

For Healing from Racial Trauma:

- "My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies" by Resmaa Menakem
- "Dear White Peacemakers: Dismantling Racism with Grit and Grace" by Osheta Moore (for those with a Christian worldview)

For Asian American Identity:

- "Minor Feelings: An Asian American Reckoning" by Cathy Park Hong
- "Permission to Come Home: Reclaiming Mental Health as Asian Americans" by Jenny Wang
- "Patterns that Remain: A Guide to Healing for Asian Children of Immigrants" by Stacey Diane Arañez Litam

For Adoption:

- "You Should Be Grateful: Stories of Race, Identity, and Transracial Adoption" by Angela Tucker
- "What White Parents Should Know About Transracial Adoption: An Adoptee's Perspective on its History, Nuances, and Practices" by Melissa Guida-Richards

For Racial Identity:

- Look up the Racial/Cultural Identity Development (RCID) Model and White Racial Identity Development (WRID) Model for more information on the stages of racial identity development.