

28 BOOKS FOR BLACK PEOPLE, BY BLACK PEOPLE

Terri Lomax



MOCHAGIRLSPITSTOP.COM

Introduction



Hi there! I'm Terri Lomax. I am a speaker, author, and blogger and I empower striving women of color, to make peace with their pasts and pursue their goals, all while becoming their best selves.

Last year, I made an intentional decision to study, embrace, and share Black History year-round. After all, my blog, [Mocha Girls Pit Stop](https://mochagirlspitstop.com), was created to be a space where “women of color refuel on motivation and ignite their lives.”

Blogger, Speaker & Social Media Strategist
[MochaGirlsPitStop.com](https://mochagirlspitstop.com)

And what better way to be inspired, than to be galvanized by the unfading strength of our resilient ancestors.

I truly believe that one's path can be made clear once she knows her history. When you know that you descended from greatness, from Kings and Queens, from royalty, you tend to walk with your head held high, despite racism and oppression.

This is probably one of the first moments in my life that I realized just how rich my history is. Sure I learned about a few historical heroes in school and by “a few”, I mean just that... maybe three: Martin Luther King Jr., Rosa Parks, and Frederick Douglass. When I look back on my holistic educational experience, I feel robbed. My people were often misrepresented and underrepresented. As I restudy my history as an adult, I have a boatload of mixed feelings. Anger, hurt, and pride, just to name a few.

In honor of Black History Month, I've compiled a list of 28 books, by Black people, for Black people. These insightful books fall into one of four categories: **Black History**, **Empowerment**, **Health and Wellness**, and **Finances**.

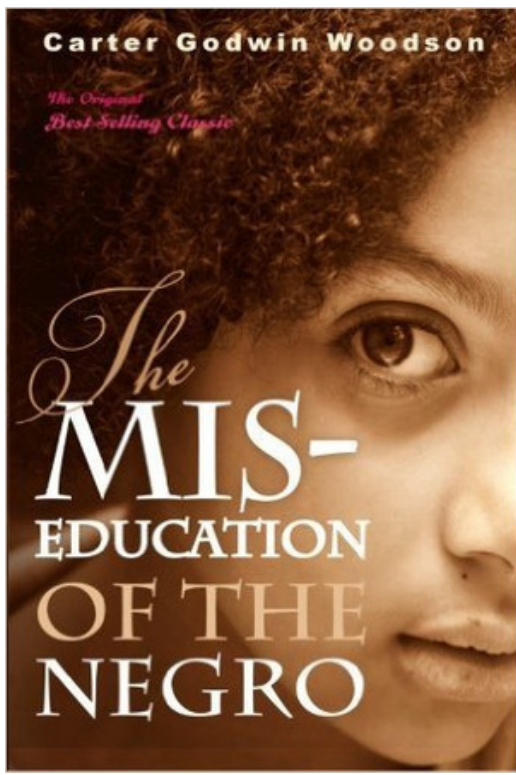
We live in a world where it's cool to be conscious and deep. We do research, we learn about our history, we rattle off historical dates, but then what? What actions are we taking to contribute to the empowerment of our people? What can we possibly do to impact our community in a positive way? I believe that education about Black History, self-empowerment, health and wellness, and money management, will enable us to make long-lasting contributions to the Black community. This list is no by means exhaustive, but it's a good start!

-Terri Lomax

 [@TerriLomax](https://twitter.com/TerriLomax)

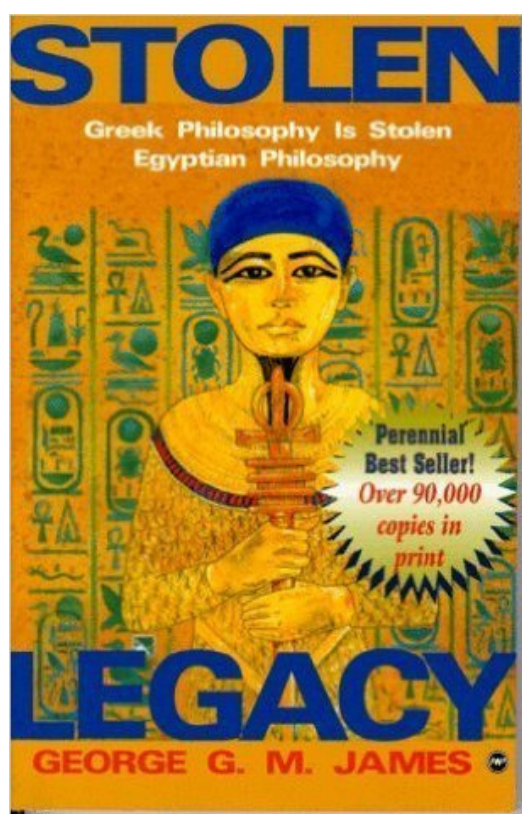
 [@TerriLomax](https://www.instagram.com/TerriLomax)

P.S. If this is going to be a proper "introduction," I'd love to hear from you and get to know you a bit as well. Click the links above to connect on Twitter and Instagram.



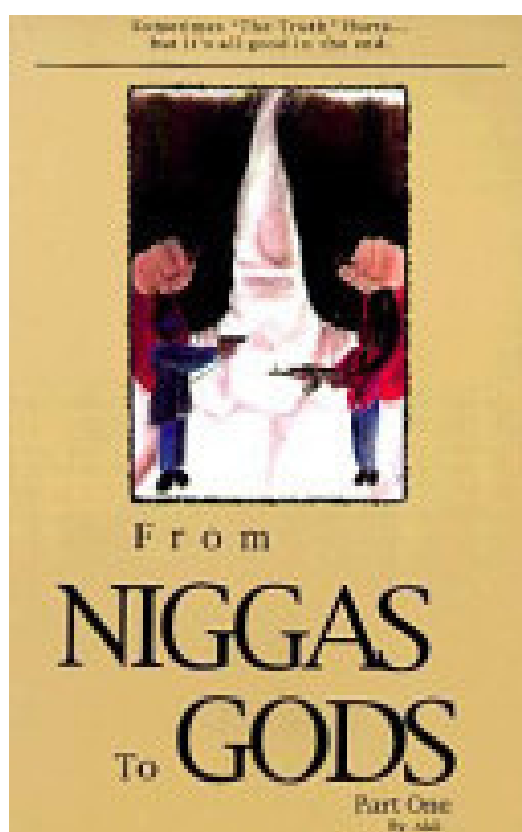
1. The Mis-Education of the Negro, Carter Godwin Woodson

"The Mis-Education of the Negro is a book originally published in 1933 by Dr. Carter G. Woodson. The thesis of Dr. Woodson's book is that blacks of his day were being culturally indoctrinated, rather than taught, in American schools." [\(Source\)](#)



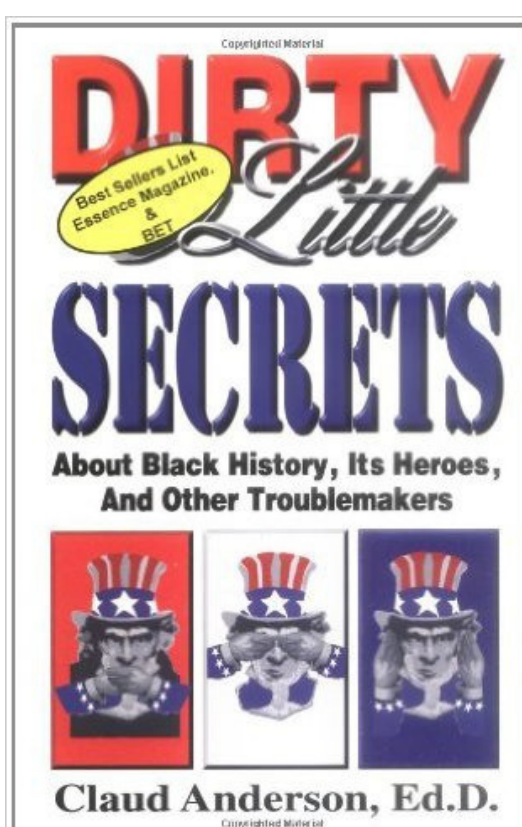
2. Stolen Legacy: Greek Philosophy is Stolen Egyptian Philosophy, George G. M. James

"2015 Reprint of 1954 Edition. James argued that Egypt was the true source of the Mystery teachings and therefore any claim to such origin by the ancient Greeks is not only dishonest, but must have been based on dishonest motives. "Stolen Legacy" was one of the first scholarly works that attempted to recover the "lost" history of early African civilization." [\(Source\)](#)



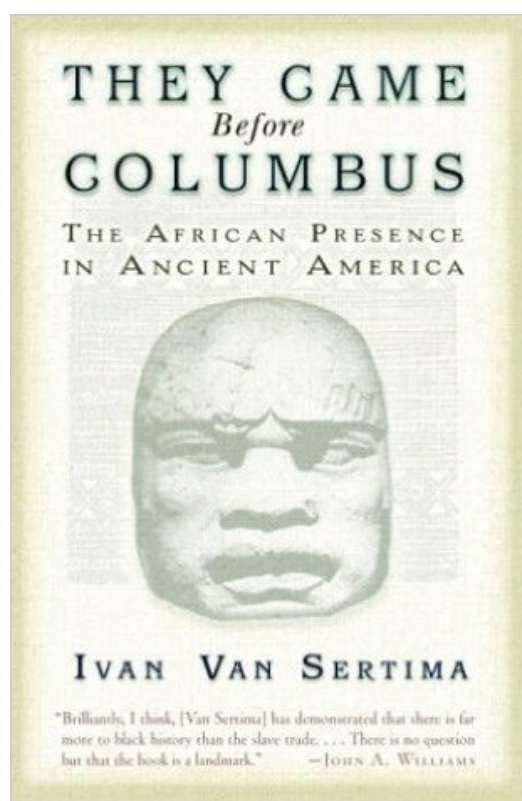
3. From Niggas to Gods, Part One, Akil

"This is a compilation of individual essays written during the summer-fall of 1992. The essays are designed to inspire thought within the Black Mind. These writings are primarily targeted toward the Black Youth of this day, of which I am a part of. I am not a "Master" of these teachings, but these teachings I wish to "Master." [\(Source\)](#)



4. Dirty Little Secrets About Black History : Its Heroes & Other Troublemakers, Dr. Claud Anderson

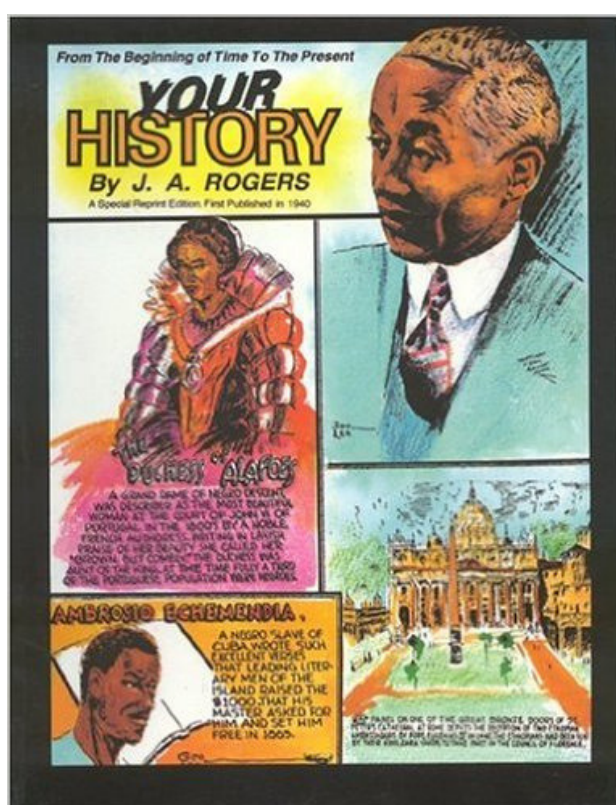
"This book of brief antidotes, presents easy to read little known factoids about blacks in America and their extraordinary achievements under oppressive and inhumane conditions." [\(Source\)](#)



5. They Came Before Columbus: The African Presence in Ancient America, Ivan Van Sertima

"They Came Before Columbus reveals a compelling, dramatic, and superbly detailed documentation of the presence and legacy of Africans in ancient America. Examining navigation and shipbuilding; cultural analogies between Native Americans and Africans..."

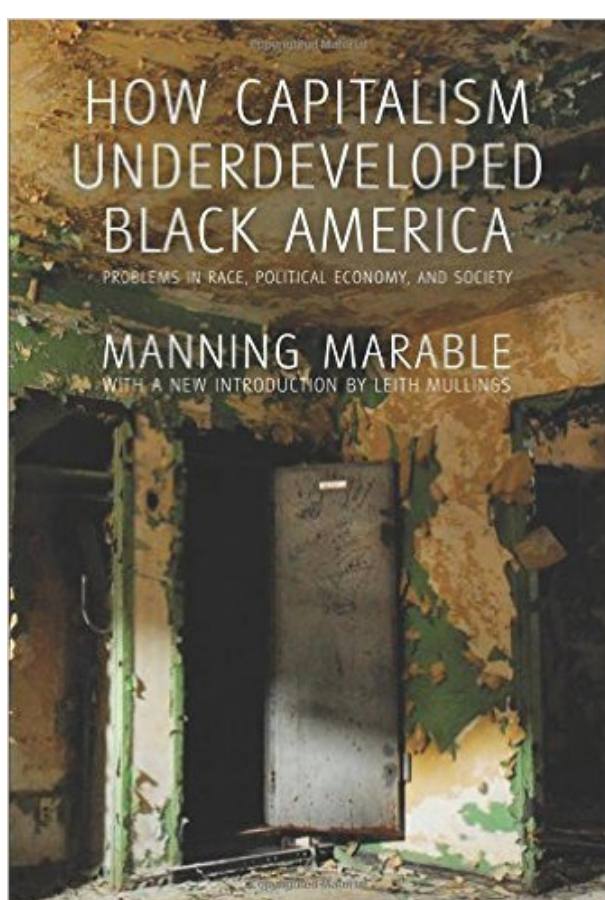
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6. Your History: From Beginning of Time to the Present, J. A. Rogers

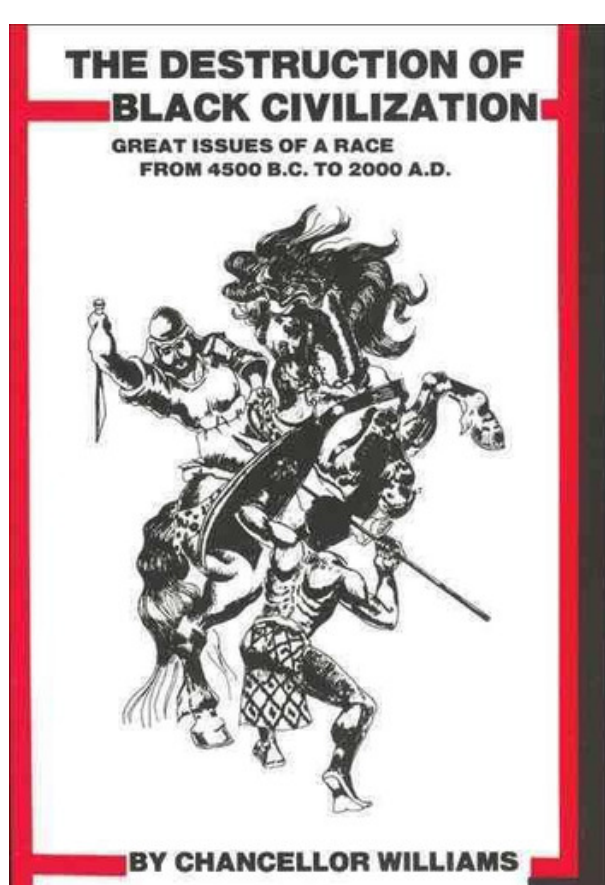
"First published in 1940, this is a unique history which chronicles the accomplishments and tenacity of Black men and women."

[\(Source\)](#)



7. How Capitalism Underdeveloped Black America: Problems in Race, Political Economy, and Society, Manning Marable

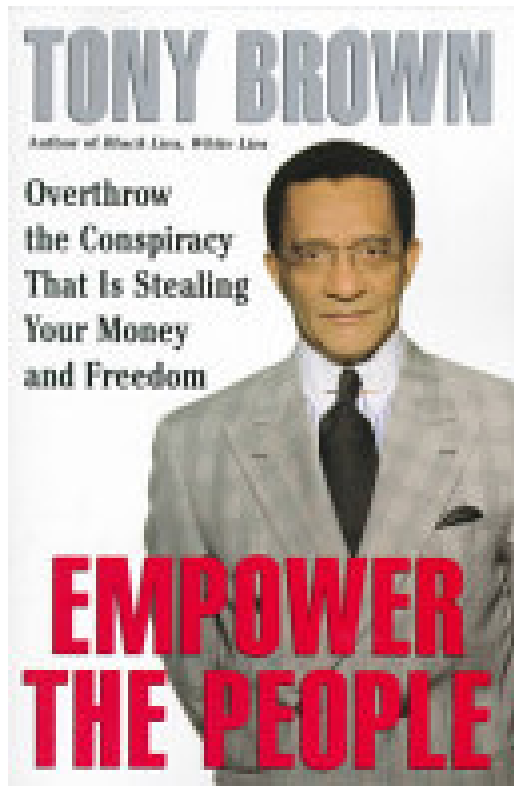
"Marable offers profound insight into the deeply intertwined problems of race and class in the United States historically and today." [\(Source\)](#)



8. The Destruction of Black Civilization

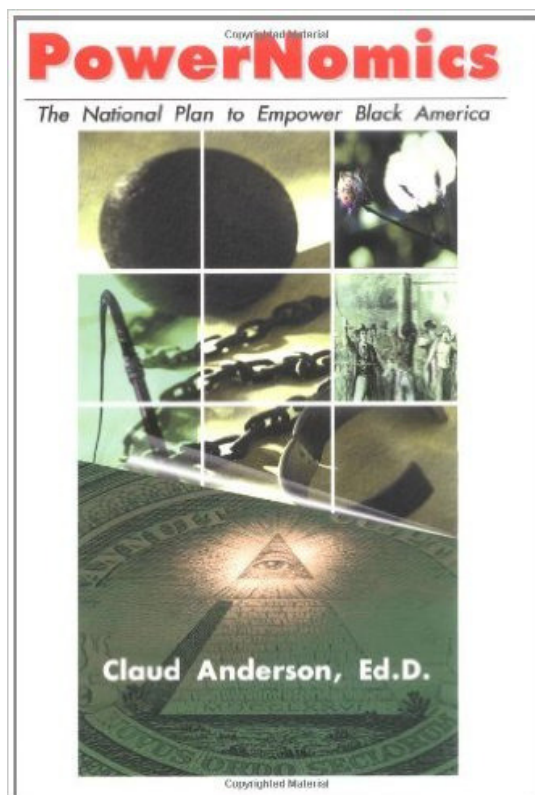
Chancellor Williams

"A widely read classic exposition of the history of Africans on the continent—and the people of African descent in the United States and in the diaspora—this well researched analysis details the development of civilization in Africa." [\(Source\)](#)



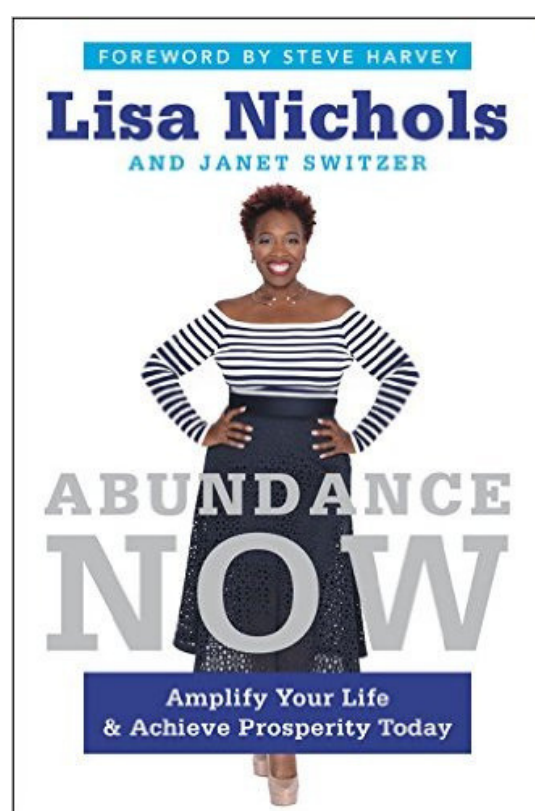
9. Empower the People, Tony Brown

"In the follow-up to his very successful Black Lies, White Lies, controversial talk-show host and radio commentator Tony Brown presents a practical plan to reclaim our resources and institutions from a selfish and exclusive power elite." [\(Source\)](#)



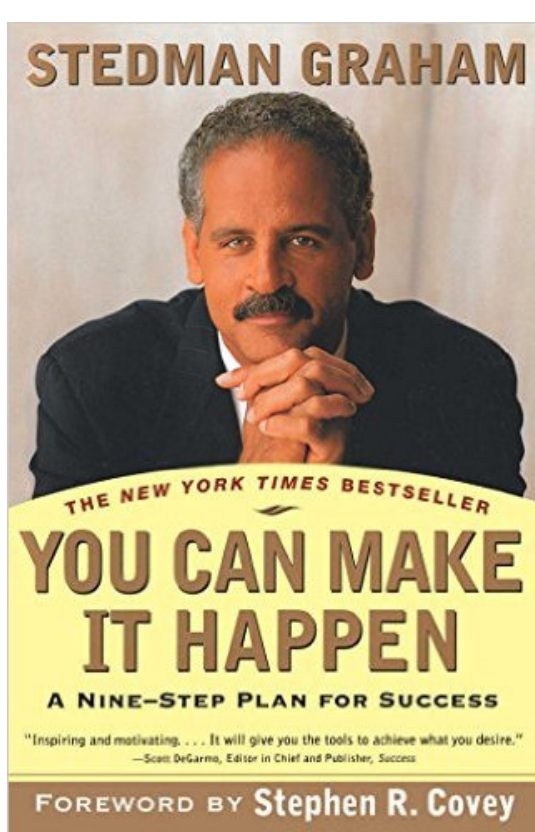
10. PowerNomics: The National Plan to Empower Black America, Dr. Claud Anderson

"PowerNomics analyzes the complex web of racial monopolies and Black America's inappropriate behavior patterns that are driving it into a permanent underclass status. Dr. Anderson proposes new concepts that teach Blacks new ways to see, think, and behave in race matters." [\(Source\)](#)



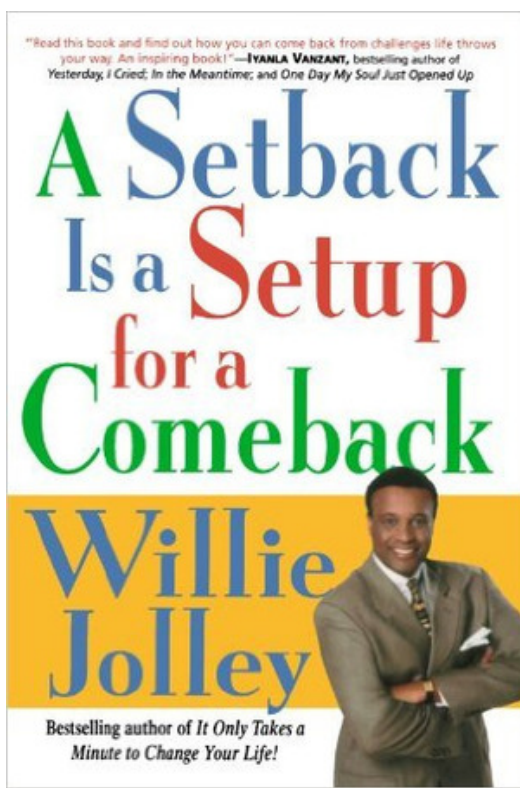
11. Abundance Now: Amplify Your Life & Achieve Prosperity Today, Lisa Nichols

"New York Times bestselling author, Personal Transformation guru, and life coach for the Steve Harvey Show and Today, Lisa Nichols shares her journey from scarcity to abundance, outlining steps everyone can take to create abundance in career, relationships, self, and finances—while creating a legacy for others to follow." [\(Source\)](#)



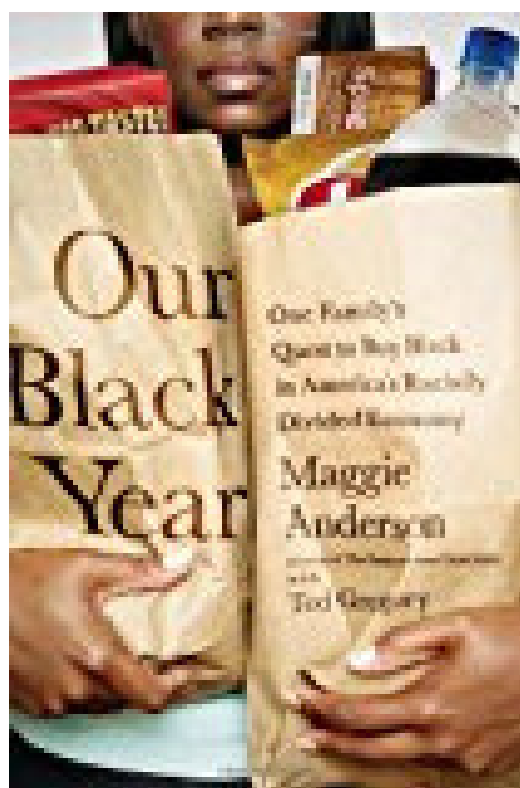
12. You Can Make It Happen: A Nine Step Plan for Success, Stedman Graham

"In formulating his Nine-Step Plan for Success, Graham draws candidly on his experience as a professional athlete, the founder of the not-for-profit Athletes Against Drugs, and as a corporate and community leader. This plan is grounded in his conviction that the circumstances of your past are not nearly as significant as your belief in your capabilities and your determination to carry through a plan to accomplish your goals." [\(Source\)](#)



13. A Setback Is a Setup for a Comeback, Willie Jolley

"In A Setback Is A Setup For A Comeback, Willie presents his "VDAD" formula (Vision, Decision, Action, Desire) for overcoming life's constant challenges. He shares his techniques for taking control of your destiny, using anecdotes and stories that will encourage you to focus and take action on your dreams-despite the adversities!" [\(Source\)](#)



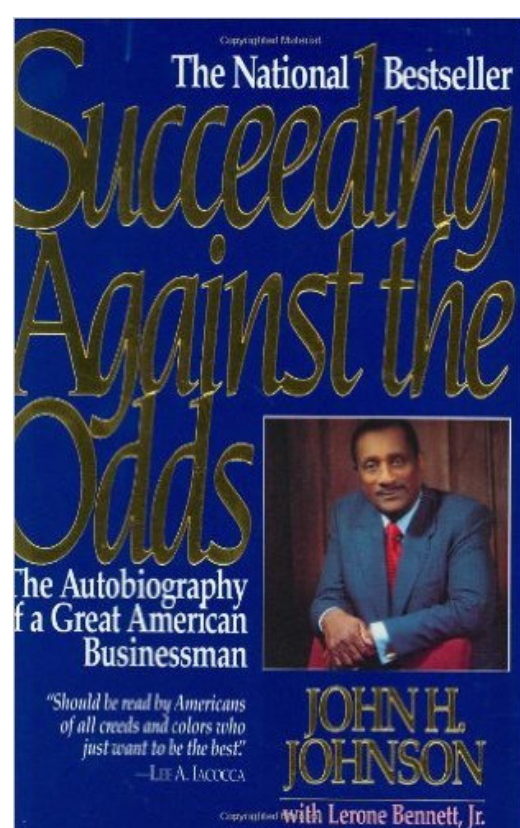
14. Our Black Year: One Family's Quest to Buy Black in America's Racially Divided Economy, Maggie Anderson

"Our Black Year: One Family's Quest to Buy Black in America's Racially Divided Economy is an inspiring and often mind-bending case study of what it takes to make self-help economics a reality of day-to-day living for African Americans. The economic odyssey of the Anderson family is nothing short of heroic." [\(Source\)](#)



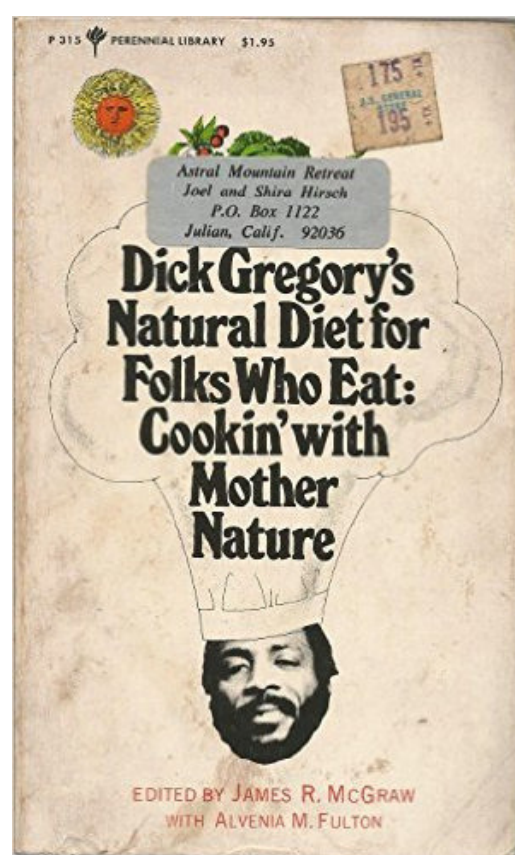
15. Unbought and Unbossed, Shirley Chisholm

"Unbought and Unbossed is Shirley Chisholm's account of her remarkable rise from young girl in Brooklyn to America's first African-American Congresswoman. She shares how she took on an entrenched system, gave a public voice to millions, and sets the stage for her trailblazing bid to be the first woman and first African-American President of the United States. By daring to be herself, Shirley Chisholm shows us how she forever changed the status quo." [\(Source\)](#)



16. Succeeding Against the Odds: The Autobiography of a Great American Businessman, John H. Johnson

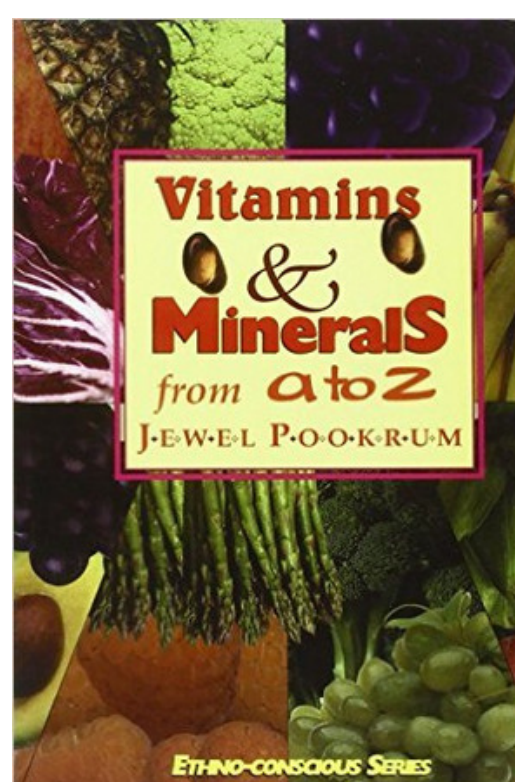
"One of America's wealthiest entrepreneurs, John H. Johnson rose from the welfare rolls of the Depression to become the most successful Black businessman in American history; the founder of Ebony, Jet, and EM magazines; and a member of the Forbes 400. Like the man himself, this autobiography is brash, inspirational, and truly unforgettable." [\(Source\)](#)



17. Dick Gregory's Natural Diet for Folks Who Eat: Cookin' With Mother Nature, Dick Gregory

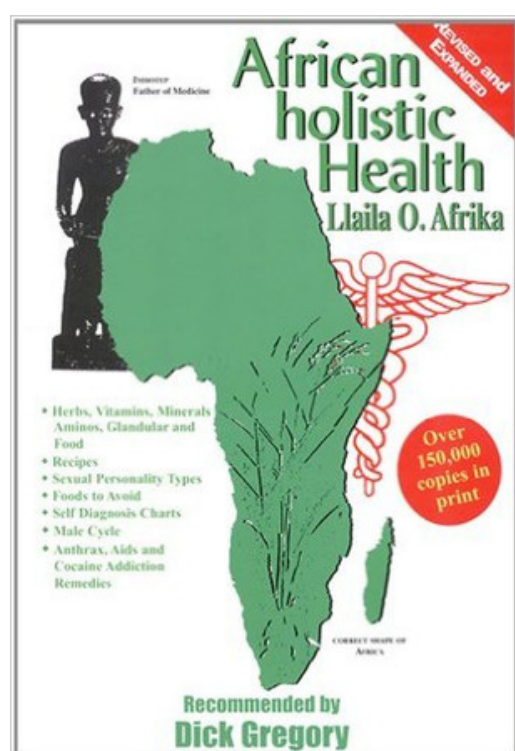
"An introduction to natural foods written with an eye to good health and an ear for the witty line. Even for those not ready to replace sirloin with soy bean, Gregory's discourse on the typical mistreatment of the digestive tract should be informative- it certainly is amusing." [\(Source\)](#)

18. Vitamins & Minerals from A to Z, Jewel Pookrum

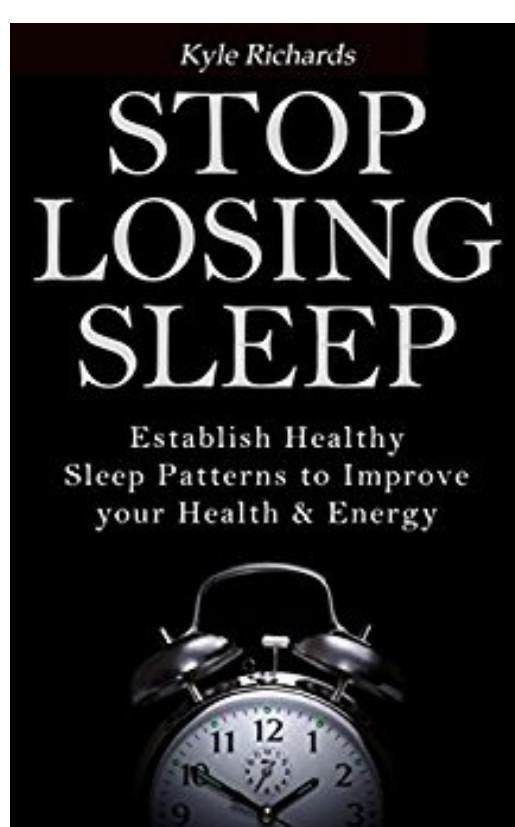


"This manual gives the reader a complete course on how to use vitamins and minerals along with clear description of their function. This manual will also instruct you as to how each vitamin and mineral discussed can be identified in foods. Discussed also in some detail is the ethnicity of races, especially the melanin-dominant race and how minerals and vitamins are applicable to the majority of this population on the planet Earth." [\(Source\)](#)

19. African Holistic Health, Llaila Afrika

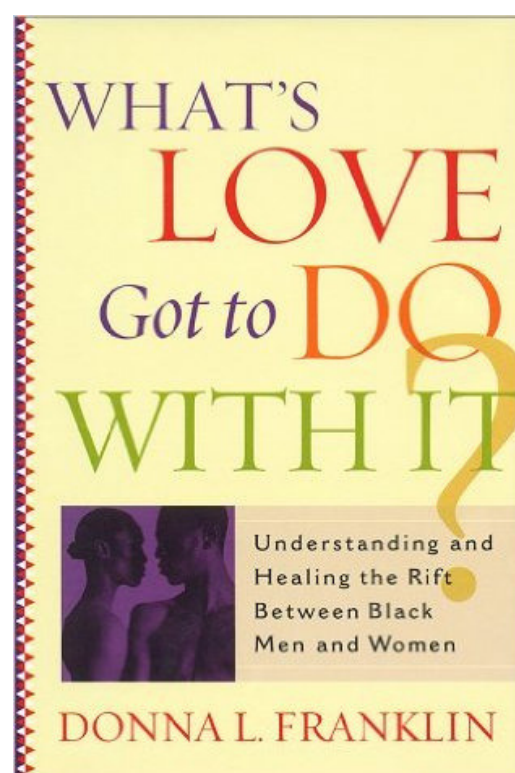


"African Holistic Health addresses health issues from a comprehensive African-centered viewpoint. It provides a complete guide to herbal remedies along with homeopathic disease treatments. What makes African Holistic Health truly unique is the research Dr. Afrika has provided on the physiological and psychological differences between people of African descent verses people of European descent." [\(Source\)](#)



20. Stop Losing Sleep: Establish Healthy Sleep Patterns to Improve your Health and Energy, Kyle Richards

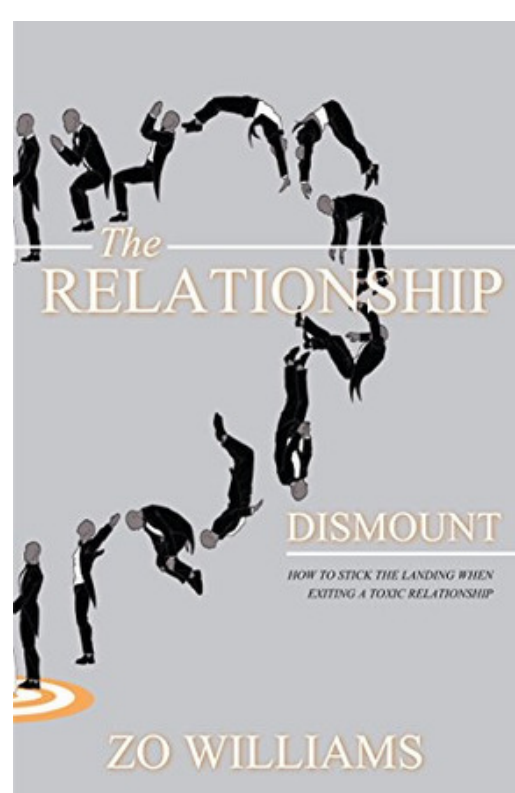
"Simple, workable solutions for anyone who's serious about solving their sleep problems! Learn how to re-set your sleep patterns without losing time or energy during the day, and so much more!" [\(Source\)](#)



21. What's Love Got To Do With It?: Understanding And Healing The Rift Between Black Men And Women,

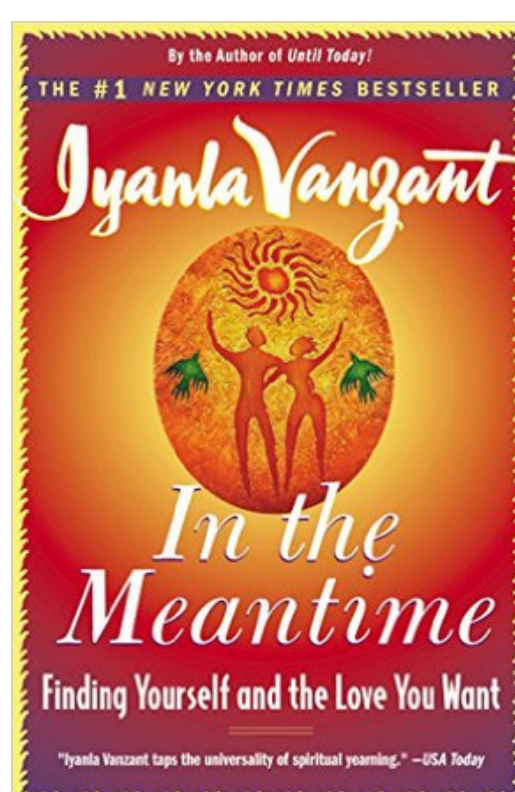
Donna Franklin

"Relationships between black men and women in America are in crisis. In "What's Love Got to Do with It?" Donna Franklin, provides an incisive and riveting analysis of the gender tensions that are a common legacy of slavery and its aftermath." [\(Source\)](#)



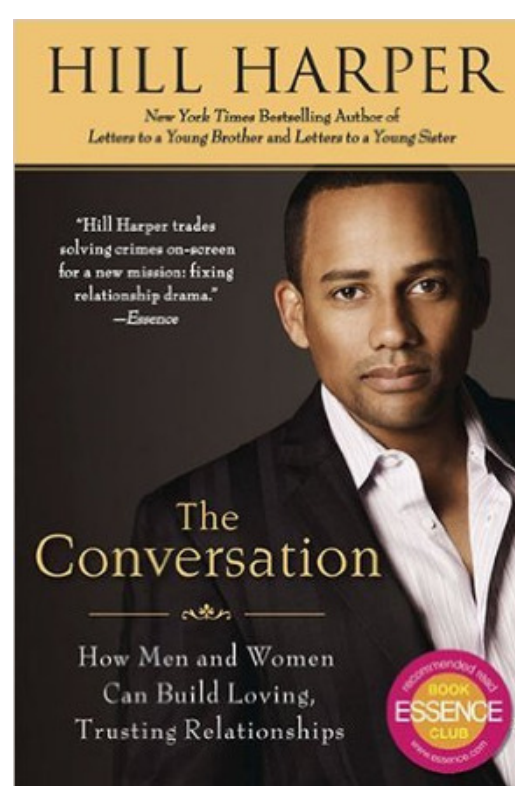
22. The Relationship Dismount: How to Stick the Landing When Exiting a Toxic Relationship, Zo Williams

"In Zo Williams' new book, The Relationship Dismount, he will teach you how to identify the attitudes and behaviors that have been holding you back from being your best or your happiest self. He will help you figure out what is worth keeping, what we need to stop doing, and what we need to begin doing in order to have a healthy relationship." [\(Source\)](#)



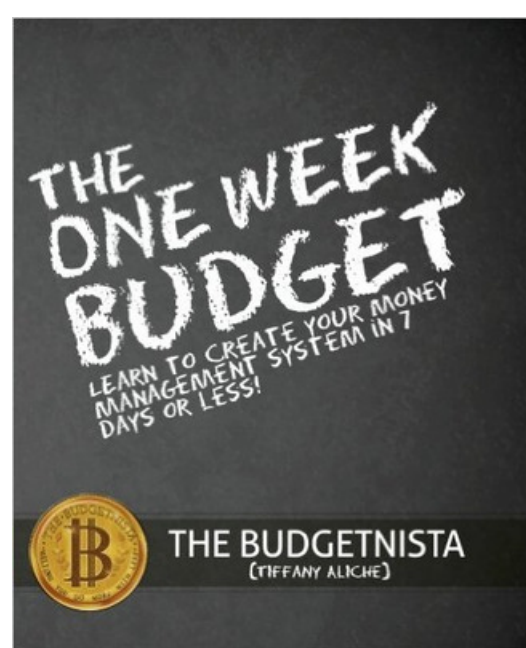
23. In the Meantime: Finding Yourself and the Love You Want, Iyanla Vanzant

"Every living being wants to experience the light of love. The problem is that our windows are dirty! The windows of our hearts and minds are streaked with past pains and hurts, past memories and disappointments. In this book, Iyanla Vanzant teaches us how to do our mental housekeeping so that we can clean the windows, floors, walls, closets, and corners of our minds. If we do a good job, our spirits will shine bringing in the light of true love and happiness." [\(Source\)](#)



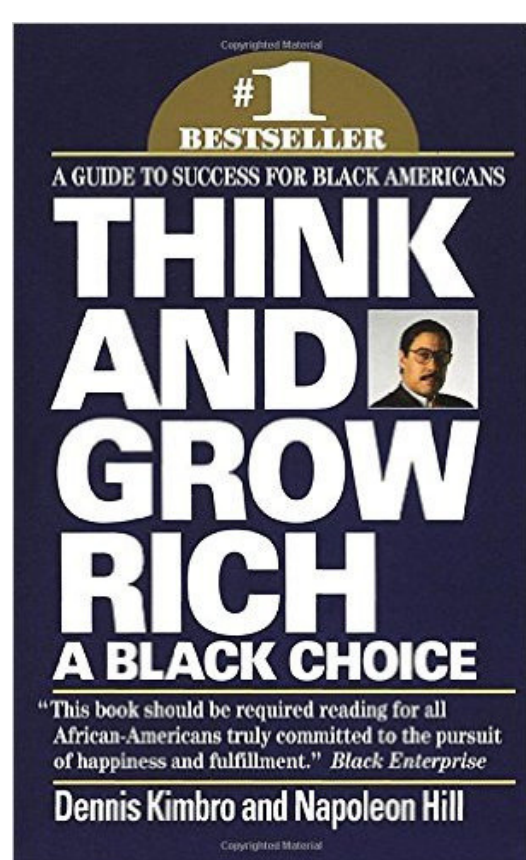
24. The Conversation: How Men and Women Can Build Loving, Trusting Relationships, Hill Harper

"Only 34 percent of African-American children today are raised in two-parent households, a sharp contrast to 1966, when 85 percent of black children were raised by two parents. In provocative but heartfelt words, Hill Harper takes on these urgent challenges, bringing a variety of issues out of the shadows." [\(Source\)](#)



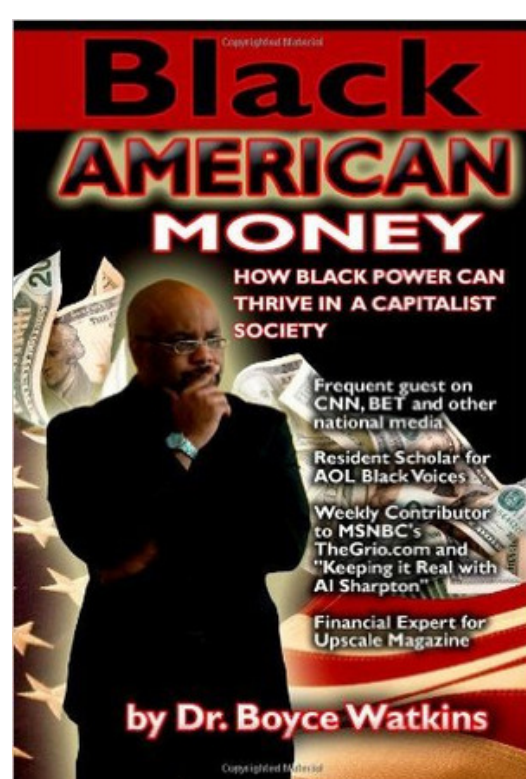
25. The One Week Budget: Learn to Create Your Money Management System in 7 Days or Less!,
Tiffany The Budgetnista Aliche

"The One Week Budget is for anyone that wants to manage their day-to-day money without the day-to-day trouble. Does this sound like you? What are you waiting for? Read the book!" [\(Source\)](#)



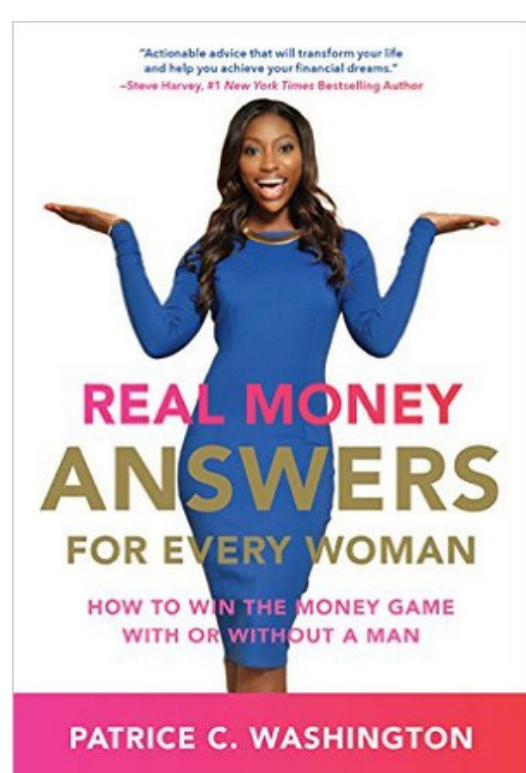
26. Think and Grow Rich: A Black Choice, Dennis Kimbro

"Author and entrepreneur Dennis Kimbro combines bestselling author Napoleon Hill's law of success with his own vast knowledge of business, contemporary affairs, and the vibrant culture of Black America to teach you the secrets to success used by scores of black Americans." [\(Source\)](#)



27. Black American Money, Dr. Boyce Watkins

"In this book, Dr. Boyce Watkins breaks down how black power can thrive in a capitalist society. In his standard down-to-earth style, Dr. Watkins explains how capitalism works in America and why money stands in the way of true racial equality. This is a must-read for those seeking to understand the next generation in the pursuit of Civil Rights." [\(Source\)](#)



28. Real Money Answers for Every Woman: How to Win the Money Game With or Without a Man, Patrice C. Washington

"Real Money Answers for Every Woman teaches you how to take responsibility for your financial future, whether you're just starting out or need a fresh start. In a handy Q & A format, it offers relatable and easy to understand and implement advice on everything from managing credit cards, home ownership, and student loans to affordable childcare and even negotiating for a higher salary. "
[\(Source\)](#)