



Waking Up White: and Finding Myself in the Story of Race

Debby Irving

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Waking Up White is the book Irving wishes someone had handed her decades ago. By sharing her sometimes cringe-worthy struggle to understand racism and racial tensions, she offers a fresh perspective on bias, stereotypes, manners, and tolerance. As Irving unpacks her own long-held beliefs about colorblindness, being a good person, and wanting to help people of color, she reveals how each of these well-intentioned mindsets actually perpetuated her ill-conceived ideas about race. She also explains why and how she's changed the way she talks about racism, works in racially mixed groups, and understands the antiracism movement as a whole. Exercises at the end of each chapter prompt readers to explore their own racialized ideas. Waking Up White's personal narrative is designed to work well as a rapid read, a book group book, or support reading for courses exploring racial and cultural issues.

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