

# Resource Books

## Transforming the Way We Think About Incest

### How Incest Intersects with Sexism and Anti-Black Racism

July, 2023

#### COMMUNITY

Ejeris Dixon and Leah Lakshmi Piepzna-Samarasinha, editors. *Beyond Survival: Strategies and Stories from the Transformative Justice Movement*. Annotated Edition. AK Press, 2020.

bell hooks. *Teaching Community: A Pedagogy of Hope*. Routledge, 2003.

Zach Norris. *We Keep Us Safe: Building Secure, Just, and Inclusive Communities*. Beacon Press, 2020.

Anjuli Sherin. *Joyous Resilience: A Path to Individual Healing and Collective Thriving in an Inequitable World*. North Atlantic Books, 2021.

#### CREDIBILITY

Richard Ofshe. *Making Monsters: False Memories, Psychotherapy, and Sexual Hysteria*. University of California Press, 1996.

Deborah Tuerkheimer. *Credible: Why We Doubt Accusers and Protect Abusers*. Harper Wave, 2021.

Shawn Wilson (Opaskwayak Cree) *Research Is Ceremony: Indigenous Research Methods*, Fernwood Publishing, 2008.

#### PREVENTION EDUCATION

Sally Cooper, Yvonne Lutter, and Cathy Phelps. *Strategies for Free Children: A Leader's Guide to Child Assault Prevention*. Women Against Rape: Child Assault Prevention Project, 1983.

Robie H. Harris. *It's Perfectly Normal: Changing Bodies, Growing Up, Sex, Gender, and Sexual Health*. (for children). Candlewick, 2021

Louise Spilsbury and Mirella Mariani. *It's My Body: A Book About Body Privacy* (for young children). Franklin Watts, 2022.

#### FEMINISM

Susan Brownmiller. *Against Our Will: Men, Women, and Rape*. Ballantine, 1993.

———. *Rage Becomes Her: The Power of Women's Anger*. Atria, 2019.

bell hooks. *All About Love: New Visions*. William Morrow Paperbacks, 2018.  
———. *Feminism Is for Everybody: Passionate Politics*. Pluto Press, 2000.  
———. *Talking Back: Thinking Feminist, Thinking Black*. South End Press, 1999.  
Gloria Steinem. *My Life on the Road*. Random House Trade Paperbacks, 2016.

## **RACISM AND CULTURE**

Dr. Jennifer M. Gómez. *The Cultural Betrayal of Black Women and Girls: A Black Feminist Approach to Healing From Sexual Abuse*. American Psychological Association, 2023.

Mikki Kendall. *Hood Feminism: Notes from the Women That a Movement Forgot*. Penguin Books, 2021.

Aurora Levins Morales. *Medicine Stories: Essays for Radicals*. Duke University Press Books, 2019.

## **HISTORICAL VIEW**

Riane Eisler. *Sacred Pleasure: Sex, Myth, and the Politics of the Body--New Paths to Power and Love*. HarperCollins, 1996.

Rebecca Solnit. *Hope in the Dark: Untold Histories, Wild Possibilities*. Haymarket Books, 2019.

## **NON-FICTION INCEST AND SEXUAL ASSAULT**

Ellen Bass and Laura Davis. *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse*. HarperCollins, 1988.

Tarana Burke and Brené Brown, editors. *You Are Your Best Things: Vulnerability, Shame Resilience, and the Black Experience*. Random House, 2021.

Sandra Butler. *Conspiracy of Silence: The Trauma of Incest*. New Guide, 1978.

Jennifer Freyd. *Blind to Betrayal: Why We Fool Ourselves We Aren't Being Fooled*. John Wiley & Sons, 2013.

Judith Lewis Herman, *Trauma and Recovery: The Aftermath of Violence—From Domestic Abuse to Political Terror*. Basic Books, 1997.

———. *Father-Daughter Incest*. Harvard University Press, 2000.

Judith Lewis Herman, *Truth and Repair: How Trauma Survivors Envision Justice*. Basic Books, 2023.

Gabor Maté, M.D. *When the Body Says No: Exploring the Stress-Disease Connection*. Wiley, 2011.

Bruce D. Perry, M.D., and Maia Szalavitz. *Born for Love: Why Empathy Is Essential--and Endangered*. William Morrow Paperbacks, 2011.

Bruce D. Perry, M.D., and Oprah Winfrey. *What Happened to You? Conversations on Trauma, Resilience, and Healing*. Flatiron Books: An Oprah Book, 2021.

Linda Tschirhart Sanford. *The Silent Children: A Book for Parents About the Prevention of Child Sexual Abuse*. Anchor Books, 1980.

Aishah Shahidah Simmons, editor. *Love WITH Accountability: Digging Up the Roots of Child Sexual Abuse*. AK Press, 2019.

Robin D. Stone. *No Secrets, No Lies: How Black Families Can Heal from Sexual Abuse*. Harmony/Rodale, 2005.

Pete Walker. *Complex PTSD: From Surviving to Thriving—A Guide and Map for Recovering from Childhood Trauma*. CreateSpace Independent Publishing Platform, 2013.

Melba Wilson. *Crossing the Boundary: Black Women Survive Incest*. Seal Press, 1994.

Florence Rush. *The Best-Kept Secret: Sexual Abuse of Children*. Sulzburger & Graham, 1992.

Bessel van der Kolk, M.D. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Viking, 2014.

## **LOUISE ARMSTRONG**

Louise Armstrong. *Kiss Daddy Goodnight: A Speak-out on Incest*. Pocket, 1982.

———. *Of “Sluts” and “Bastards”: A Feminist Decodes the Child Welfare Debate*. Common Courage Press, 2002.

———. *Rocking the Cradle of Sexual Politics: What Happened When Women Said Incest*. Addison-Wesley, 1994.

## **THERAPY**

Silvia M. Dutchevici. *Critical Therapy: Power and Liberation in Psychotherapy*, Critical Therapy Institute, 2022.

## **MEMOIR**

Tarana Burke. *Unbound: My Story of Liberation and the Birth of the MeToo Movement*. Flatiron Books: An Oprah Book, 2021.

Chanel Miller. *Know My Name: A Memoir*. Penguin, 2020.

Eve Ensler. *The Apology*. Bloomsbury Publishing, 2019.

## **MEN**

Robert Jensen. *The End of Patriarchy: Radical Feminism for Men*. Spinifex Press, 2019.

Jackson Katz. *The Macho Paradox: Why Some Men Hurt Women and How All Men Can Help*. Sourcebooks, 2019.

Paul Kivel. *Boys Will be Men: Raising Our Sons for Courage, Caring and Community*. New Society Publishers, 1999.

Jared Yates Sexton. *The Man They Wanted Me to Be: Toxic Masculinity and a Crisis of Our Own Making*. Counterpoint, 2019.

## **MOTHERS**

Patricia Wiklund. *Sleeping with a Stranger: How I Survived Marriage to a Child Molester*. Adams Media Corporation, 1995.

M\*Oasis: Website for mothers of sexually abused children.

## **PRACTICAL GUIDES TO SELF-LOVE AND HEALING**

adrienne maree brown, author and editor. *Pleasure Activism: The Politics of Feeling Good*. AK Press, 2019.

Byron Brown. *Soul without Shame: A Guide to Liberating Yourself from the Judge Within*. Shambhala, 1998.

Staci Haines. *Sexual Healing: A Mind-Body Approach to Healing Sexual Trauma*. Cleis Press Inc., 2007.

bell hooks. *All About Love: New Visions*. William Morrow Paperbacks, 2018.

Rhonda V. Magee. *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness*. TarcherPerigee, 2021.

Patricia Mathes Cane. *Trauma Healing and Transformation: Awakening a New Heart with Body-Mind-Spirit Practices*. Capacitar Inc., 2000.

Richard Mollica. *Healing Invisible Wounds: Paths to Hope and Recovery in a Violent World*. Vanderbilt University Press, 2008.

Peter A. Levine, Ph.D., and Maggie Phillips, Ph.D. *Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain*. Sounds True, 2012.

Sonya Renee Taylor, *The Body Is Not an Apology: The Power of Radical Self-Love*. ReadHowYouWant, 2018.

David A. Treleaven. *Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing*. W. W. Norton & Company, 2018.

Jenn Turner, editor. *Embodied Healing: Survivor and Facilitator Voices from the Practice of Trauma-Sensitive Yoga*. North Atlantic Books, 2020.

Rev. angel Kyodo Williams, Lama Rod Owens, and Jasmine Syedullah, Ph.D. *Radical Dharma: Talking Race, Love, and Liberation*. North Atlantic Books, 2016.

## **RELIGION**

Paul Kivel. *Living in the Shadow of the Cross: Understanding and Resisting the Power and Privilege of Christian Hegemony*. New Society Publishers, 2013.

Jessica Valenti. *The Purity Myth: How America's Obsession with Virginity Is Hurting Young Women*. Seal Press, 2009.

## **SOCIAL JUSTICE**

Staci K. Haines. *The Politics of Trauma: Somatics, Healing, and Social Justice*. North Atlantic Books, 2019.

Mariame Kaba. *We Do This 'Til We Free Us: Abolitionist Organizing and Transformative Justice*. Haymarket Books, 2021.

Heather McGhee. *The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together*. One World, 2021.

Loretta J. Ross and Ricki Solinger. *Reproductive Justice: An Introduction*. University of California Press, 2017.

## **SPIRITUAL**

Thich Nhat Hanh. *Peace Is Every Step: The Path of Mindfulness in Everyday Life*. Random House Publishing Group, 1992.

———. *Together We Are One: Honoring Our Diversity, Celebrating Our Connection*. Parallax Press, 2006.

Rev. angel Kyodo Williams, Lama Rod Owens, and Jasmine Syedullah, Ph.D. *Radical Dharma: Talking Race, Love, and Liberation*. North Atlantic Books, 2016.

Larry Yang. *Awakening Together: The Spiritual Practice of Inclusivity and Community*. Wisdom Publications, 2017.

## **ADULT FICTION**

Alexandra Brodsky and Rachel Kauder Nalebuff. editors. *The Feminist Utopia Project: Fifty-Seven Visions of a Wildly Better Future*. Feminist Press, 2015.

Maya Angelou. *I Know Why the Cages Bird Sings*. Bantum Books, 1984.

Toni Morrison. *The Bluest Eye*. Knopf Doubleday Publishing Group, 2007.

## **CHILDREN'S FICTION**

Coe Booth. *Caprice*. Age 10+. Scholastic Inc., 2022.

Kimberly Brubaker Bradley. *Fighting Words*. Age 12+. Dial Books for Young Readers, 2019. Highly recommended

Anastasia Higginbotham. *You Ruined It*. Ordinary Terrible Things series. Dottir Press, 2022.

Jacqueline Woodson. *I Hadn't Meant to Tell You This*. Age 10+. Puffin Books, 1994. Highly recommended

## **MAGAZINES**

*Ms.*

*Rethinking Schools*

*YES!*

*Voice Male*

## **BOYS AND MEN ORGANIZING**

Many men are working together to stop violence against girls and women through organizations such as these:

Men Can Stop Rape <https://mcsr.org/>

The National Organization for Men Against Sexism <https://nomas.org/>

A Call to Men <https://www.acalltomen.org/>

## **PODCASTS**

Social justice activist, feminist, and author Paul Kivel is interviewed by Mark Greene and Charles Matheus on *Remaking Manhood*, May 19, 2021: "[On Why Ending Violence Against Women Demands Men Do Our 'Work'](#)" (also on Spotify).

Author and educator Jackson Katz is interviewed on CBS morning news on "Why Are Men Afraid to Talk About Sexual Harassment" <https://www.youtube.com/watch?v=d-47V3Qh1pk&t=377s>