

AESOP's Leadership Network

Reading & Listening List

Recommended Books and Literature

Self-Care and Wellness

- [**Rest Is Resistance: A Manifesto**](#) by Tricia Hersey
- [**Racial Wellness: A Guide to Liberatory Healing for Black, Indigenous, and People of Color**](#) by Jacquelyn Ogorchukwu Iyamah
- [**Set Boundaries, Find Peace: A Guide to Reclaiming Yourself**](#) by Nedra Glover Tawwab

Healing and Community

- [**Healing Justice Lineages: Dreaming at the Crossroads of Liberation, Collective Care, and Safety**](#) by Cara Page and Erica Woodland
- [**Building The Beloved Community: A Life Practice**](#) by Puanani Burgess
- [**How We Show Up: Reclaiming Family, Friendship, and Community**](#) by Mia Birdsong
- [**Securing the Sacred: Usable Truths, Secret Pledges, and Clarion Calls in the Story of Shiphrah and Puah, the Midwives**](#) by Alison Gise Johnson and Vanessa D. Monroe
- [**Uncomfortable Conversations with a Black Man**](#) by Emmanuel Acho

Leadership

- [**Strengthening the Soul of your Leadership: Seeking God in the Crucible of Ministry**](#) by Ruth Haley Barton
- [**The Purpose of Power: How We Come Together When We Fall Apart**](#) by Alicia Garza
- [**Lead from the Outside: How to Build Your Future and Make Real Change**](#) by Stacey Abrams
- [**Professional Troublemaker**](#) by Luvvie Ajayi

Social Justice and Activism

- [Medicine Stories: Essays for Radicals](#) by Aurora Levins Morales
- [Pedagogy of the Oppressed](#) by Paulo Freire

Trauma and Racism

- [My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#) by Resmaa Menakem
- [The Racial Healing Handbook](#) by Anneliese A. Singh PhD LPC
- [What My Bones Know: A Memoir of Healing from Complex Trauma](#) by Stephanie Foo
- [Break the Cycle: A Guide to Healing Intergenerational Trauma](#) by Dr Mariel Buqué

Other reading lists can be found in “Other Tools and Resources”

Recommended Articles

- [Centering Restorative Principles for BIPOC Leaders in Nonprofits - Non Profit New | Nonprofit Quarterly](#)
- [Workplace Mental Health & Well-Being — Current Priorities of the U.S. Surgeon General](#)
- [A Growing Movement of Sabbaticals for BIPOC Leaders - Non Profit News | Nonprofit Quarterly](#)
- [Sabbaticals and the Case for More Rest for Leaders of Color - Philanthropy Today](#)
- [Acknowledging Grief as a Determinant of Health: Public Health Needs to Listen and Learn](#)
- *A full list of articles/blogposts can be found in our [Resource Hub](#)*

Podcasts

- [Finding Our Way by Prentis Hemphill](#)
- [Rest is Resistance with Tricia Hersey on Become A Good Ancestor with Layla Saad](#)
- [Building Power with Alicia Garza](#)
- [Black Girls Heal](#)
- [Uncomfortable Conversations](#)

Other Tools and Resources

- [TavaHealth Book Recommendations](#)
- [The Write-In Journal: Creative Writing for Soul Care](#)
- [Love Notes for our Social Justice Leaders \(Strategies for Social Change\)](#)
- [Productivity Paradox - Artwork and Tools](#)
- [Nonprofit AF Blog](#)
- [India House Houston - Wellness and Fitness Programs](#)
- [UConn BIPOC Wellness Resources](#)