

★ **How We Ended Racism: Realizing a New Possibility in One Generation**

Justin Michael Williams

Shelly Tygielski

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In their exciting speculative book *How We Ended Racism*, Justin Williams and Shelly Tygielski envision a future in which racism is unknown. Born of the need to do more than just talk about their despair and outrage over COVID-19 and the murder of yet another Black man at the hands of the police, Williams and Tygielski set aside their differences, adopted a possibility perspective, and forged a compassionate new approach to ending racism.

“Shifting to a perspective of possibility transforms everything,” Williams and Tygielski write. Their book is laced with potent stories of people affected by racism or who worked for change. It suggests practical tools and strategies to the task of ending racism in the present with each encounter. Built on “Eight Pillars of Possibility,” including conversation and forgiveness, this step-by-step action plan includes exercises, meditations, and inner work. Every technique is designed to expose and heal the hidden racism within oneself and society.

Knowing that the work of ending racism can be arduous, the book notes that self-care is vital. It highlights ways of setting boundaries and nurturing one’s body and soul. And there are templates and examples of non-provocative, compassionate ways to communicate with those who have made hurtful remarks, helping to lessen the fear of taking a stand.

The book’s methods promise to result in less reactivity; greater compassion and open-mindedness; the increased ability to interact with dissimilar people and discuss “touchy” subjects; and the coming together of people who’d never before been able to sit in the same room with each other. In this way, *How We Ended Racism* envisions an exciting future built by people taking action in the present.

KRISTINE MORRIS (November / December 2023)

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