

Coates, Ta-Nehisi. (2015). *Between the world and me*. New York: Spiegel & Grau.

It is no surprise that James Baldwin inspired Ta-Nehisi Coates. When interviewed during a New York Public Library Podcast, Coates acknowledged that he wanted to write like the master himself. Following in Baldwin's style, Coates writes an epistle to his adolescent son. He wishes to enlighten, educate, and protect his son. He shares his knowledge about the world, his life experiences, and his understanding about what it means to be a Black man in a very dangerous world.

I found myself wanting to understand more about his world - a world I know little about. I quote his words to his son: "Here is what I would like for you to know: In America it is tradition to destroy the black body – it is heritage." These sobering, insightful words awaken something deep inside me. I am horrified by the reality in which many people must live their daily lives. No other writing has made me more aware of the plight of the Black man, woman, and children in this country. Coates is engaging entertaining, provocative and has a powerful narrative style. This is a book I kept returning to, each time determined to better understand his message.

This award-winning work will empower the group therapist to work more effectively with all African- Americans and to be more compassionate and understanding of the barriers that might arise during treatment.

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