

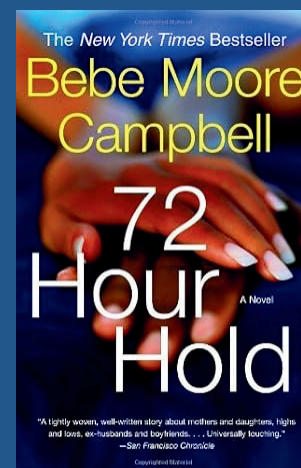
# BIPOC MENTAL HEALTH READING LIST

## Communities of African descent

- "A Gift Grows in the Ghetto: Reimagining the Spiritual Lives of Black Men" by Jay-Paul Michael Hinds
- "A Healing Journal for Black Men" by Danny Angelo Fluker Jr.
- "And Then We Rise: A Guide to Loving and Taking Care of Self" by Common
- "Between the World and Me" by Ta-Nehisi Coates
- "Bipolar Faith: A Black Woman's Journey with Depression and Faith" by Monica A. Coleman
- "Black Pain: It Just Looks Like We're Not Hurting" by Terrie M. Williams
- "Breaking Through" by Chamique Holdsclaw
- "Decolonizing Therapy" by Jennifer Mullan, Psy.D.
- "Healing Racial Stress Workbook for Black Teens" by Jessica S. Henry, Ph.D.; Farzana T. Saleem, Ph.D.; Dana L. Cunningham, Ph.D.; Nicole L. Cammack, Ph.D.; Danielle R. Busby, Ph.D.
- "How We Heal" by Alexandra Elle
- "Nobody Knows the Trouble I've Seen: The Emotional Lives of Black Women" by Inger Burnett-Zeigler, Ph.D.
- "Playing Hurt" by John Saunders
- "Racial Wellness" by Jacquelyn Ogorchukwu Iyamah
- "Rest is Resistance" by Tricia Hersey
- "Sisterhood Heals" by Joy Harden Bradford, Ph.D.
- "Sleepless Nights" by Marques Ogden
- "The Other Wes Moore" by Wes Moore
- "The Unapologetic Guide to Black Mental Health" by Rheeda Walker, Ph.D.; Na'im Akbar, Ph.D.
- "Who I Always Was" by Theresa Okokon

## Books by Bebe Moore Campbell

- "72 Hour Hold"
- "Brothers and Sisters"
- "Singing in the Comeback Choir"
- "Successful Women, Angry Men: Backlash in the Two-Career Marriage"
- "Sweet Summer: Growing Up With and Without My Dad"
- "What You Owe Me"
- "Your Blues Ain't Like Mine"



## Children's Books

- "I Get So Hungry"
- "Sometimes My Mommy Gets Angry"
- "Stompin' at the Savoy"

## Communities of Arab descent

- "A Woman Is No Man" by Etaf Rum
- "Arab America: Gender, Cultural Politics, and Activism" by Nadine Naber
- "Against the Loveless World" by Susan Abulhawa
- "Behind You is the Sea" by Susan Muaddi Darraj
- "Between Two Moons" by Aisha Abdel Gawad
- "Conditional Citizens: On Belonging in America" by Laila Lalami
- "Haldol and Hyacinths: A Bipolar Life" by Melody Moezzi
- "Hijab Butch Blues" by Lamya H
- "Home is Not a Country" by Safia Elhillo
- "If an Egyptian Cannot Speak English" by Noor Naga
- "Martyr!" by Kaveh Akbar
- "No One Taught Me The Human Side of Islam: The Muslim Hippie's Story of Living with Bipolar Disorder" by Umm Zakiyyah
- "Persepolis" by Marjane Satrapi
- "Salt Houses" by Hala Alyan
- "The Other Americans" by Laila Lalami
- "The Skin and Its Girl" by Sarah Cypher
- "The Thirty Names of Night" by Zeyn Joukhadar
- "The Wrong End of the Telescope" by Rabih Alameddine
- "You Exist Too Much" by Zaina Ararat

## Communities of Asian and Pacific Islander descent

- "A Life of Worry" by Allen L. Tran
- "Aloha Vietnam" by Elizabeth Nguyen, M.D.
- "Brown Skin, White Minds" by E.J.R. David
- "But What Will People Say?" by Sahaj Kaur Kohli M.A.Ed., LGPC
- "Crying in H Mart" by Michelle Zauner
- "Flawless" by Elise Hu
- "Healing Elements" by Sienna R. Craig
- "I Want to Die But I Want to Eat Tteokbokki" by Baek Sehee
- "Island Wisdom" by Annie Daly; Kainoa Daines
- "It's Madness" by Theodore Jun Yoo
- "Lessons Learned in Disaster Mental Health" by Armen Goenjian M.D.; Alan Steinberg M.D.; Robert Pynoos M.D.
- "Making a Scene" by Constance Wu
- "Nervous" by Jen Soriano
- "Permission to Come Home: Reclaiming Mental Health as Asian Americans" by Jenny T. Wang, Ph.D.
- "Shadows in the Sun" by Gayathri Ramprasad
- "Song of the Exile" by Kiana Davenport
- "Tastes Like War" by Grace M. Cho
- "The Art of Happiness" by His Holiness the Dalai Lama; Howard C. Cutler, M.D.
- "The Fervor" by Alma Katsu
- "The Making of Asian America" by Erika Lee
- "The Swimmers" by Julie Otsuka
- "The Tibetan Book of Happiness" by 6th Garab Tulku Lobsang Dhonden
- "The Vegetarian" by Han Kang
- "They Called Us Exceptional: And Other Lies That Raised Us" by Prachi Gupta
- "Toxic Productivity: Reclaim Your Time, and Emotional Energy in a World That Always Wants More" by Israa Nasir, MHC-LP
- "What My Bones Know" by Stephanie Foo
- "Where I Belong" by Soon Jin Lee, LMFT; Linda Yoon, LCSW
- "Yellowface" by R.F. Kuang

## Communities of Indigenous American descent

- "A Body More Tolerable" by Jaye Simpson
- "All the Little Monsters: How I Learned to Live with Anxiety" by David A. Robertson
- "Becoming Kin: An Indigenous Call to Unforgetting the Past and Reimagining Our Future" by Patty Krawec
- "Beyond Blood Quantum: Refusal to Disappear" by Norbert S. Hill Jr.; Megan Minoka Hill; Desirae Louise Hill
- "Braiding Sweetgrass" by Robin Wall Kimmerer
- "Crazy Brave" by Joy Harjo
- "Embers" by Richard Wagamese
- "Fatty Legs" by Christy Jordan-Fenton; Margaret Pokiak-Fenton
- "Five Little Indians" by Michelle Good
- "From the Rez to the Runway" by Christian Allaire
- "Heart Berries" by Terese Marie Mailhot
- "Journey to Eloheh: How Indigenous Values Lead Us to Harmony and Well-Being" by Randy Woodley; Edith Woodley
- "Ladder to the Light" by Steven Charleston
- "Nothing More of This Land: Community, Power, and the Search for Indigenous Identity" by Joseph Lee
- "Restoring the Kinship Worldview" by Wahinkpe Topa (Four Arrows); Darcia Narvaez, Ph.D.
- "Sacred Ceremony for a Sacred Earth" by Aniwa Council of Elders
- "Spirit Wheel: Meditations from an Indigenous Elder" by Steven Charleston
- "The Absolutely True Diary of a Part-Time Indian" by Sherman Alexie
- "The Education of Augie Merasty: A Residential School Memoir" by Joseph Auguste Merasty
- "The Lone Ranger and Tonto Fistfight in Heaven" by Sherman Alexie
- "The Rediscovery of America" by Ned Blackhawk
- "Reservation Blues" by Sherman Alexie
- "Think Indigenous" by Doug Good Feather
- "Theory of Water" by Leanne Betasamosake Simpson
- "Washing my Mother's Body" by Joy Harjo



## Communities of Latine / Hispanic descent

- "A Body Across Two Hemispheres" by Victoria Buitron
- "...And Healthcare for All" by Pierluigi Mancini, Ph.D.
- "Borderlands" by Gloria Anzaldúa
- "Break the Cycle: A Guide To Healing Intergenerational Trauma" by Mariel Buqué, Ph.D.
- "Brown Enough" by Christopher Rivas
- "Chingona: Owning Your Inner Badass for Healing and Justice" by Alma Zaragoza-Petty
- "Crying in the Bathroom" by Erika L. Sánchez
- "Dónde Empezar" by Mental Health America
- "For Brown Girls with Sharp Edges and Tender Hearts: A Love Letter to Women of Color" by Prisca Dorcas Mojica Rodríguez
- "Flores and Miss Paula" by Melissa Rivero
- "God's Gangs" by Edward Orozco Flores
- "I Am Diosa" by Christine Gutierrez
- "I'm Not Broken" by Jesse Leon
- "I'm Not Your Perfect Mexican Daughter" by Erika L. Sánchez
- "Iveliz Explains It All" by Andrea Beatriz Arango
- "Land of the Cranes" by Aida Salazar
- "Our Migrant Souls: A Meditation on Race and the Meanings and Myths of 'Latino'" by Héctor Tobar
- "Por amor a mí: Elígete a diario y mejora tu salud mental/For the Love of Me: Choose Yourself Every Day" by Alma Lozano
- "Solito" by Javier Zamora
- "The Buena Salud Guide to Overcoming Depression and Enjoying Life" by Jane L. Delgado, Ph.D.
- "The Haunting of Alejandra" by V. Castro
- "The Latina Trailblazer" by Janet Escobar
- "The People Who Report More Stress" by Alejandro Varela
- "Thrown in the Throat" by Benjamin Garcia
- "Voices From the Ancestors" by Lara Medina; Martha R. Gonzales

## Communities of Multiracial descent

- "After the Lights Go Out" by John Vercher
- "Being Biracial: Where Our Secret Worlds Collide" by Sarah Ratliff; Bryony Sutherland
- "Black Brother, Black Brother" by Jewell Parker Rhodes
- "Born a Crime" by Trevor Noah
- "Caucasia" by Danzy Senna
- "Color Me In" by Natasha Díaz
- "Half and Half" by Claudine Chiawei O'Hearn
- "Halsey Street" by Naima Coster
- "Loving Day" by Mat Johnson
- "Mexican Whiteboy" by Matt de la Peña
- "Mixed Blessing: Embracing the Fullness of Your Multiethnic Identity" by Chandra Crane
- "Mixed Feelings" by Avan Jogia
- "No Filters" by Christie Watson; Rowan Egberongbe
- "Passing" by Nella Larsen
- "Raising Multiracial Children" by Farzana Nayani
- "That Reminds Me" by Owusu Derek
- "The Astonishing Color of After" by Emily X.R. Pan
- "The Color of Water: A Black Man's Tribute to his White Mother" by James McBride
- "The Mixed Race Experience" by Naomi Evans; Natalie Evans
- "The Plague of Doves" by Louise Erdrich
- "The Poet X" by Elizabeth Acevedo
- "The Racism of People Who Love You: Essays on Mixed Race Belonging" by Samira Mehta
- "The Sound of Stars" by Alechia Dow
- "Transcendent Kingdom" by Yaa Gyasi
- "We Deserve Monuments" by Jas Hammonds
- "When Half is Whole: Multiethnic Asian American Identities" by Stephen Murphy-Shigematsu