

# Anti-Racist White Fragility: A Guide to Understanding and Overcoming the Emotional Obstacles to Racial Justice

In her groundbreaking book, Robin DiAngelo explores the concept of white fragility, a state of defensiveness and vulnerability that white people often experience when confronted with racism. DiAngelo argues that white fragility is a significant barrier to racial justice, as it prevents white people from truly understanding the experiences of people of color and from taking meaningful action to dismantle racism.



## Anti-Racist & White Fragility: Why It's So Harsh For White People To Speak About Racism by MALINA PRONTO

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1524 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Lending	: Enabled
Screen Reader	: Supported
Print length	: 103 pages



DiAngelo draws on her own experiences as a white woman who has worked extensively with people of color to provide a nuanced and compassionate understanding of white fragility. She explains how white fragility manifests itself in a variety of ways, from denial and avoidance to anger and defensiveness. DiAngelo also provides concrete strategies for

overcoming white fragility, such as listening to the experiences of people of color, reflecting on one's own biases, and taking action to promote racial justice.

Anti-Racist White Fragility is essential reading for anyone who wants to be part of the solution to racism. DiAngelo's insights are powerful and thought-provoking, and her call to action is clear: we must all work together to create a more just and equitable society.

### **Praise for Anti-Racist White Fragility**

"A powerful and necessary book that challenges white people to examine their own biases and take action to promote racial justice." — Ibram X. Kendi, author of *How to Be an Antiracist*

"An essential read for anyone who wants to understand the complex and often difficult issue of race in America. DiAngelo's insights are incisive and her call to action is clear: we must all work together to create a more just and equitable society." — Bryan Stevenson, author of *Just Mercy*

"A groundbreaking book that will change the way we think about race and racism. DiAngelo's work is essential reading for anyone who wants to be part of the solution." — Michelle Alexander, author of *The New Jim Crow*

### **Free Download your copy of Anti-Racist White Fragility today**

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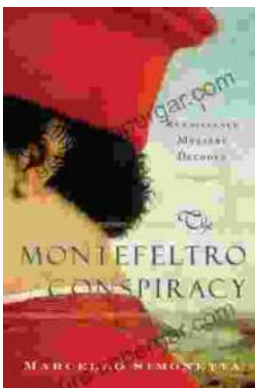
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