afford to stay silent. This book is an attempt to speak' The book that sparked a national conversation. Exploring everything from eradicated black history to the inextricable link between class and race, *Why I'm No Longer Talking to White People About Race* is the essential handbook for anyone who wants to understand race relations in Britain today. THE NO.1 SUNDAY TIMES BESTSELLER WINNER OF THE BRITISH BOOK AWARDS NON-FICTION NARRATIVE BOOK OF THE YEAR 2018 FOYLES NON-FICTION BOOK OF THE YEAR BLACKWELL'S NON-FICTION BOOK OF THE YEAR WINNER OF THE JHALAK PRIZE LONGLISTED FOR THE BAILLIE GIFFORD PRIZE FOR NON-FICTION LONGLISTED FOR THE ORWELL PRIZE SHORTLISTED FOR A BOOKS ARE MY BAG READERS AWARD

a race is a nice thing to have: Race is a Nice Thing to Have Janet E. Helms, 2000

a race is a nice thing to have: Reading Picture Books with Children Megan Dowd Lambert, 2015-11-03 A new, interactive approach to storytime, *The Whole Book Approach* was developed in conjunction with the Eric Carle Museum of Picture Book Art and expert author Megan Dowd Lambert's graduate work in children's literature at Simmons College, offering a practical guide for reshaping storytime and getting kids to think with their eyes. Traditional storytime often offers a passive experience for kids, but the Whole Book approach asks the youngest of readers to ponder all aspects of a picture book and to use their critical thinking skills. Using classic examples, Megan asks kids to think about why the trim size of Ludwig Bemelman's *Madeline* is so generous, or why the typeset in David Wiesner's Caldecott winner, *The Three Pigs*, appears to twist around the page, or why books like Chris Van Allsburg's *The Polar Express* and Eric Carle's *The Very Hungry Caterpillar* are printed landscape instead of portrait. The dynamic discussions that result from this shared reading style range from the profound to the hilarious and will inspire adults to make

children's responses to text, art, and design an essential part of storytime.

a race is a nice thing to have: *The Sum of Us* Heather McGhee, 2022-02-08 NEW YORK TIMES BESTSELLER • LONGLISTED FOR THE NATIONAL BOOK AWARD • One of today's most insightful and influential thinkers offers a powerful exploration of inequality and the lesson that generations of Americans have failed to learn: Racism has a cost for everyone—not just for people of color. WINNER OF THE PORCHLIGHT BUSINESS BOOK AWARD • ONE OF THE BEST BOOKS OF THE YEAR: Time, The Washington Post, St. Louis Post-Dispatch, Ms. magazine, BookRiot, Library Journal “This is the book I’ve been waiting for.”—Ibram X. Kendi, #1 New York Times bestselling author of *How to Be an Antiracist* Look for the author’s podcast, *The Sum of Us*, based on this book! Heather McGhee’s specialty is the American economy—and the mystery of why it so often fails the American public. From the financial crisis of 2008 to rising student debt to collapsing public infrastructure, she found a root problem: racism in our politics and policymaking. But not just in the most obvious indignities for people of color. Racism has costs for white people, too. It is the common denominator of our most vexing public problems, the core dysfunction of our democracy and constitutive of the spiritual and moral crises that grip us all. But how did this happen? And is there a way out? McGhee embarks on a deeply personal journey across the country from Maine to Mississippi to California, tallying what we lose when we buy into the zero-sum paradigm—the idea that progress for some of us must come at the expense of others. Along the way, she meets white people who confide in her about losing their homes, their dreams, and their shot at better jobs to the toxic mix of American racism and greed. This is the story of how public goods in this country—from parks and pools to functioning schools—have become private luxuries; of how unions collapsed, wages stagnated, and inequality increased; and of how this country, unique among the world’s advanced economies, has thwarted universal healthcare. But in unlikely places of worship and work, McGhee finds proof of what she calls the Solidarity Dividend: the benefits we gain when people come together across race to accomplish what we simply can’t do on our own. *The Sum of Us* is not only a brilliant analysis of how we arrived here but also a heartfelt message, delivered with startling empathy, from a black woman to a multiracial America. It leaves us with a new vision for a future in which we finally realize that life can be more than a zero-sum game. LONGLISTED FOR THE ANDREW CARNEGIE MEDAL

a race is a nice thing to have: *Handbook of Multicultural Counseling* Joseph G. Ponterotto, 2001-04-25 This second edition of the *Handbook of Multicultural Counseling* marks an important turning point. It brings together the voices of some pioneers who have paved the way, and introduces us to new voices, who, while influenced by the pioneers, have taken different paths. Because the multicultural community is well represented in content and scholarship in this second addition, the reader can be assured that the view points represented in this book speak to the core issues of the field. I am excited about this Handbook because the authors answer the question that is often heard at many a conference: Where is the research to support multicultural counseling? I am equally excited about this Handbook because it breaks new ground by using as its anchor, oral histories, which demonstrates that for many of us multicultural counseling is not simply a research agenda, but a life long journey, that cannot always be measured. The underlying theme of social justice only reinforces our commitment to this journey. Drs. Ponterotto, Casas, Suzuki, and Alexander have once again helped shape the multicultural conversation. To those who have often said, Where is the research, look not further. --From the foreword by Donald B. Pope-Davis, Ph.D., Professor, University of Notre Dame The Second Edition of the *Handbook of Multicultural Counseling* presents a completely reconceived work building on the strengths of the first, reflecting the developments that continue to expand the profession of multicultural counseling. Eighty-five scholars in the field offer their perspectives, providing breadth and depth, as well as new visions for the discipline. This edition has been expanded to include more coverage of: Historical perspectives on the field Professional and ethical issues Counseling role in fighting oppression Psychological measurement theories Research design Gender issues and higher education issues The *Handbook of Multicultural Counseling*, Second Edition, is a critical resource for counselors, counseling students,

and other mental health professionals who are seeking to improve their competence in treating a culturally diverse clientele.

a race is a nice thing to have: Nice Racism Dr. Robin DiAngelo, 2021-06-29 NEW YORK TIMES BESTSELLER Building on the groundwork laid in the New York Times bestseller *White Fragility*, Robin DiAngelo explores how a culture of niceness inadvertently promotes racism. In *White Fragility*, Robin DiAngelo explained how racism is a system into which all white people are socialized and challenged the belief that racism is a simple matter of good people versus bad. DiAngelo also made a provocative claim: white progressives cause the most daily harm to people of color. In *Nice Racism*, her follow-up work, she explains how they do so. Drawing on her background as a sociologist and over 25 years working as an anti-racist educator, she picks up where *White Fragility* left off and moves the conversation forward. Writing directly to white people as a white person, DiAngelo identifies many common white racial patterns and breaks down how well-intentioned white people unknowingly perpetuate racial harm. These patterns include: • rushing to prove that we are “not racist” • downplaying white advantage • romanticizing Black, Indigenous and other peoples of color (BIPOC) • pretending white segregation “just happens” • expecting BIPOC people to teach us about racism • carefulness • and feeling immobilized by shame. DiAngelo explains how spiritual white progressives seeking community by co-opting Indigenous and other groups’ rituals create separation, not connection. She challenges the ideology of individualism and explains why it is OK to generalize about white people, and she demonstrates how white people who experience other oppressions still benefit from systemic racism. Writing candidly about her own missteps and struggles, she models a path forward, encouraging white readers to continually face their complicity and embrace courage, lifelong commitment, and accountability. *Nice Racism* is an essential work for any white person who recognizes the existence of systemic racism and white supremacy and wants to take steps to align their values with their actual practice. BIPOC readers may also find the “insiders” perspective useful for navigating whiteness. Includes a study guide.

a race is a nice thing to have: Race Cars Jenny Devenny, 2021-05-04 *Race Cars* is a picture book that serves as a springboard for parents and educators to discuss race, privilege, and oppression with their kids.

a race is a nice thing to have: Something Happened in Our Town Marianne Celano, Marietta Collins, Ann Hazzard, 2020-06-08 A NEW YORK TIMES AND #1 INDIEBOUND BEST SELLER #6 on American Library Association's Office of Intellectual Freedom's Top 10 Most Challenged Books of 2020 A Little Free Library Action Book Club Selection National Parenting Product Award Winner (NAPPA) *Something Happened in Our Town* follows two families — one White, one Black — as they discuss a police shooting of a Black man in their community. The story aims to answer children's questions about such traumatic events, and to help children identify and counter racial injustice in their own lives. Includes an extensive Note to Parents and Caregivers with guidelines for discussing race and racism with children, child-friendly definitions, and sample dialogues.

a race is a nice thing to have: Lizzie Bright and the Buckminster Boy Gary D. Schmidt, 2004 *Turner Buckminster* is purely miserable. Not only is he the son of the new minister in a small Maine town, but he is shunned for playing baseball differently from the local boys.

a race is a nice thing to have: NurtureShock Po Bronson, Ashley Merryman, 2009-09-03 In a world of modern, involved, caring parents, why are so many kids aggressive and cruel? Where is intelligence hidden in the brain, and why does that matter? Why do cross-racial friendships decrease in schools that are more integrated? If 98% of kids think lying is morally wrong, then why do 98% of kids lie? What's the single most important thing that helps infants learn language? *NurtureShock* is a groundbreaking collaboration between award-winning science journalists Po Bronson and Ashley Merryman. They argue that when it comes to children, we've mistaken good intentions for good ideas. With impeccable storytelling and razor-sharp analysis, they demonstrate that many of modern society's strategies for nurturing children are in fact backfiring--because key twists in the science have been overlooked. Nothing like a parenting manual, the authors' work is an insightful exploration of themes and issues that transcend children's (and adults') lives.

a race is a nice thing to have: *The Coloring Book* Colin Quinn, 2015-06-09 From former SNL Weekend Update host and legendary stand-up Colin Quinn comes a controversial and laugh-out-loud investigation into cultural and ethnic stereotypes. Colin Quinn has noticed a trend during his decades on the road—that Americans' increasing political correctness and sensitivity have forced us to tiptoe around the subjects of race and ethnicity altogether. Colin wants to know: What are we all so afraid of? Every ethnic group has differences, everyone brings something different to the table, and this diversity should be celebrated, not denied. So why has acknowledging these cultural differences become so taboo? In *The Coloring Book*, Colin, a native New Yorker, tackles this issue head-on while taking us on a trip through the insane melting pot of 1970s Brooklyn, the many, many dive bars of 1980s Manhattan, the comedy scene of the 1990s, and post-9/11 America. He mixes his incredibly candid and hilarious personal experiences with no-holds-barred observations to definitively decide, at least in his own mind, which stereotypes are funny, which stereotypes are based on truths, which have become totally distorted over time, and which are actually offensive to each group, and why. As it pokes holes in the tapestry of fear that has overtaken discussions about race, *The Coloring Book* serves as an antidote to our paralysis when it comes to laughing at ourselves . . . and others.

a race is a nice thing to have: *Black and White Racial Identity* Janet E. Helms, 1993-02-28 This book examines the major theories of Black and White racial identity. Moreover, theoretical perspectives that were originally developed to describe social fomentation have been updated and expanded to explain the role of racial identity in counseling dyads, social relationships, and groups. Measures for assessing racial identity are described. Original research addresses the relationship of racial identity to other personality characteristics such as value orientations, decision-making styles and counseling process variables such as satisfaction, counselor strategies, and client reactions. Part 1 presents basic racial identity theory and measurement issues as they pertain to individuals and intergroup functioning. Ideally this material will be useful to persons who are seeking a basic introduction to Black and White racial identity theory. Part 2 introduces empirical attempts to examine the correlates of racial identity. This section is primarily intended for the reader who is interested in generating research questions and/or evaluating some of those that already have been generated. Part 3 includes speculative and empirical chapters that study the influence of racial identity on everyday interactions. This material also describes the influence of racial identity attitudes on various kinds of counseling interactions. The final chapter presents models for promoting identity development. This book should appeal to anyone interested in the social and behavioral sciences, including psychiatry, social work, and cross cultural psychology; nursing and education.

a race is a nice thing to have: *The Good Ally* Nova Reid, 2021-09-16 'I invite you to be courageous and get comfortable with being uncomfortable, because any discomfort you feel is temporary and pales in comparison to what black and brown people often have to experience on a daily basis. Are you ready? Let's get started, we have work to do.'

a race is a nice thing to have: *White Lies and Allies in Contemporary Black Media* Emily Ruth Rutter, 2022-12-23 This book considers the ways in which Black directors, screenwriters, and showrunners contend with the figure of the would-be White ally in contemporary film and television. *White Lies and Allies in Contemporary Black Media* examines the ways in which prominent figures such as Issa Rae, Spike Lee, Justin Simien, Jordan Peele, and Donald Glover centralize complex Black protagonists in their work while also training a Black gaze on would-be White allies. Emily R. Rutter highlights how these Black creators represent both performative White allyship and the potential for true White antiracist allyship, while also examining the reasons why Black creators utilize the white ally trope in the wider context of the film and television industries. During an era in which concerns with White liberal complicity in anti-Black racism are of paramount importance, Rutter explores how these films and television shows, and their creators, contribute to the wider project of dismantling internal, interpersonal, ideological, and institutional White hegemony. This book will be of interest to students and scholars of Film and Media Studies, Television Studies,

American Studies, African American Studies, and Popular Culture.

a race is a nice thing to have: New People Danzy Senna, 2017-08-01 Named a BEST BOOK OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW, VOGUE, TIME MAGAZINE, NPR and THE ROOT [A] cutting take on race and class...part dark comedy, part surreal morality tale. Disturbing and delicious. —People You'll gulp Senna's novel in a single sitting—but then mull over it for days." —Entertainment Weekly From the bestselling author of *Caucasia* and *Colored Television*, a subversive and engrossing novel of race, class and manners in contemporary America. As the twentieth century draws to a close, Maria is at the start of a life she never thought possible. She and Khalil, her college sweetheart, are planning their wedding. They are the perfect couple, King and Queen of the Racially Nebulous Prom. Their skin is the same shade of beige. They live together in a black bohemian enclave in Brooklyn, where Khalil is riding the wave of the first dot-com boom and Maria is plugging away at her dissertation, on the Jonestown massacre. They've even landed a starring role in a documentary about new people like them, who are blurring the old boundaries as a brave new era dawns. Everything Maria knows she should want lies before her—yet she can't stop daydreaming about another man, a poet she barely knows. As fantasy escalates to fixation, it dredges up secrets from the past and threatens to unravel not only Maria's perfect new life but her very persona. Heartbreaking and darkly comic, *New People* is a bold and unfettered page-turner that challenges our every assumption about how we define one another, and ourselves.

a race is a nice thing to have: How to Be a (Young) Antiracist Ibram X. Kendi, Nic Stone, 2023-01-31 The #1 New York Times bestseller that sparked international dialogue is now a book for young adults! Based on the adult bestseller by Ibram X. Kendi, and co-authored by bestselling author Nic Stone, *How to be a (Young) Antiracist* will serve as a guide for teens seeking a way forward in acknowledging, identifying, and dismantling racism and injustice. The New York Times bestseller *How to be an Antiracist* by Ibram X. Kendi is shaping the way a generation thinks about race and racism. *How to be a (Young) Antiracist* is a dynamic reframing of the concepts shared in the adult book, with young adulthood front and center. Aimed at readers 12 and up, and co-authored by award-winning children's book author Nic Stone, *How to be a (Young) Antiracist* empowers teen readers to help create a more just society. Antiracism is a journey--and now young adults will have a map to carve their own path. Kendi and Stone have revised this work to provide anecdotes and data that speaks directly to the experiences and concerns of younger readers, encouraging them to think critically and build a more equitable world in doing so.

a race is a nice thing to have: Tikki Tikki Tembo Arlene Mosel, 2007-04-17 Tikki tikki tembo-no sa rembo- chari bari ruchi-pip peri pembo! Three decades and more than one million copies later children still love hearing about the boy with the long name who fell down the well. Arlene Mosel and Blair Lent's classic re-creation of an ancient Chinese folktale has hooked legions of children, teachers, and parents, who return, generation after generation, to learn about the danger of having such an honorable name as Tikki tikki tembo-no sa rembo-chari bari ruchi-pip peri pembo. *Tikki Tikki Tembo* is the winner of the 1968 Boston Globe - Horn Book Award for Picture Books.

a race is a nice thing to have: Between the World and Me Ta-Nehisi Coates, 2015-07-14 #1 NEW YORK TIMES BESTSELLER • NATIONAL BOOK AWARD WINNER • NAMED ONE OF TIME'S TEN BEST NONFICTION BOOKS OF THE DECADE • PULITZER PRIZE FINALIST • NATIONAL BOOK CRITICS CIRCLE AWARD FINALIST • ONE OF OPRAH'S "BOOKS THAT HELP ME THROUGH" • NOW AN HBO ORIGINAL SPECIAL EVENT Hailed by Toni Morrison as "required reading," a bold and personal literary exploration of America's racial history by "the most important essayist in a generation and a writer who changed the national political conversation about race" (Rolling Stone) NAMED ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE BY CNN • NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY The New York Times Book Review • O: The Oprah Magazine • The Washington Post • People • Entertainment Weekly • Vogue • Los Angeles Times • San Francisco Chronicle • Chicago Tribune • New York • Newsday • Library Journal • Publishers Weekly In a profound work that pivots from the biggest questions about American history and ideals to the most

intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden? *Between the World and Me* is Ta-Nehisi Coates's attempt to answer these questions in a letter to his adolescent son. Coates shares with his son—and readers—the story of his awakening to the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of mothers whose children's lives were taken as American plunder. Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage, *Between the World and Me* clearly illuminates the past, bracingly confronts our present, and offers a transcendent vision for a way forward.

a race is a nice thing to have: *Our Skin: A First Conversation About Race* Megan Madison, Jessica Ralli, 2021-03-16 Based on the research that race, gender, consent, and body positivity should be discussed with toddlers on up, this read-aloud board book series offers adults the opportunity to begin important conversations with young children in an informed, safe, and supported way. Developed by experts in the fields of early childhood and activism against injustice, this topic-driven board book offers clear, concrete language and beautiful imagery that young children can grasp and adults can leverage for further discussion. While young children are avid observers and questioners of their world, adults often shut down or postpone conversations on complicated topics because it's hard to know where to begin. Research shows that talking about issues like race and gender from the age of two not only helps children understand what they see, but also increases self-awareness, self-esteem, and allows them to recognize and confront things that are unfair, like discrimination and prejudice. This first book in the series begins the conversation on race, with a supportive approach that considers both the child and the adult. Stunning art accompanies the simple and interactive text, and the backmatter offers additional resources and ideas for extending this discussion.

a race is a nice thing to have: *How to Be Less Stupid About Race* Crystal Marie Fleming, 2018-09-18 A unique and irreverent take on everything that's wrong with our "national conversation about race"—and what to do about it *How to Be Less Stupid About Race* is your essential guide to breaking through the half-truths and ridiculous misconceptions that have thoroughly corrupted the way race is represented in the classroom, pop culture, media, and politics. Centuries after our nation was founded on genocide, settler colonialism, and slavery, many Americans are kinda-sorta-maybe waking up to the reality that our racial politics are (still) garbage. But in the midst of this reckoning, widespread denial and misunderstandings about race persist, even as white supremacy and racial injustice are more visible than ever before. Combining no-holds-barred social critique, humorous personal anecdotes, and analysis of the latest interdisciplinary scholarship on systemic racism, sociologist Crystal M. Fleming provides a fresh, accessible, and irreverent take on everything that's wrong with our "national conversation about race." Drawing upon critical race theory, as well as her own experiences as a queer black millennial college professor and researcher, Fleming unveils how systemic racism exposes us all to racial ignorance—and provides a road map for transforming our knowledge into concrete social change. Searing, sobering, and urgently needed, *How to Be Less Stupid About Race* is a truth bomb for your racist relative, friend, or boss, and a call to action for everyone who wants to challenge white supremacy and intersectional oppression. If you like Issa Rae, Justin Simien, Angela Davis, and Morgan Jerkins, then this deeply relevant, bold, and incisive book is for you.

a race is a nice thing to have: *Bringing Up Race* Uju Asika, 2021-05-04 Uju Asika has written a necessary book for our times.—Chika Unigwe, author of *On Black Sisters' Street* You can't avoid it, because it's everywhere. In the looks Black kids get in certain spaces, the manner in which some

people speak to them, the stuff that goes over their heads. Stuff that makes them cry even when they don't know why. How do you bring up your kids to be kind and happy when there is so much out there trying to break them down? Bringing Up Race is an important book, for all families whatever their race or ethnicity. It's for everyone who wants to instill a sense of open-minded inclusivity in their kids, and those who want to discuss difference instead of shying away from tough questions. Uju Asika draws on often shocking personal stories of prejudice along with opinions of experts, influencers, and fellow parents to give prescriptive advice in this invaluable guide. Bringing Up Race explores: When children start noticing ethnic differences (hint: much earlier than you think) What to do if your child says something racist (try not to freak out) How to have open, honest, age-appropriate conversations about race How children and parents can handle racial bullying How to recognize and challenge everyday racism, aka microaggressions Bringing Up Race is a call to arms for all parents as our society works to combat white supremacy and dismantle the systemic racism that has existed for hundreds of years.

a race is a nice thing to have: All the White Friends I Couldn't Keep Andre Henry, 2022-03-22 A leading voice for social justice reveals how he stopped arguing with white people who deny the ongoing legacy of racism—and offers a proven path forward for Black people and people of color based on the history of nonviolent struggle. “A moving personal journey that lends practical insight for expanding and strengthening the global antiracist movement.”—Patrisse Khan-Cullors, co-founder of Black Lives Matter, bestselling author of *When They Call You a Terrorist* When the rallying cry “Black Lives Matter” was heard across the world in 2013, Andre Henry was one of the millions for whom the movement caused a political awakening and a rupture in some of his closest relationships with white people. As he began using his artistic gifts to share his experiences and perspective, Henry was aggrieved to discover that many white Americans—people he called friends and family—were more interested in debating whether racism existed or whether Henry was being polite enough in the way he used his voice. In this personal and thought-provoking book, Henry explores how the historical divides between Black people and non-Black people are expressed through our most mundane interactions, and why this struggle won't be resolved through civil discourse, diversity hires, interracial relationships, or education. What we need is a revolution, one that moves beyond symbolic progress to disrupt systems of racial violence and inequality in tangible, creative ways. Sharing stories from his own path to activism—from studying at seminary to becoming a student of nonviolent social change, from working as a praise leader to singing about social justice—and connecting those experiences to lessons from successful nonviolent struggles in America and around the world, Andre Henry calls on Black people and people of color to divest from whiteness and its false promises, trust what their lived experiences tell them, and practice hope as a discipline as they work for lasting change.

a race is a nice thing to have: No Matter What-- They'll Call this Book Racist Harry Stein, 2012 Stein attacks the rigid prohibitions that have long governed the conversation about race, not to offend or shock but to provoke the serious thinking that liberal enforcers have until now rendered impossible. Stein examines the ways in which the regime of racial preferences has sown division, corruption, and resentment in this country.

a race is a nice thing to have: *The Hundred Thousand Kingdoms* N. K. Jemisin, 2010-02-25 After her mother's mysterious death, a young woman is summoned to the floating city of Sky in order to claim a royal inheritance she never knew existed in the first book in this award-winning fantasy trilogy from the NYT bestselling author of *The Fifth Season*. Yeine Darr is an outcast from the barbarian north. But when her mother dies under mysterious circumstances, she is summoned to the majestic city of Sky. There, to her shock, Yeine is named an heiress to the king. But the throne of the Hundred Thousand Kingdoms is not easily won, and Yeine is thrust into a vicious power struggle with cousins she never knew she had. As she fights for her life, she draws ever closer to the secrets of her mother's death and her family's bloody history. With the fate of the world hanging in the balance, Yeine will learn how perilous it can be when love and hate -- and gods and mortals -- are bound inseparably together.

a race is a nice thing to have: The Guide for White Women Who Teach Black Boys Eddie Moore Jr., Ali Michael, Marguerite W. Penick-Parks, 2017-09-22 Empower black boys to dream, believe, achieve Schools that routinely fail Black boys are not extraordinary. In fact, they are all-too ordinary. If we are to succeed in positively shifting outcomes for Black boys and young men, we must first change the way school is done. That's where the eight in ten teachers who are White women fit in . . . and this urgently needed resource is written specifically for them as a way to help them understand, respect and connect with all of their students. So much more than a call to action—but that, too!—The Guide for White Women Who Teach Black Boys brings together research, activities, personal stories, and video interviews to help us all embrace the deep realities and thrilling potential of this crucial American task. With Eddie, Ali, and Marguerite as your mentors, you will learn how to: Develop learning environments that help Black boys feel a sense of belonging, nurturance, challenge, and love at school Change school culture so that Black boys can show up in the wholeness of their selves Overcome your unconscious bias and forge authentic connections with your Black male students If you are a teacher who is afraid to talk about race, that's okay. Fear is a normal human emotion and racial competence is a skill that can be learned. We promise that reading this extraordinary guide will be a life-changing first step forward . . . for both you and the students you serve. About the Authors Dr. Eddie Moore, Jr., has pursued and achieved success in academia, business, diversity, leadership, and community service. In 1996, he started America & MOORE, LLC to provide comprehensive diversity, privilege, and leadership trainings/workshops. Dr. Moore is recognized as one of the nation's top motivational speakers and educators, especially for his work with students K-16. Dr. Moore is the Founder/Program Director for the White Privilege Conference, one of the top national and international conferences for participants who want to move beyond dialogue and into action around issues of diversity, power, privilege, and leadership. Ali Michael, Ph.D., is the co-founder and director of the Race Institute for K-12 Educators, and the author of *Raising Race Questions: Whiteness, Inquiry, and Education*, winner of the 2017 Society of Professors of Education Outstanding Book Award. She is co-editor of the bestselling *Everyday White People Confront Racial and Social Injustice* and sits on the editorial board of the journal, *Whiteness and Education*. Dr. Michael teaches in the mid-career doctoral program at the University of Pennsylvania's Graduate School of Education, as well as the Graduate Counseling Program at Arcadia University. Dr. Marguerite W. Penick-Parks currently serves as Chair of Educational Leadership and Policy at the University of Wisconsin, Oshkosh. Her work centers on issues of power, privilege, and oppression in relationship to issues of curriculum with a special emphasis on the incorporation of quality literature in K-12 classrooms. She appears in the movie, *Mirrors of Privilege: Making Whiteness Visible*, by the World Trust Organization. Her most recent work includes a joint article on creating safe spaces for discussing White privilege with preservice teachers.

a race is a nice thing to have: The Antiracist Kondwani Fidel, 2020-09-22 What would happen if people started moving beyond the conversation and took action to combat racism? We are in an era where many Americans express the sentiment, "I thought we were past that," when a public demonstration of racism comes across their radar. Long before violence committed by police was routinely displayed on jumbotrons publicizing viral executions, the Black community has continually tasted the blood from having police boots in their mouths, ribs, and necks. The widespread circulation of racial injustices is the barefaced truth hunting us down, forcing us to confront the harsh reality—we haven't made nearly as much racial progress as we thought. The *Antiracist: How to Start the Conversation about Race and Take Action*, will compel readers to focus on the degree in which they have previously, or are currently contributing to the racial inequalities in this country (knowingly or unknowingly), and ways they can become stronger in their activism. The *Antiracist* is an explosive indictment on injustice, highlighted by Kondwani Fidel, a rising young literary talent, who offers a glimpse into not only the survival required of one born in a city like Baltimore, but how we can move forward to tackle violent murders, police brutality, and poverty. Throughout it all, he pursued his Master of Fine Arts in Creative Writing & Publishing Arts from the

University of Baltimore, while being deeply immersed in his community—helping combat racism in schools by getting students to understand the importance of literacy and critical thinking. With his gift for storytelling, he measures the pulse of injustice, which is the heartbeat of this country.

a race is a nice thing to have: One Drop Yaba Blay, 2021-02-16 Challenges narrow perceptions of Blackness as both an identity and lived reality to understand the diversity of what it means to be Black in the US and around the world What exactly is Blackness and what does it mean to be Black? Is Blackness a matter of biology or consciousness? Who determines who is Black and who is not? Who's Black, who's not, and who cares? In the United States, a Black person has come to be defined as any person with any known Black ancestry. Statutorily referred to as "the rule of hypodescent," this definition of Blackness is more popularly known as the "one-drop rule," meaning that a person with any trace of Black ancestry, however small or (in)visible, cannot be considered White. A method of social order that began almost immediately after the arrival of enslaved Africans in America, by 1910 it was the law in almost all southern states. At a time when the one-drop rule functioned to protect and preserve White racial purity, Blackness was both a matter of biology and the law. One was either Black or White. Period. Has the social and political landscape changed one hundred years later? One Drop explores the extent to which historical definitions of race continue to shape contemporary racial identities and lived experiences of racial difference. Featuring the perspectives of 60 contributors representing 25 countries and combining candid narratives with striking portraiture, this book provides living testimony to the diversity of Blackness. Although contributors use varying terms to self-identify, they all see themselves as part of the larger racial, cultural, and social group generally referred to as Black. They have all had their identity called into question simply because they do not fit neatly into the stereotypical "Black box"—dark skin, "kinky" hair, broad nose, full lips, etc. Most have been asked "What are you?" or the more politically correct "Where are you from?" throughout their lives. It is through contributors' lived experiences with and lived imaginings of Black identity that we can visualize multiple possibilities for Blackness.

a race is a nice thing to have: Courageous Conversations About Race Glenn E. Singleton, 2021-07-23 This revision of this classic text could not be more timely. We are at a moment of reckoning with respect to race in America. The COVID 19 pandemic, coupled with the centuries-old pandemic of racial injustice, have brought new attention to the presence of systemic racism in our schools and other institutions. Glenn Singleton's Courageous Conversations protocol has had a lasting impact on hundreds of thousands of educators both in the U.S. and abroad. Singleton was prescient in setting forth the premise that before we can solve race in this country we need to learn to talk about it. This edition retains the hallmark features previous editions, including the four agreements, the protocol, activities, reflective prompts and a series of powerful Racial Autobiographies. However, it has been updated to reflect our current sociopolitical environment -- especially the current spotlight on racial injustice juxtaposed against a white nationalist backlash. This book has helped equity leaders in K-12 schools as well as other institutions develop their racial consciousness, and guide others to greater understanding and action--

a race is a nice thing to have: Big Friendship Aminatou Sow, Ann Friedman, 2020-07-14 A close friendship is one of the most influential and important relationships a human life can contain. Anyone will tell you that! But for all the rosy sentiments surrounding friendship, most people don't talk much about what it really takes to stay close for the long haul. Now two friends, Aminatou Sow and Ann Friedman, tell the story of their equally messy and life-affirming Big Friendship in this honest and hilarious book that chronicles their first decade in one another's lives. As the hosts of the hit podcast Call Your Girlfriend, they've become known for frank and intimate conversations. In this book, they bring that energy to their own friendship—its joys and its pitfalls. Aminatou and Ann define Big Friendship as a strong, significant bond that transcends life phases, geographical locations, and emotional shifts. And they should know: the two have had moments of charmed bliss and deep frustration, of profound connection and gut-wrenching alienation. They have weathered life-threatening health scares, getting fired from their dream jobs, and one unfortunate Thanksgiving dinner eaten in a car in a parking lot in Rancho Cucamonga. Through interviews with friends and

experts, they have come to understand that their struggles are not unique. And that the most important part of a Big Friendship is making the decision to invest in one another again and again. An inspiring and entertaining testament to the power of society's most underappreciated relationship, Big Friendship will invite you to think about how your own bonds are formed, challenged, and preserved. It is a call to value your friendships in all of their complexity. Actively choose them. And, sometimes, fight for them.

a race is a nice thing to have: Taboo , 2003

a race is a nice thing to have: How the Irish Became White Noel Ignatiev, 2012-11-12
'...from time to time a study comes along that truly can be called 'path breaking,' 'seminal,' 'essential,' a 'must read.' How the Irish Became White is such a study.' John Bracey, W.E.B. Du Bois Department of Afro-American Studies, University of Massachusetts, Amherst The Irish came to America in the eighteenth century, fleeing a homeland under foreign occupation and a caste system that regarded them as the lowest form of humanity. In the new country – a land of opportunity – they found a very different form of social hierarchy, one that was based on the color of a person's skin. Noel Ignatiev's 1995 book – the first published work of one of America's leading and most controversial historians – tells the story of how the oppressed became the oppressors; how the new Irish immigrants achieved acceptance among an initially hostile population only by proving that they could be more brutal in their oppression of African Americans than the nativists. This is the story of How the Irish Became White.

a race is a nice thing to have: Privilege Power And Difference Allan G. Johnson, 2017

a race is a nice thing to have: Mapping "Race" Laura E. Gómez, Nancy López, 2013-08-12
Researchers commonly ask subjects to self-identify their race from a menu of preestablished options. Yet if race is a multidimensional, multilevel social construction, this has profound methodological implications for the sciences and social sciences. Race must inform how we design large-scale data collection and how scientists utilize race in the context of specific research questions. This landmark collection argues for the recognition of those implications for research and suggests ways in which they may be integrated into future scientific endeavors. It concludes on a prescriptive note, providing an arsenal of multidisciplinary, conceptual, and methodological tools for studying race specifically within the context of health inequalities. Contributors: John A. Garcia, Arline T. Geronimus, Laura E. Gómez, Joseph L. Graves Jr., Janet E. Helms, Derek Kenji Iwamoto, Jonathan Kahn, Jay S. Kaufman, Mai M. Kindaichi, Simon J. Craddock Lee, Nancy López, Ethan H. Mereish, Matthew Miller, Gabriel R. Sanchez, Aliya Saperstein, R. Burciaga Valdez, Vicki D. Ybarra

a race is a nice thing to have: I'm Still Here Austin Channing Brown, 2018-05-15 NEW YORK TIMES BESTSELLER • REESE'S BOOK CLUB PICK • From a leading voice on racial justice, an eye-opening account of growing up Black, Christian, and female that exposes how white America's love affair with "diversity" so often falls short of its ideals. "Austin Channing Brown introduces herself as a master memoirist. This book will break open hearts and minds."—Glennon Doyle, #1 New York Times bestselling author of Untamed Austin Channing Brown's first encounter with a racialized America came at age seven, when she discovered her parents named her Austin to deceive future employers into thinking she was a white man. Growing up in majority-white schools and churches, Austin writes, "I had to learn what it means to love blackness," a journey that led to a lifetime spent navigating America's racial divide as a writer, speaker, and expert helping organizations practice genuine inclusion. In a time when nearly every institution (schools, churches, universities, businesses) claims to value diversity in its mission statement, Austin writes in breathtaking detail about her journey to self-worth and the pitfalls that kill our attempts at racial justice. Her stories bear witness to the complexity of America's social fabric—from Black Cleveland neighborhoods to private schools in the middle-class suburbs, from prison walls to the boardrooms at majority-white organizations. For readers who have engaged with America's legacy on race through the writing of Ta-Nehisi Coates and Michael Eric Dyson, I'm Still Here is an illuminating look at how white, middle-class, Evangelicalism has participated in an era of rising racial hostility, inviting the reader to confront apathy, recognize God's ongoing work in the world, and discover how

blackness—if we let it—can save us all.

a race is a nice thing to have: Encyclopedia of Counseling Frederick T. Leong, 2008-04-25
Selected as an Outstanding Academic Title by Choice Magazine, January 2010 From the depressed and lonely college student to the business executive at midlife experiencing decreasing levels of career satisfaction to the couple where one partner has been unfaithful in the relationship, counselling is the intervention that numerous individuals turn to each year as the challenges and stress of daily living exceed their normal coping abilities. Counselling is practised by counsellors, social workers, psychiatric nurses, psychologists, and psychiatrists. Counseling is to be differentiated from psychotherapy in that the latter deals more with mental illnesses and psychological disorders while the former is more concerned with normative stresses, adjustment difficulties, and life transitions (e.g., adjusting to unemployment or going through a divorce). The Encyclopedia of Counseling will be the definitive resource for members of the public who are interested in learning about the science and practice of counselling. It will also be a useful resource for undergraduate and graduate students as well as professionals from other specialties. Covering all of the major theories, approaches, and contemporary issues in counselling, the set includes over 600 entries. The Encyclopedia will consist of four volumes: (a) changes and challenges facing counseling, (b) personal counseling for mental health problems, (c) career counseling, and (d) cross-cultural counseling. Each volume is organized alphabetically and will contain a comprehensive index and cross-referencing system to entries in other volumes. Volume One Changes and Challenges for Counseling in the 21st Century History of Counseling, Definition of Counseling, Professional Associations, Licensure, Accreditation, Managed Care, Marriage Counseling, Family Counseling, Ethical Codes Volume Two Personal Counseling and Mental Health Problems Alcoholism, Psychodynamic Theories of Counseling, Cognitive-Behavioral Approaches to Counseling, Depression, Suicide, Eating Disorders, Bereavement Counseling Volume Three Career and Vocational Counseling Career Assessment Instruments, Holland's Model of Career Intervention, Strong Interest Inventory, Guidance and Career Counseling in Schools, Career Counseling for Midlife Transitions, Career Resources on the Web, Violence in the Workplace Volume Four Cross-Cultural Counseling Acculturation, Cultural Identity, Counseling African-Americans, Counseling Hispanic Americans, Counseling Refugees, Counseling Sojourners and International Students, Cross-Cultural Counseling Competencies.

a race is a nice thing to have: You Can't Touch My Hair Phoebe Robinson, 2016-10-04 A NEW YORK TIMES BEST SELLER • “A must-read...Phoebe Robinson discusses race and feminism in such a funny, real, and specific way, it penetrates your brain and stays with you.”—Ilana Glazer, co-creator and co-star of Broad City A hilarious and timely essay collection about race, gender, and pop culture from comedy superstar and 2 Dope Queens podcaster Phoebe Robinson Being a black woman in America means contending with old prejudices and fresh absurdities every day. Comedian Phoebe Robinson has experienced her fair share over the years: she's been unceremoniously relegated to the role of “the black friend,” as if she is somehow the authority on all things racial; she's been questioned about her love of U2 and Billy Joel (“isn't that...white people music?”); she's been called “uppity” for having an opinion in the workplace; she's been followed around stores by security guards; and yes, people do ask her whether they can touch her hair all the time. Now, she's ready to take these topics to the page—and she's going to make you laugh as she's doing it. Using her trademark wit alongside pop-culture references galore, Robinson explores everything from why Lisa Bonet is “Queen. Bae. Jesus,” to breaking down the terrible nature of casting calls, to giving her less-than-traditional advice to the future female president, and demanding that the NFL clean up its act, all told in the same conversational voice that launched her podcast, 2 Dope Queens, to the top spot on iTunes. As personal as it is political, You Can't Touch My Hair examines our cultural climate and skewers our biases with humor and heart, announcing Robinson as a writer on the rise. One of Glamour's “Top 10 Books of 2016”

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