

# Hope and Hard Pills to Swallow About Fighting for Black Lives

In his new book, *Hope and Hard Pills to Swallow About Fighting for Black Lives*, author Michael Harriot takes a hard look at the challenges and complexities of fighting for racial justice in America. Drawing on his own experiences as a black man in America, Harriot provides a unique and insightful perspective on the issue of race.



## All the White Friends I Couldn't Keep: Hope--and Hard Pills to Swallow--About Fighting for Black Lives

by Andre Henry

★★★★★ 5 out of 5

Language : English  
File size : 1766 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 263 pages



The book is divided into two parts. The first part, "Hope," focuses on the progress that has been made in the fight for racial justice. Harriot highlights the work of activists and leaders who have fought for civil rights and equality. He also discusses the importance of hope and optimism in the face of adversity.

The second part of the book, "Hard Pills to Swallow," is more sobering. Harriot confronts the racism and inequality that still exist in America. He talks about the challenges that black people face in every aspect of life, from education to employment to housing. He also discusses the police brutality and violence that black people are disproportionately subjected to.

*Hope and Hard Pills to Swallow* is a powerful and thought-provoking book that will challenge your assumptions about race in America. Harriot's writing is honest, insightful, and often funny. He does not shy away from the difficult truths about race, but he also offers a message of hope and optimism.

This book is a must-read for every American who wants to understand the challenges and complexities of fighting for racial justice. Harriot's insights will help you to see the world through the eyes of a black man and to better understand the lived experiences of black people in America.

## **About the Author**

Michael Harriot is a writer, comedian, and activist. He is a columnist for *The Root* and has written for *The New York Times*, *The Washington Post*, and *The Guardian*. He is also the author of the book *The Black Book of Black People*.

## **Reviews**

"*Hope and Hard Pills to Swallow* is a powerful and necessary book. Michael Harriot writes with honesty, insight, and humor about the challenges and complexities of fighting for racial justice in America. This book will challenge your assumptions about race and help you to see the

world through the eyes of a black man." -Ibram X. Kendi, author of *How to Be an Antiracist*

"Michael Harriot is one of the most important voices in America today. His writing is honest, insightful, and often funny. In *Hope and Hard Pills to Swallow*, he takes a hard look at the challenges and complexities of fighting for racial justice. This book is a must-read for every American who wants to understand the world we live in." -Ta-Nehisi Coates, author of *Between the World and Me*



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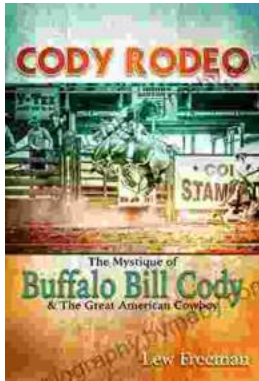
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