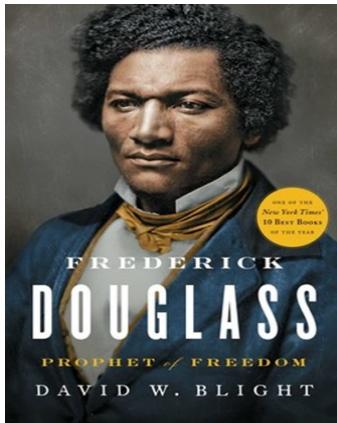


Thoughts and Resources

from the Commission for Racial Understanding

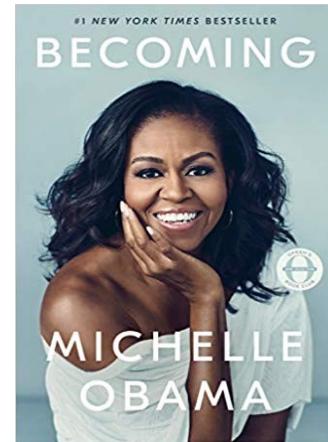
February 2019



Frederick Douglass Prophet of Freedom

A New York Times, Wall Street Journal, and Time Top 10 Book of the year. The definitive, dramatic biography of the most important African American of the nineteenth century:

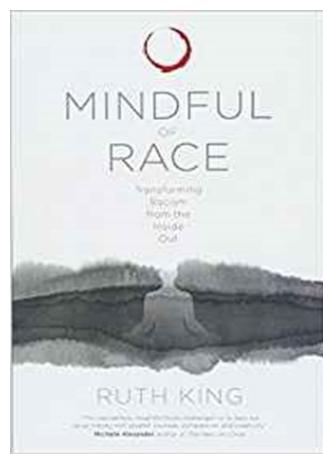
Frederick Douglass, the escaped slave who became the greatest orator of his day and one of the leading abolitionists and writers of the era. In this remarkable biography, author David Blight has drawn on new information held in a private collection that few other historian have consulted, as well as recently discovered issues of Douglass's newspapers. Blight tells the fascinating story of Douglass's two marriages and his complex extended family. Douglass was not only an astonishing man of words, but a thinker steeped in Biblical story and theology.



Becoming

In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era. As First Lady of the United States of America—the first African American to serve in that role—she helped create the most welcoming and

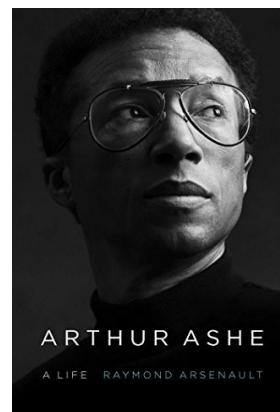
inclusive White House in history, while also establishing herself as a powerful advocate for women and girls in the U.S. In her memoir, a work of deep reflection and mesmerizing storytelling, Michelle Obama invites readers into her world, chronicling the experiences that have shaped her—from her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, to her time spent at the world's most famous address.



Mindful of Race Transforming Racism from the Inside Out

“Racism is a heart disease,” writes Ruth King, “and it’s curable.” Exploring a crucial topic seldom addressed in meditation instruction, this revered teacher takes to her pen to shine a compassionate,

provocative, and practical light into a deeply neglected and world-changing domain profoundly relevant to all of us.



Arthur Ashe: A Life

A New York Times Notable Book. Raymond Arsenault chronicles Ashe's rise to stardom on the court. But much of the book explores his off-court career as a human rights activist, philanthropist, broadcaster, writer, businessman, and celebrity. Based on prodigious research, including more than one hundred interviews, Arsenault's insightful and compelling biography puts Ashe in the context of both his time and the long struggle of African-American athletes seeking equal opportunity and respect.