

# CONTENTS

Author's Note	ix
Introduction: We Can't Get There from Here	1
1 The Challenges of Talking to White People About Racism	7
2 Racism and White Supremacy	15
3 Racism After the Civil Rights Movement	39
4 How Does Race Shape the Lives of White People?	51
5 The Good/Bad Binary	71
6 Anti-Blackness	89
7 Racial Triggers for White People	99
8 The Result: White Fragility	107
9 White Fragility in Action	115
10 White Fragility and the Rules of Engagement	123
11 White Women's Tears	131
12 Where Do We Go from Here?	139
Resources for Continuing Education	155
Acknowledgments	159
Notes	161