



We are each made for goodness, love, and compassion. Our lives are transformed as much as the world is when we live with these truths. -Archbishop Desmond Tutu

For our UCG Community

From The Racial Justice Committee

Dear Friends,

As Black History Month begins, we embrace the opportunity to commemorate and celebrate the importance and impact of African American achievements and contributions throughout the history of the United States. We also acknowledge the long-term and ongoing injustices experienced by people of color. The theme, *Black Health and Wellness*, chosen for 2022 by the Association for the Study of Life and History, calls for a focus on the ways in which the African-American community has often been underserved by the American healthcare system.

From the many excellent available options, we offer a short list of relevant book titles. It is our hope that one or more of these suggestions will inform and enrich mindful recognition of Black History Month, 2022.

For Adults

Black Health and Wellness:

- ***The Immortal Life of Henrietta Lacks***, by Rebecca Skloot
- ***My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies***, by Resmaa Menakem
- ***Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing***, by Joy Degruy

History and Contributions:

- ***Four Hundred Souls: A Community History of African America, 1619-2019***, edited by Ibram X. Kendi and Keisha N. Blain
- ***How the South Won the Civil War***, by Heather Cox Richardson
- ***How the Word is Passed: A Reckoning with the History of Slavery Across America***, by Clint Smith
- ***Just Mercy: A Story of Justice and Redemption***, by Bryan Stevenson
- ***Mary McLeod Bethune***, by Emma Gelders Sterne
- ***Narrative of the Life of Frederick Douglass***, by Frederick Douglass
- ***Devil in the Grove: Thurgood Marshall, the Groveland Boys, and the Dawn of a New America***, by Gilbert King
- ***Go Gator and Muddy the Water***, by Zora Neale Hurston

For Children and Youth: * indicates one of many that can be found in the UCG Library

- ***D is for Drinking Gourd: An African American Alphabet***, by Nancy I. Sanders and illustrated by E.B. Lewis; ages 6-9; a history of African American contributions and achievements
- ***Henry's Freedom Box: A True Story of the Underground Railroad***, by Ellen Levine and illustrated by Kadir Nelson; ages 5-9 *
- ***I Have a Dream: Dr. Martin Luther King***, Foreword by Coretta Scott King; multiple illustrators; older elementary and middle school
- ***Rosa***, by Nikki Giovanni and illustrated by Bryan Collier; ages 4-8; the story of Rosa Parks
- ***This Jazz Man***, by Karen Ehrhardt and illustrated by R.G. Roth; ages 2-7; introduction to nine jazz musicians
- ***Little Leaders: Bold Women in Black History***, by Vashti Harrison; ages 8-12 *
- ***Little Legends: Exceptional Men in Black History***, by Vashti Harrison; ages 8-12 *