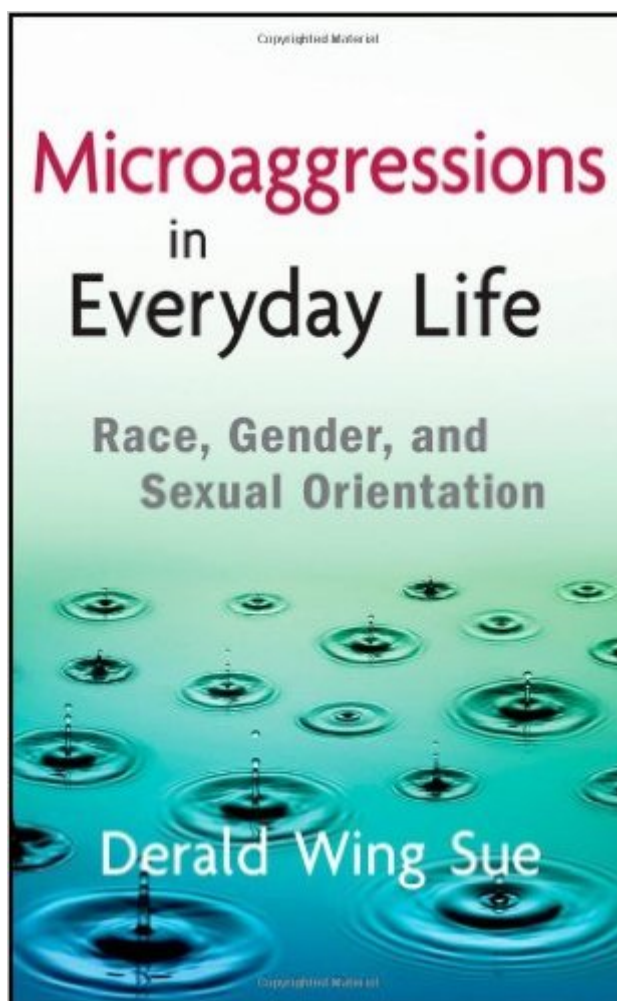


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# Microaggressions In Everyday Life: Race, Gender, And Sexual Orientation



## Synopsis

Praise for *Microaggressions in Everyday Life* "In a very constructive way, Dr. Sue provides time-tested psychological suggestions to make our society free of microaggressions. It is a brilliant resource and ideal teaching tool for all those who wish to alter the forces that promote pain for people." —Melba J. T. Vasquez, PhD, ABPP President, American Psychological Association

"*Microaggressions in Everyday Life* offers an insightful, scholarly, and thought-provoking analysis of the existence of subtle, often unintentional biases, and their profound impact on members of traditionally disadvantaged groups. The concept of microaggressions is one of the most important developments in the study of intergroup relations over the past decade, and this volume is the definitive source on the topic." —John F. Dovidio, PhD Professor of Psychology, Yale University

"Derald Wing Sue has written a must-read book for anyone who deals with diversity at any level. *Microaggressions in Everyday Life* will bring great rewards in understanding and awareness along with practical guides to put them to good use." —James M. Jones, PhD Professor of Psychology and Director of Black American Studies, University of Delaware

"This is a major contribution to the multicultural discourse and to understanding the myriad ways that discrimination can be represented and its insidious effects. Accessible and well documented, it is a pleasure to read." —Beverly Greene, PhD, ABPP Diplomate in Clinical Psychology and Professor of Psychology, St. John's University

A transformative look at covert bias, prejudice, and discrimination with hopeful solutions for their eventual dissolution

Written by bestselling author Derald Wing Sue, *Microaggressions in Everyday Life: Race, Gender, and Sexual Orientation* is a first-of-its-kind guide on the subject of microaggressions. This book insightfully looks at the various kinds of microaggressions and their psychological effects on both perpetrators and their targets. Thought provoking and timely, Dr. Sue suggests realistic and optimistic guidance for combating and ending microaggressions in our society.

## Book Information

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## Customer Reviews

"Sue's book, and the accompanying research, writing, and training on microaggressions, is the most important recent development in studying racism, sexism, and heterosexism. Given the comprehensiveness and importance of Microaggressions in Everyday Life, it is hard to consider any significant weaknesses of this book. We hope that this book will be a good resource for individuals in organizational leadership, coaching, and the mental health field when engaging this discussion." (Journal of Psychological Issues in Organizational Culture, October 27, 2010) "In his book, Dr. Sue presents the first ever analysis of the unintended slights that take their toll on the people of color, women, gay/lesbian, transgendered and other groups. Microaggressions is written with an unusual combination of scholarly care, and accessibility for a lay audience a feature that owes much to Sue's own connection to his topic." (Unity First, Fall 2010) "Microaggressions in Everyday Life is robust with science and practice. The writing is engaging and thought provoking. It is a major contribution to the multicultural field and to the larger society. The one feature that I found most helpful about the organization of the book is that each chapter ends with a section titled The Way Forward. Here, Sue provides compelling insights and interventions to help the reader with ideas regarding what can be done about the issues raised in the chapter. The Way Forward sections in Chapter 11 and 12 are replete with specific examples for educators and mental health practitioners. I found these two sections to be especially strong; if educators and practitioners begin implementing these suggestions, we will make significant strides toward shining a light on, giving a voice to, and perhaps ameliorating microaggressions." (PsycCRITIQUES, 22 September 2010) "Derald Wing Sue, an expert on discrimination, enlightens on matters like this, in Microaggressions in Everyday Life: Race, Gender and Sexual Orientation. He is no lightweight. Sue has served on the President's Advisory Board on Race, and was president of the Society for the Psychological Study of Ethnic Minority Issues. He co-founded the Asian American Psychological Association, and is a former president of the Society of Counseling Psychology of the American Psychological Association. Sue has developed the first categorization of conscious and intentional actions, slurs and racial epithets, even as unintended slights or social cues, when dominant groups attempt to subordinate minority

groups, make them uncomfortable, marginalize and inflict a mental, emotional and even physical toll. Sue claims studies indicate racial micro-aggressions have a devastating impact." (Ponte Al Dia, March 9, 2010)

Winner of the Global Diversity and Inclusion Book Prize 2010 from UnityFirst.com "In *Microaggressions and Everyday Life*, Dr. Sue masterfully pulls all of his life and work experiences together to frame a new theory and vision for the study of racism, sexism, and homophobia. What Dr. Sue has created will ignite research in the field of racism and multiple oppressions that will ultimately lead to marked change in the way we all deal with and respect one another. This book is that good. It will change the way you think, it will move you to act and not just witness and observe, and it will even influence how you feel toward, communicate with, and care for your own loved ones, students, and clients." — •From the Foreword by Joseph G. Ponterotto, Ph.D., Professor, Fordham University "This is a groundbreaking contribution and contains invaluable and powerful insights. In a very constructive way, Dr. Sue provides time-tested psychological suggestions to make our society free of microaggressions. It is a brilliant resource and ideal teaching tool for all those who wish to alter the forces that promote pain for people." — •Melba J T Vasquez, Ph.D., ABPP, President, American Psychological Association "Microaggressions in Everyday Life offers an insightful, scholarly, and thought-provoking analysis of the existence of subtle, often unintentional biases, and their profound impact on members of traditionally disadvantaged groups. The material is solidly grounded in theory, but the implications for psychological practice and everyday life are vivid. The concept of microaggressions is one of the most important developments in the study of intergroup relations over the past decade, and this volume is the definitive source on the topic." — •John F. Dovidio, Ph.D., Professor of Psychology, Yale University "Derald Wing Sue has written a must-read book for anyone who deals with diversity at any level. It is truly rare to find a book so scholarly, lucid and practical about the subtle ways in which good intentions are eroded by innocence and ignorance. Microaggressions in Everyday Life will bring great rewards in understanding and awareness along with practical guides to put them to good use." — •James M. Jones, Ph.D., Professor of Psychology and Director of Black American Studies University of Delaware "This is a major contribution to the multicultural discourse and to understanding the myriad ways that discrimination can be represented and its insidious effects. Accessible and well documented, it is a pleasure to read and makes a welcome addition to those readings considered essential to culturally competent practice." — •Beverly Greene, Ph.D., ABPP, Diplomate in Clinical Psychology and Professor of Psychology St. John's University Jamaica, New York

Enormous point of view in the world of diversity. Sue write in a commanding voice and introduces his own concepts and the emerging zeitgeist of multiculturalism in a very personal and compelling manner.

Excelent and informative.

This is a wonderful exciting book to read I am learning a lot about Micro Aggression. This is my text but, anyone cn read and learn from this book.

This book is very well written and offers an excellent way to build and strengthen awareness around the everyday dynamics of racism, sexism, and heterosexism. This language also transfers to microaggressions towards other marginalized groups in this society.

If you like to be informed this is the book for you,it has everything.

Great book. Helps me feel less crazy and it gives me a way to more eloquently express my frustrations as a woman of color.

Great

Awesome book written by an awesome researcher

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