

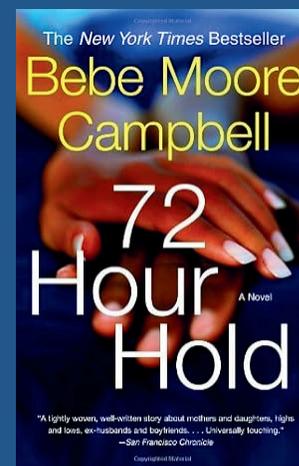
BIPOC MENTAL HEALTH READING LIST

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