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A Race is a Nice Thing to Have, Second Edition

Janet E. Helms, Ph.D.

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The classic book on race and racism is once again available through Microtraining Associates, Inc. This book is designed to help White people assume responsibility for ending racism, understand how racism impacts Whites as well as others, analyze racism, and discover positive alternatives for living in a multicultural society. Many self-analysis exercises and instruments enrich the text.

About the AuthorJanet E. Helms is a Professor of Psychology at Boston College and is Director of the Institute for the Study and Promotion of Race and Culture at Boston College. Dr. Helms is one of the most cited minority scholars in the country.