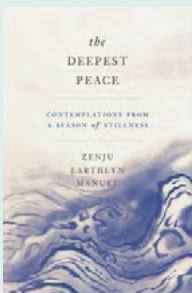




In ***The Sum of Us***, McGhee asks, “what happens when we do not address racial inequality?” She proposes that we shift our zero-sum mind-state to one of solidarity dividend. I encourage reading this gem!

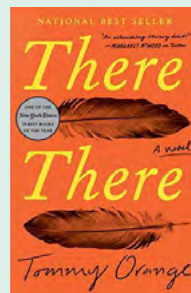


I love all the books I have read, by Joy Harjo. There is depth and intimacy in her writings. Harjo’s first memoir, ***Crazy Brave***, is a story matrix that connects all of us. Her early story of family, Indian school, love, loss, and finding one’s way is so poetically written.



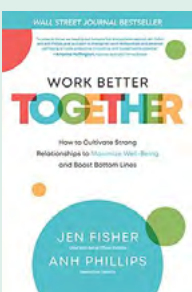
The Deepest Peace is a poetic reflection. As we say in the coaching practice, it is filled with powerful questions: “Am I free enough to awaken and disrupt everything old and unnecessary in my life?”

Zenju Earthlyn Manuel, offers this semi-memoir Zen practice for the reader to sit, listen, and engage everything in life for our individual and collective healing.



After I finished reading ***There There***, I made a note on the inside cover to re-visit this book. The characters are complex — they interconnect in known and unknown ways — and the trauma they held as urban Indians is felt through the pages.

“They used to call us sidewalk Indians... what we are is what our ancestors did.”

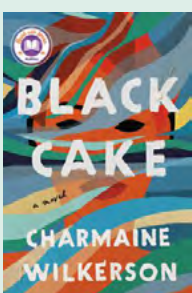


I was captivated by the subtitle, ***Work Better Together***, “how to cultivate strong relationships to maximize well-being,” since I am in the business of cultivating these ecosystems. This book explores many current well-being concepts, highlighting connectedness, and building trusted teams, then concluding, “seeing ourselves and each other.”



Nothing Personal is a stand-alone book of a 1964 Baldwin & Avedon collaboration. The content is timely to our current social malaise — racism, poverty, homophobia, inequities.

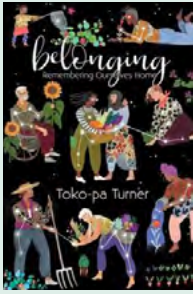
Baldwin asks, *“if a society permits one portion of its citizenry to be menaced or destroyed, then, very soon, no one in that society is safe.”*



Charmaine Wilkerson’s, ***Black Cake***, is a beautiful story of loyalty, love, perseverance, loss, and the complex web of relationships tied to the stories we tell of ourselves.

“The false narrative that Eleanor had woven for the benefit of her loved ones had become a net that had trapped her.”

The realization that everything is connected to everything else, even when seeking a different type of life. There is something redemptive about the main character [Eleanor] of the book, as her children learn of her secrets after her passing.



I love, love this book, ***Belonging: Remembering Ourselves Home***, Toko-pa Turner draws upon Sufism, Jung principles, life, and her own dreams in this beautiful book.

Turner writes, “*belonging also allows for alternating phases of contraction and expansion, apartness and togetherness.*”

She invites us to acknowledge our gifts and our beauty then share them regardless of how they are received by others.



Ocean Vuong is layered and complex in their writings. ***Time is A Mother***, which is a collection of poems that speaks to loss, trauma, love, redemption, and discovery.

In the poem, Not Even, the lines — “*I made it out by the skin of my griefs ... I’m trying to be real but it costs too much.*” — is a glimpse into the depth of the poetic exploration for the reader.



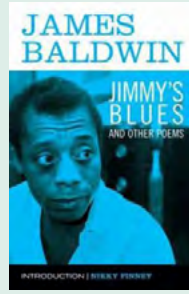
While reading bell hooks, ***sisters of the yam: black and self-recovery***, I dreamed of being with women on this journey to well-being and self-recovery. hooks uses the term self-recovery to mean decolonizing one’s mind.

bell hooks offered ways for Black women to claim their well-being in a culture that makes well-being a white luxury. She asks Black women to critically examine behaviors and to make their health and well-being a central priority.



Feelings: A Story in Seasons is a sweet book illustrating a woman’s feelings about the changes in seasons as the backdrop emphasizes fluctuations. The illustrations and prose invite the reader to give language to seasons of feelings.

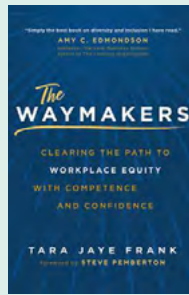
“*Racing through summer, chasing the sun. I let myself be reckless and feel it all at once, breathless in the warm night air.*”



I was delighted to see this book in the bookstore as Baldwin’s collection of poetry, ***Jimmy’s Blues and other poems***, speaks to his social and political sensibility of the times — no different than now.

Conundrum (on my birthday)
(for Rico)

“Between holding on, and letting go, I wonder how you know the difference.”



The Waymakers is a resource and reference book, informing my perspective on what it means to center equity personally within an organization.

Tara Jaye Frank’s wisdom and practical know-how is apparent on each page. She offers both the leaders’ and contributors’ perspectives of working in space and moving toward being more equitable.

I see myself referring to this book frequently because of the practical tools such as the establishment of a Psychological Contracts.



After reading ***Coaching a – z*** by Haesun Moon, I participated in the online book club. The words and prompts in some cases caused me to reflect on a deeper level on the significance of the word.

Words that caused me to pause —
Care
Difference
Good Enough
Just
Know
Possible
Suppose
Value
X on a scale

moving beyond the conceptual.

These impactful prompts helped me explore the ways powerful questions can create generative moments.