

# POC Resources - Confidence and Self-Esteem

We have curated some resources and books that we have adored and have opened our eyes to politics, race, identity, and life in general. We have tried our best to get you free PDF links and your local libraries will have similar books to what we're sharing. Definitely check your local for a copy!

If you're thinking of owning any of these, we highly recommend [World of Books](#) for an awesome second hand collection, with added perks of free delivery and you're saving trees.

Lastly, we got some awesome ebooks [here](#)

## Affirmations and Mindfulness Techniques

### ***Mindfulness: A Practical Guide to Awakening - Joseph Goldstein***

PDF [preview](#) (91 pages)

What to look for in the library [link](#)

Now this is a comprehensive deep dive into mindfulness from the perspective of canonical Buddhist texts, but still readable! It gave me a clearer understanding of certain qualities of the human condition - greed, doubt, procrastination - and is a great textual basis for becoming more focused on the present and living a more peaceful life. I know it sounds crazy, but there are some nuggets that will make you appreciate some of the Buddha's sayings and worldview. I definitely encourage you to learn more about non-Western perspectives on life!

There's also similar books like scholar Analayo's *Introducing Mindfulness: Buddhist Background and practical exercises*.

## Practicing Compassion to Yourself and Others

### ***All About Love: New Visions - bell hooks***

PDF [link](#)

What to look for in the library [link](#)

If you were to only read one book here, please choose this one. It has changed the way we look at this elusive emotion of 'love', in all different dimensions. We seek love and acceptance our entire lives but we can feel disheartened in this search.

Bell Hooks defines love as:

*"The will to extend one's self for the purpose of nurturing one's own or another's spiritual growth... Love is as love does. Love is an act of will-namely, both an intention and an action. Will also implies choice. We do not have to love. We choose to love"*

Beautiful, no? This book is full of insightful gems like this.

### Building Confidence and Space for Yourself

#### ***Brit(ish):On Race, Identity and Belonging- Afua Hirsch***

PDF [preview](#) (50 pages)

What to look for in the library [link](#)

Journalist and Author Afu Hirsch has written a memoir, which is a blend of both history and life experiences. This book explores a multitude of themes such as identity; the unique challenges of being both Black and British, being a visible minority in white-dominated establishments and industries, as well as belonging. Through her own experiences, Afu examines the challenges the diaspora deals with when they return 'home', back to the motherland.

#### ***Rock My Soul: Black People and Self-Esteem by bell hooks***

PDF [preview](#) (38 pages)

Author bell hooks, has written a collection of essays exploring the critical mental health issues Black Americans face. From the horror stories of slavery, to modern day, she dissects why and how Black Americans got to this state of crises.

Hooks gets to the heart and soul of the Black American identity crisis, while offering wisdom on what it takes to heal and maintain a healthy self-esteem.

### Digital Mindfulness

Apart from the [Headspace](#) meditation video we shared in one path of *Our Eden* (which is a great video to ponder on how we use our phone), we've got some more [articles/links/podcasts] for you to check out to understand how technology mediates our life and have an awareness on how this affects us both on an individual and societal level.

**Alexander Avanth** talks about "[Navigating Digital Mindfulness](#)", asking us to think about the impact of the blurring of the online and offline world.

Also, we want to share some artists creating work that looks at the intersection of race and Artificial Intelligence, bias in an increasingly datafied world, and tackling underrepresentation in this field.

### **Stephanie Dinkins**

Dinkins is a multimedia artist, exploring platforms for dialogue between AI and race, gender, aging (among many more subjects). Amplifying the Black experience in tandem with algorithms. In [Project al-Khwarizmi \(PAK\)](#), Dinkins invited black and people of colour in the community to have a stake in the conversation about how emerging technologies and software are representing them and engaging in workshops empowering youth to build their own virtual assistants with their language and worldview affirmed. She has also been working on a life-long project called *Not The Only One (N'TOO)*, creating a multigenerational of a Black American family, told through the viewpoint of an evolving AI entity.

### **Timnit Gebru - Black in AI**

Gebru has done some amazing work researching and advocating against bias in the Artificial Intelligence field, often deemed as a "clean" technology. She co-founded the worldwide [Black in AI](#) network of researchers that are thinking about the presence of Black people in AI. Here is a great [video](#) on Gebru talking about some of the ethical concerns she is bringing forward about the lack of diversity in the tech industry, among many other things.

[Further your understanding of Race](#)

### **Women Race & Class- Angela Y.Davis**

PDF [link](#)

What to look for in the library [link](#)

A classic! The revolutionary civil rights activist and author, Angela Davis, has produced a concise and thorough study of the women's movement in the US. The study spans from the abolitionist era to the 1980s. Davis explores the ways in how the civil rights movement has always been hampered by the classist and racist structures that continue to oppress Black women in the United states.

***Natives: Race and Class in The Ruins of Empire- Akala***

PDF [link](#)

What to look for in the library [link](#)

Rapper, author and culture critic, Akala, tells the often denied history of the British empire, confronts directly the British reluctance to address issues of race and class in history and present day. *Natives* dissects an array of topics, such as, police, the failures of the education system, classism and the far right.

***The Wretched of The Earth - Frantz Fanon.***

PDF [link](#)

What to look for in the library [link](#)

Originally hailing from the then French colony, Martinique, Fanon was a revolutionary, and made his name fighting for the Algerian revolution. A psychoanalyst by trade, Fanon writes about the concerns of intellectuals' proximity towards the colonial establishment, the importance of political consciousness in the native population as well as analysing the array of psychological disorders that he encountered while in Algeria. The first part of the book is enlightening even today about how the working class must be active in the fight against the establishment and is useful historically because in the 1960's, there were still many countries fighting for their independence. The latter part of the book is a touching look about the trauma inflicted on both sides of a fighting country, making you empathetic for the individuals suffering from this regime, even if they may be on the regime's side.

***James Baldwin Notes from My Native Son***

PDF [link](#)

Acclaimed novelist and writer, Baldwin's *Notes from My Native Son*, is an essay weaving autobiographical stories (growing up in Harlem, being pushed into becoming a preacher) with reflections on race and class in both the US and Europe.

***The Groundings With My Brothers - Walter Rodney***

PDF [link](#)

Epub [link](#)

The Guyanese revolutionary, Walter Rodney, gives us a first hand account of organising mass movements all around the globe, from the West Indies to Africa to North America. This collection of lectures is readable, "grounding" us in Black Power and continuing to inspire people today.

Before you go, definitely check out some of the [free ebooks](#) we're sharing with you!

From Nadia and Yasmin