



# **A Race Is a Nice Thing to Have: A Guide to Being a White Person or Understanding the White Persons in Your Life**

*Janet E. Helms*

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Written for a general audience, this book examines White racial identity and how its recognition may help to end racism. White people generally fail to understand that they have a racial identity -- whether they are willing to recognize it or not -- and that having it doesn't have to be a negative. Designed specifically for Whites, but useful for others, this easy-to-read paperback includes examples and activities that enhance the reader's understanding of the part race plays in the lives of each of us. This book is being used in various programs and classes at universities, school districts and businesses across the country, as well as by individuals across the world.

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