

A Shelter in Place Learning Pack: 15 Books to Keep Your Brain Stimulated

By Arin Jayes

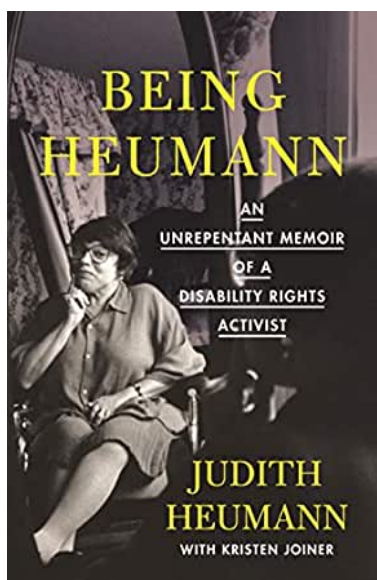
During the COVID-19 pandemic, BIAMD has sought additional ways to support the learning and growth of our members. In this week's "Learning Pack," we have included fifteen books on topics including brain injury recovery, harm reduction, disability justice, anti-racism, power and privilege, and advocacy. While this pandemic is a sobering experience for all, we hope that these titles provide fodder for enhanced conversation and professional growth among our members.



[The Pretty One: On Life, Pop Culture, Disability, and Other Reasons to Fall in Love With Me](#)

By Keah Brown

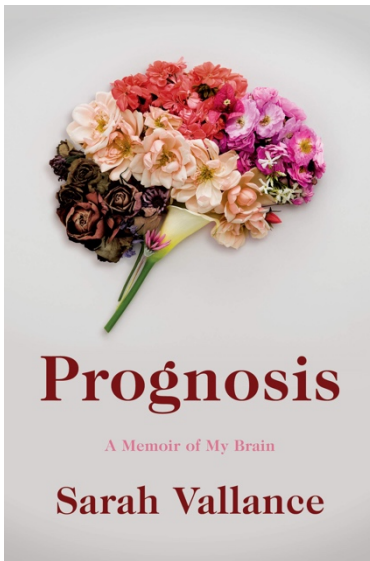
From the disability rights advocate and creator of the #DisabledAndCute viral campaign, a thoughtful, inspiring, and charming collection of essays exploring what it means to be black and disabled in a mostly able-bodied white America. Keah Brown loves herself, but that hadn't always been the case. Born with cerebral palsy, her greatest desire used to be normalcy and refuge from the steady stream of self-hate society strengthened inside her. But after years of introspection and reaching out to her community, she has reclaimed herself and changed her perspective. Brown gives a contemporary and relatable voice to the disabled—so often portrayed as mute, weak, or isolated. These essays explore everything from her relationship with her able-bodied identical twin (called “the pretty one” by friends) to navigating romance; and her disappointment with the media’s distorted view of disability. Brown expands the conversation about disability and inspires self-love for people of all backgrounds.



[Being Heumann: An Unrepentant Memoir of a Disability Rights Activist](#)

by Judith Heumann, with Kristen Joiner

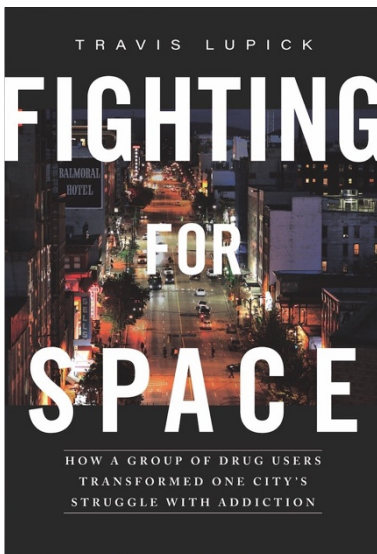
One of the most influential disability rights activists in US history tells her story of fighting for the right to receive an education, have a job, and just be human. Paralyzed from polio at eighteen months, Judy's struggle for equality began early in life. From fighting to attend grade school after being described as a "fire hazard" to later winning a lawsuit against the New York City school system for denying her a teacher's license because of her paralysis, Judy's actions set a precedent that fundamentally improved rights for people with disabilities. As a young woman, Judy rolled her wheelchair through the doors of the US Department of Health, Education, and Welfare in San Francisco as a leader of the Section 504 Sit-In, the longest takeover of a governmental building in US history. Working with a over 150 activists and allies, Judy successfully pressured the Carter administration to implement protections for disabled peoples' rights, sparking a national movement and leading to the creation of the Americans with Disabilities Act. Heumann's memoir invites readers to create a world in which we all belong.



[Prognosis: A Memoir of My Brain](#)

Sarah Vallance

This searing, wry memoir records a woman's fight for a new life after a devastating brain injury from a horseback riding accident. After experiencing the devastating effects of her brain injury, Sarah begins to push back, painstakingly reteaching herself to read and write, and eventually reentering the workforce and a new, if unpredictable, life. In this highly intimate account of devastation and renewal, Sarah pulls back the curtain on life with traumatic brain injury, an affliction where the wounds are invisible and the lasting effects are often misunderstood. Over years of frustrating setbacks and uncertain triumphs, Sarah comes to terms with her disability and finds love with a woman who helps her embrace a new, accepting sense of self.

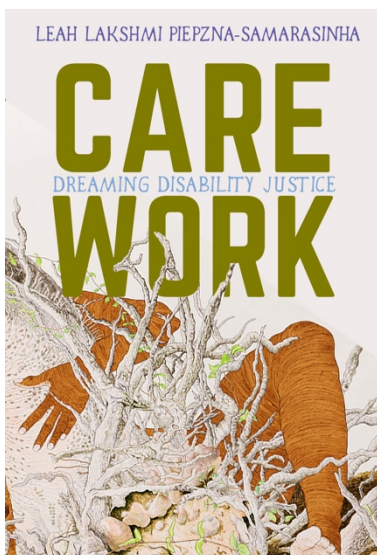


[Fighting for Space: How a Group of Drug Users Transformed One City's Struggle with Addiction](#)

By Travis Lupick

Fighting for Space explains the concept of harm reduction as a crucial component of a city's response to the drug crisis. It tells the story of a grassroots group of addicts in Vancouver's Downtown Eastside who waged a political street fight for two decades to transform how the city treats its most marginalized citizens. This group of residents from Canada's poorest neighborhood organized themselves in response to the growing number of overdose deaths and demanded that addicts be given the same rights as any other citizen; against all odds, they eventually won. But just as their battle ended, fentanyl arrived and opioid deaths across North America skyrocketed and finally sparked government action. Twenty years later, as the same pattern plays out in other cities, there is much to be learned from Vancouver's experience. *Fighting for Space* tells that

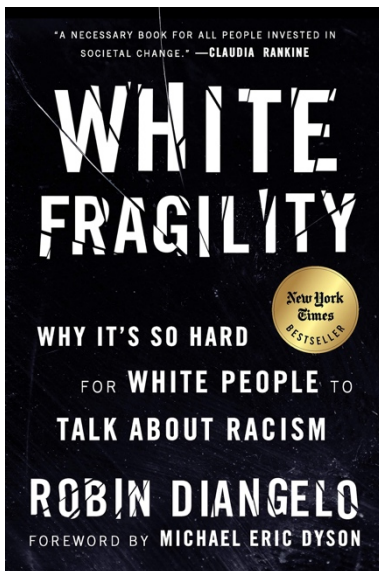
story—including case studies in Ohio, Florida, New York, California, Massachusetts, and Washington state—with the same passionate fervor as the activists who worked tirelessly to save countless lives.



[Care Work: Dreaming Disability Justice](#)

By Leah Lakshmi Piepzna-Samarasinha

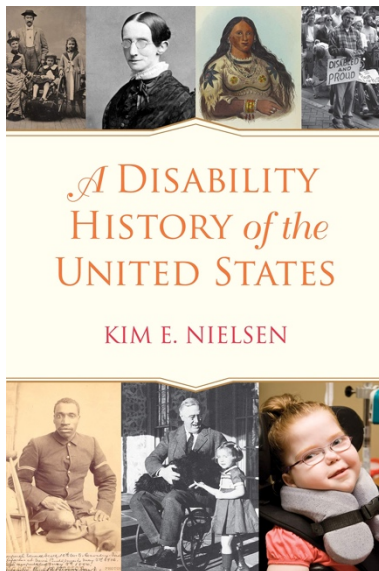
Lambda Literary Award-winning writer Leah Lakshmi Piepzna-Samarasinha explores the politics and realities of disability justice, a movement that centers the lives and leadership of queer, trans, and people of color with disabilities, with knowledge and gifts for all. Leah writes passionately and personally about creating spaces by and for queer people of color with disabilities, and creative "collective access" -- access not as a chore but as a collective responsibility and pleasure -- in our communities and political movements. *Care Work* is a mapping of access as radical love, a celebration of what queer people of color with disabilities are doing to find each other and build power and community, and a toolkit for everyone who wants to build radically resilient, sustainable communities of liberation where no one is left behind. Powerful and passionate, *Care Work* is a crucial and necessary call to arms.



[White Fragility: Why It's So Hard for White People to Talk about Racism](#)

By Robin DiAngelo

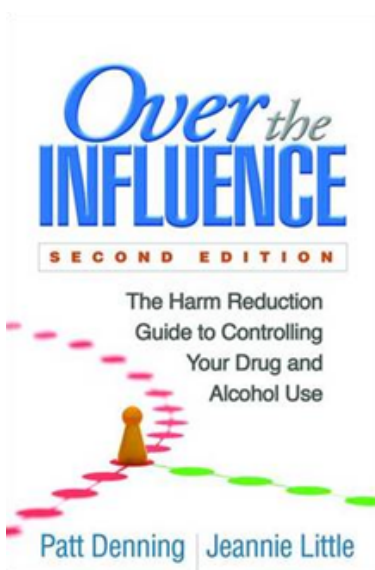
The *New York Times* best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. In this vital, necessary, and beautiful book, antiracist educator Robin DiAngelo deftly illuminates 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 Disability History of the United States](#)

By Kim E. Nielson

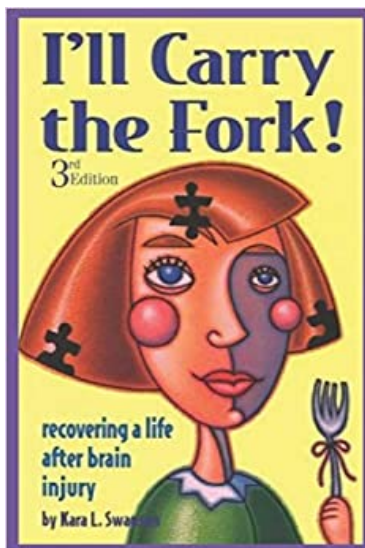
Disability is not just the story of someone we love or the story of whom we may become; rather it is undoubtedly the story of our nation. Covering the entirety of US history from pre-1492 to the present, *A Disability History of the United States* is the first book to place the experiences of people with disabilities at the center of the American narrative. In many ways, it's a familiar telling. In other ways, however, it is a radical repositioning of US history. The book casts new light on familiar stories, such as slavery and immigration. *A Disability History of the United States* pulls from primary-source documents and social histories to retell American history through the eyes, words, and impressions of the people who lived it. Nielsen deftly illustrates how concepts of disability have deeply shaped the American experience. Engrossing and profound, *A Disability History of the United States* fundamentally reinterprets how we view our nation's past: from a stifling master narrative to a shared history that encompasses us all.



[Over the Influence: The Harm Reduction Guide to Controlling Your Alcohol and Drug Use](#)

By Patt Denning and Jeannie Little

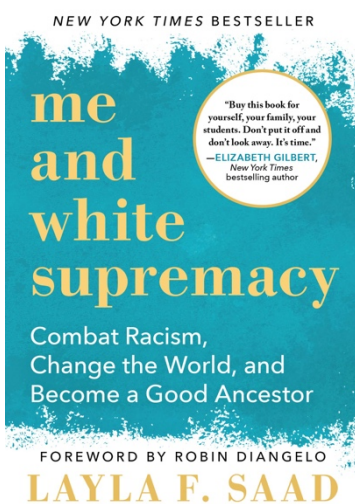
Twelve-step programs that insist on abstinence are beneficial to many—but what about the millions of Americans who try to quit and fail, just want to cut down, or wish to work toward sobriety gradually? This groundbreaking book presents the Harm Reduction approach, a powerful alternative to traditional treatment that helps users set and meet their own goals for gaining control over drinking and drugs. The expert, empathic authors guide readers to figure out which aspects of their own habits may be harmful, what they would like to change, and how to put their intentions into action while also dealing with problems that stand in the way, such as depression, stress, and relationship conflicts. Based on solid science and 40+ years of combined clinical experience, the book is packed with self-discovery tools, fact sheets, and personal accounts. It puts the reader in the driver's seat with a new and empowering roadmap for change.



[I'll Carry the Fork!: Recovering a Life After Brain Injury 3rd Edition](#)

By Kara L. Swanson

First published in 1999, this book has helped countless survivors, loved ones and professionals in the traumatic brain injury/stroke community. Kara Swanson's journey is one to learn from, to cheer and, even, to laugh with along the way. Her honesty and willingness to share her struggles and triumphs have been changing the lives of survivors and their loved ones for more than 20 years. This book has been named a suggested and must-read resource for survivors and professionals in every rehab and neurological field, and even in college TBI-related studies. This book enlightens with vital information from TBI professionals in medical, rehab and legal arenas. Kara's book is a wonderful inspiration and, with each edition, she has continued to mold it to help those in the TBI community.

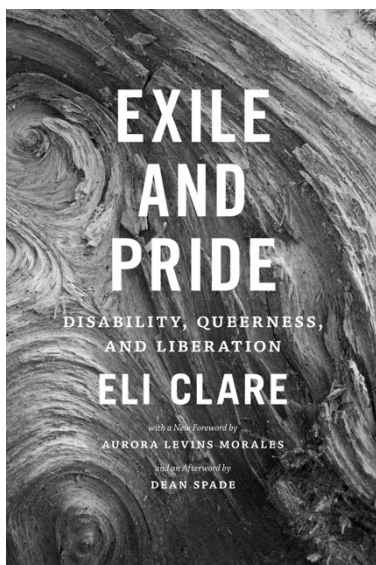


[Me and White Supremacy: A 28-Day Challenge to Combat Racism, Change the World, and Become a Good Ancestor](#)

By Layla Saad

When Layla Saad ran a free month-long Instagram challenge during the summer of 2018, she had no idea it would become an international cultural movement. Thousands of people from around the world were galvanized by the #meandwhitesupremacy challenge, examining and owning responsibility for the ways in which they uphold white supremacy. Over 80,000 people downloaded her guide to the movement, and now, that guide is a published book. Layla Saad leads readers through a journey of understanding their white privilege and participation in white supremacy, so that they can stop (often unconsciously) inflicting damage on black, indigenous, and people of color, and in turn, help other white people do better, too. The book goes beyond the original workbook by adding more historical and cultural contexts, sharing moving stories and anecdotes, and

includes expanded definitions, example, and further resources.

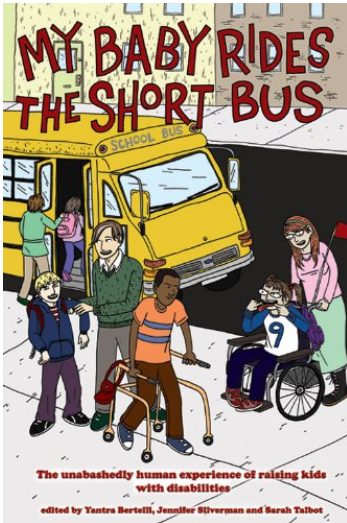


[Exile and Pride: Disability, Queerness, and Liberation](#)

By Eli Clare

First published in 1999, *Exile & Pride* established Eli Clare as one of the leading writers on the intersections of queerness and disability. With this critical tenth-anniversary edition, the groundbreaking publication secures its position as essential to the history of queer and disability politics, and, through significant new material that boldly interrogates and advances the original text, to its future as well. Clare's writing on his experiences as a genderqueer activist/writer with cerebral palsy permanently changed the landscape of disability politics and queer liberation, and yet *Exile & Pride* is much too great in scope to be defined by even these two issues. Instead it offers an intersectional framework for understanding how our bodies actually experience the politics of oppression, power, and resistance. At the heart of Clare's exploration of environmental destruction, white working-class identity, queer community, disabled sexuality, childhood sexual abuse, coalition politics, and his own gender transition is a call for social

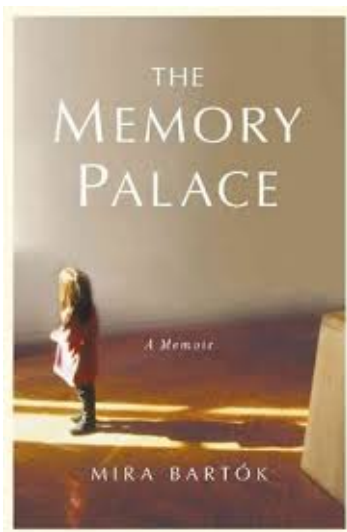
justice movements that are truly accessible for everyone.



[My Baby Rides the Short Bus: The Unabashedly Human Experience of Raising Kids with Disabilities \(e-Book\)](#)

Editors: Yantra Bertelli, Jennifer Silverman, Sarah Talbot

In lives where there is a new diagnosis or drama every day, the stories in this collection provide parents of “special needs” kids with a welcome chuckle, a rock to stand on, and a moment of reality held far enough from the heart to see clearly. This anthology carefully considers the implications of parenting while raising children with disabilities. From professional writers to novice storytellers including Robert Rummel-Hudson, Ayun Halliday, and Kerry Cohen, this assortment of authentic, shared experiences from parents at the fringe of the fringes is a partial antidote to the stories that misrepresent, ridicule, and objectify disabled kids and their parents.



[The Memory Palace: A Memoir](#)

By Mira Bartok

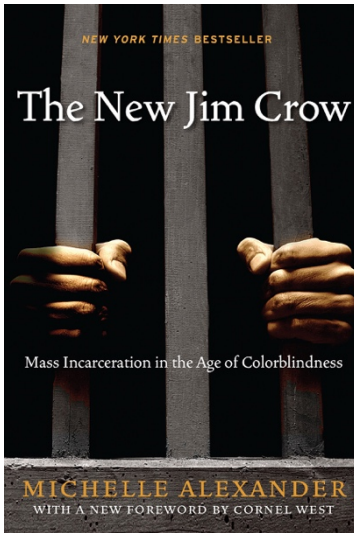
Mira Bartok’s memoir details her experiences prior to and following a traumatic brain injury she sustained from a car accident. Bartok felt inspired to write her memoir following the death of her mother, who lived with schizophrenia. She felt inspired to write her story but was unsure whether she was up to the task due to her traumatic brain injury, which affected her memory. In order to finish her memoir, Bartok used a technique called “Method of Loci,” which teaches one to build a memory palace in which to store memories. Reflecting on her memoir’s popularity, Bartok guesses that its success is linked to the fact that it touches on so many issues including homelessness, memory, brain surgery, grief, death and coming of age. The book offers hope for brain injury survivors and techniques to improve memory and cognitive function.



[Skin, Tooth, and Bone: The Basis of Movement is Our People](#)

By Sins Invalid

This is a disability justice primer offering analysis, history, and context for the growing disability justice movement. It provides concrete suggestions for moving beyond the socialization of ableism – such as how to commit to mixed ability organizing and access suggestions for events. This second addition includes the addition of a section on Audism and Deafhood written and edited by members of the D/deaf community, and a Call to Action for Survivors of Environmental Injury, as well as disability justice timelines, an extensive glossary, and a resource list for learning more.



[The New Jim Crow](#)

By Michelle Alexander

The New Jim Crow is a stunning account of the rebirth of a caste-like system in the United States, one that has resulted in millions of African Americans incarcerated and relegated to a permanent second-class status—denied the very rights supposedly won in the Civil Rights Movement. As the U.S. celebrates its “triumph over race” with the election of Barack Obama, the majority of black men in major urban areas are under correctional control or saddled with criminal records for life. Jim Crow laws were wiped off the books decades ago, but today an extraordinary percentage of the African American community is warehoused in prisons or trapped in a parallel social universe, denied basic civil and human rights—including the right to vote; the right to serve on juries; and the right to be free of legal discrimination in employment, housing, access to education and public benefits. Alexander shows that, by targeting black men through the War on Drugs and decimating communities of color, the U.S. criminal justice system functions as a contemporary system of racial control, even as it formally adheres to the principle of colorblindness. *The New Jim Crow* challenges us to place mass incarceration at the forefront of a new movement for racial justice in America.