



Overcoming Our Racism: The Journey to Liberation

Derald Wing Sue

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This extraordinary book by Derald Wing Sue, a highly-regarded academic and author, helps readers understand and combat racism in themselves. It defines racism not only as extreme acts of hatred, but as "any attitude, action or institutional structure or social policy that subordinates a person or group because of their color." This landmark work offers an antidote to this pervasive social problem.

- Shows how each of us has a role in the oppression of others, and what we can do about it
- Offers a way to overcome racism on a very intimate level
- Outlines specific guidelines and suggested activities

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