



# Combined Destinies

*Ann Todd Jealous, Caroline T. Haskell*

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By beginning a conversation that encourages self-examination and compassion, *Combined Destinies* invites its readers to look at how white Americans have been hurt by the very ideology that their ancestors created. Editors Ann Todd Jealous and Caroline T. Haskell, both experienced psychotherapists skilled at facilitating dialogue about racial issues, are cognizant of the challenges that even the thought of such conversations often presents. Their book is based on the premise that for positive and lasting change to occur, it is necessary to open hearts as well as minds.

This courageous anthology posits that unearned privilege has damaged the psyche of white people as well as their capacity to understand racism. Using intimate stories, some from writers who have never before spoken of these highly charged issues, Jealous and Haskell offer readers a chance to explore their own experiences.

Drawing on the personal and heartfelt stories of diverse contributors, including Robert Zellner, Bettina Aptheker, Deb Busman, Deborah Burke, Joe Ruklick, and Alisa Fineman, *Combined Destinies* is organized thematically, with individual chapters that focus on, for example, guilt, shame, silence, or resistance. The book includes an extensive reader's guide, posing questions for discussion pertaining to each chapter.

Anyone who is interested in mental health and spiritual healing will benefit from reading this book, but it's especially suitable for teachers, professors and students of teacher education, the social sciences, and U.S. history, as well as social activists, members of community groups, therapists, clergy, and other members of the counseling profession.

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