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For Fuller Book Reviews, I like [www.goodreads.com](http://www.goodreads.com)

**Opening Remarks:**

In this appendix, I give a list of books I have recently read to help me understand the reason peace on earth continues to elude us. Compiling this list, in and of itself, I found difficult since the ever increasing pace of modern day life shows up in trying to write down the publisher, the date and referencing any associated on line reference.

For each book, I gave a short impression of what I learned, felt in terms of us moving forward as a species because these day, I walk around with a knot in my stomach, crying many tears, often in a state of nausea, virtually alone (23/7...I have taken the measurement) to hold onto access to my own brain. Yet that is not what I project when I am out in public.

My next book, that I have started to read is "[Korea's Place In The Sun](#)", by Bruce Cumings, to try and understand what happened on that peninsula since Canada participated in the Korean war and I have no idea why. The hit 1972 to 1983 American TV show "Mash" is hardly a history lesson.

After that, I have several books in mind, one being on trying to understand the Israeli Palestinian Conflict, a very unequal situation with Israel holding the power and the Palestinians being driven out of their homeland.

I do not think we know enough yet about the Syria and Yemen situation. Journalists are have a tough time reporting on those wars and resulting death tolls and misery. We should be providing food, water and bandages, not dropping bombs and shooting bullets. And then there is the heart of Africa: the Congo and other troubled regions. War! Everywhere is War. And the best I have are my tears, my daily tears.

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“**BLACK LIVES MATTER**”, sadly not yet equally across the board of humanity

1) Dr. Joy DeGruy, “Post Traumatic Slave Syndrome” America's Legacy of Enduring Injury and Healing”, Published by Joy DeGruy Publications Inc., 2005, [www.joydegruy.com](http://www.joydegruy.com)

I feel this is the best book I have read that talks about how to heal from our combined past by facing it as opposed to “white” washing it. It once again reminded me of the horror my direct ancestors inflicted on the Americas through colonization. From this book, I coined the phrase “Post Traumatic Colonization Syndrome” which I see as similar but not identical. She also gives the best definition of institutionalized racism I have ever read. or heard.

My only critique I have is that Dr. Joy is a little too polite in her description of “my” people. Being “white” myself, I do have to be so polite.

With my own personal trauma, including an explicit episode of Post Traumatic Stress in 2014, I think we all need to find our inner healing, be we the perpetrators or the victims, often a combination of both to varying degrees, of past events as single human species. Maybe then we can cry a lot of cathartic tears, as I do daily, and then give each other a healing group hug to move forward as a more harmonious mosaic.

2) Bryan Stevenson, “Just Mercy: A Story of Justice and Redemption”, Published by Spiegel & Grau (Penguin Random House), 2014 and 2015 (Paperback), [www.bryanstevenson.com](http://www.bryanstevenson.com)

A stunning book that I found easy to read, going right to the gusto of just how difficult it is to deal with past wrongs. Change in the direction of love and forgiveness is possible but only in very small steps, one person at a time. Those in a weaker position pay the price with fear, terror, prison, torture and premature

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death, a consistent theme. Kudos to the brave few who take up the challenge to soldier on fighting for “equal justice”. In my eyes, that is how I see this author.

3) Ta-Nehisi Coates, “Between The World and Me”, Published by Spiegel & Grau (Penguin Random House), 2015, [www.ta-nehisicoates.com/](http://www.ta-nehisicoates.com/)

Formatted as a letter to his son, this book gives a very personal look at what it is to be a “black” parent, and the internal trauma that results in the effort to keep their children safe from racism in America, a behavioural pattern that shows, *on average*, the more skin tone a person has the more likely she/he will be targeted for discrimination, all too often with fatal results.

That does not make everyone in America racist, regardless of skin tone, but racism runs through all institutional life, not only in America but also globally. Dr. Joy De Gruy well describes, in her book on the “Post Traumatic Slave Syndrome” [see note 1 on page A1] how the “black” man and woman was categorized as having only three fifths the value of a “white” to keep the mistaken notion that “white” skin tone is superior, giving those of us with “white” skin an economic advantage, an advantage I am very aware of every time I see a policeman in uniform and when I walk about town, be it mid day or 1AM.

Please note too that when we write a letter to our young, we are looking to the future which cannot get better for us all until we face, as a single species, our combined past and find our inner healing.

4) Mychal Denzel Smith, “Invisible Man, Got The Whole World Watching: A Young Black Managements Education”, Published by Nations Books (Hachette Book Group, Inc.), 2016, [@mychalsmith](https://twitter.com/mychalsmith) on [www.twitter.com](http://www.twitter.com)

A gripping, personal look of what it is to be born a “black” boy in the U.S.A., and how he is surprised to be alive at 25, expecting to be mowed down like so many

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young “black” boys actually are while they figure out how to grow into men. In his case, he acknowledges therapy helped, thankful to have family financial resources to pay for the process, also stating that so many do not.

5) Marc Lamont Hill, “Nobody: Casualties of America's War on the Vulnerable, from Ferguson to Flint and Beyond”, Published by Atria books (Simon & Schuster, Inc.), 2016, [www.marclamonthill.com/](http://www.marclamonthill.com/)

From the halls of academia, comes a well researched, evidence based book explaining the need for a “black lives matter” and “poor peoples march” movement in the 21<sup>st</sup> century A.D., continuing the battle to end Racism and Classicism. What really hit me in the gut was the front cover (designed by Jason Booher) of a young, small “black” boy, standing alone, bewildered and vulnerable, as an army of people marched towards him in the background, led by a police cruiser with siren lights on.

6) Carol Anderson (PH.D.), “White Rage: The Unspoken Truth of Our Racial Divide”, Published by Bloomsbury Publishing Plc., 2016, [https://en.wikipedia.org/wiki/White\\_Rage](https://en.wikipedia.org/wiki/White_Rage)

That a person of colour, be they North American Native or labelled “black”, looks at me with hatred and mistrust in their eyes, at first sight, I understand given our history. When a person, we label as “white” looks a a person of colour with hatred, disgust and/or mistrust, I do not understand. Worse, too many of “my” people still act out their sense of “white” superiority with varying degrees of horrific results. This book describes well the historical “ah hah” moments in our North American history of how “white” supremacy took root in the “new” world, a world that is a lot older than a few hundred years.

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7) W. Kamau Bell, "The Awkward Thoughts of W. Kamau Bell: Tales of a 6' 4 , African American, Heterosexual, Cisgender, Left-Leaning, Asthmatic, Black and Proud Blerd, Mama's Boy, Dad, and Stand-Up Comedian", Published by Dutton Books, 2017, [www.wkamaubell.com](http://www.wkamaubell.com)

An entertaining, autobiographical look at the idiocy of racism and the business of comedy in North America and in the world. I recommend this book for those who need a softer approach to gain insight in dealing with the seriousness of racism and inequality to help us become part of the solution.

**AMERICAN CIVIL RIGHTS LEADERS FROM THE 1950s-70s and today**

8) Alex Haley, Malcolm X, Forward by daughter Attallah Shabazz, "The Autobiography of Malcolm X", Republished by Ballantine Books, 2014, original printings & copyrights: 1964, 1965, Forward 1999

Living in Canada still finding my own way in the 1950s-1960s, I knew little about Malcolm X. Our media presented him as a polarizing, dangerous, violent individual. Since I am not a fan of any kind of violence, I was drawn and moved more by the civil rights movement for which Dr. Martin Luther King Jr. evolved as the historical icon. That said, reading this autobiography opened my mind as to how wrong what I was told was. In many ways, Malcolm X demonstrates what life is: a journey of reflection, self correcting and inner spiritual growth as member of humanity, a species at war with its own self. In other words: a bumpy road up to finding personal truth.

When Malcolm X's life was cut down in 1965, humanity lost big time as he fought for dignity and respect for people of colour and those in a societal weakened position. More than any book I have read recently, I would say this book demonstrates the title of my book: *"Thoughts on Provoking Thought On Love and Forgiveness To Become A Builder of Peace"*.

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9) Manning Marble, "Malcolm X: A Life of Reinvention", Published by the Penguin Group, 2011

Other than poking into what I call the personal private life of a married couple with gossip and conjecture, I found this book informative filling in detail not in the autobiography mentioned in note 8) on this page.

10) John Lewis (with Michael D'Orso), "Walking With The Wind: A Memoir of the Movement", Published by Simon & Schuster Paperbacks, 1998

An astounding closeup and personal look at the U.S.A. Civil Rights movement of the 1950's and 1960's. If this book doesn't move a person to get involved and become part of the solution at that deeper level, nothing will. In that case, we need to stop having children as it is not fair to our young to not try a little more and a little harder to build peace on earth. I found myself spiritually moved positively on the one hand, but very troubled on the other, as to what it takes to move the evil that "white" supremacy is even a smidgen.

11) Martin Luther King, Jr.(Edited/Introduced by Cornel West), "The Radical King", Published by Beacon Press, 2015

A collection of writings by Dr. King Jr., himself, I am glad I read this book. Instead of the usual "warm and fuzzy" saintly image presented to the "white" community so that they may budge a few inches on dealing with our racism, I saw a man committed to the struggle against the power structure of the day, the only way he knew how.

12) Carl T. Rowan, "Breaking Barriers: A Memoir", Published by Little Brown and Company (Harpers Collins Publishers, Inc.), 1991

An eye opening book into the personal inner circles of American presidencies in

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Washington, D.C. during and since the Kennedy-Johnson years. I felt I was a fly on the wall. Rising in rank from being a journalist to ambassador in Finland, Carl Rowan vividly describes the struggle of being “black” in America.

13) Marshall “Eddie” Conway & Dominique Stevenson, “Marshall Law: The Life & Times of a Baltimore Black Panther”, Published by AK Press, 2011 & iLAMWE Press with BCP Digital Printing (Black Classic Press), 2014.

Yet another look at racism and white supremacy in north America as it ties in with an unjust justice system. This book gives the reader deeper insight into what it is to be on the inside of America's prison for decades as a “freedom” fighter for “his” people. A modern day “horror” story of never giving up fighting for an equitable portion of the earth's resources, to be shared among all of humanity...soon to be 8 billion of us.

**SCIENCE & RACISM: LOOKING FOR ROOTS & IDENTITY**

14) Alondra Nelson, “The Social Life of DNA: Race, Reparations and Reconstruction After The Genome”, Published by Beacon Press (2016), [www.alondranelson.com/](http://www.alondranelson.com/)

An excellent description of how genetics have given us diversity over time, each one of us unique from a common root: one male, the other female. And once again, I feel punched in my gut at the unbelievable cruelty “my” people spread around the globe through colonization, the post Atlantic slave trade and a level of financial commercialization of preying on the weak never seen before. The author then goes into a quest of how many people of colour in, the Americas, are looking for their roots, identity and lost cultures, a journey of “inner healing”. The latter is a journey we all need but depending on which side of the human made colour line we landed at birth, the journey differs depending on whether we are the perpetrators, the victims or both of the mistaken notion of “white” supremacy.

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**THE NIGERIAN CONNECTION**

15) Richard Inya, "Katakata (Discordant Voices), Published by Richesrich Ink Options, 2014

"Katakata" is a series of poems that so aptly describe the situation in Nigeria and in so many other conflict zones around the globe. As I read the poems in Katakata, I can so clearly see the pain, sorrow and anger that armed conflict continues to inflict as if I was looking at a series of photographs, hearing the voices of the victims cry while the war drums beat. Is it not time, we learn to silence the war drums?

16) Adjekpagbon Blessed Mudiaga, "Domestic Daddy", Published by Bulkybon Publications Company, 2012, [www.bulkybonbooks.blogspot.com/](http://www.bulkybonbooks.blogspot.com/)

Changing patterns of gender roles, war, love, marriage, is the best way to describe this book. This time the setting is Nigeria but it could be anywhere since no place on earth is yet the best it can be in terms of the evolution of the human spirit under the banner of understanding, empathy and inner healing from our combined past.

17) Miakpo Emiaso. "Forgiveness: A Sure Pathway To Peace and Joy", Published by SOS Publications, 2015

I absolutely agree with the book cover. The author clearly states he writes from what I call a strong belief in Christianity. He also brings in some of his interactions with others through social media. The author raised an interesting question: "Is forgiveness complete if there is no forgetting?"

To that I say, some deeds are so horrid, forgetting can only come in death and we need the reminder and recall to not keep on making the same mistakes, over

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and over. In any case, we must not stay stuck in our anger, our hurts, our frustrations, our fears and find a means to move on without causing further injury.

18) Macpherson Okpara, "First Class Suite and Other Stories", Published by Tinks Graphics Publishers, Enugu, Nigeria, 2<sup>nd</sup> printing October 2018

Using the short story collection, the author explores the complexities of Nigerian culture, a culture of many divisions and influences. We get an inside look at a country that colonialism put together in such a way that democratic success would be unlikely (as modern day events demonstrate), reflecting issues all of humanity is grappling with from pedophilia to tragic marriage, poverty to pretentiousness, corruption to personal happiness."

**THE ENVIRONMENT, SAVING THE PLANET and EACH OTHER**

19) Nnimmo Bassey, "Oil Politics: Echoes of Ecological Wars", Published by Daraja Press, 2016

A compilation of articles written by the author over time as an environmental activists looking at the issue from what we call the developing world and the political economic "dance", an inverse proportional one, between the "first" world and the "third". The slogan "Keep It In The Ground", with regard to fossil fuels and the need to find a new way of life that is more equitable and sustainable is well explored.

20) Naomi Klein, "This Changes Everything: Capitalism vs The Climate", Published by Vintage Canada (Random House of Canada, Limited [a Penguin House Company], and in the USA by Simon & Schuster, New York, 2014 & 2015, @naomiklein on [www.twitter.com](http://www.twitter.com)

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An extensive book covering the same issues, in extensive detail, Nnimmo Bassey covers in his. See my previous comments in note numbered 19).

**ELITISM, VIOLENCE, WAR, POVERTY**

21) David Suzuki, "Letters To My Grandchildren" , Published by Greystone, 2015 2<sup>nd</sup> publication (first in December 2014), <https://davidsuzuki.org/>

When writing a letter to our children and grandchildren, we are speaking to the future. In this case, the author is really speaking to all our grandchildren from his own very personal perspective of experiencing Canada's internment camp during world war 2 because of his Japanese heritage, racism and finding a place in the world of genetic science and then as a Canadian broadcaster and commentator on the wondrous nature of nature, his personal connection with Canada's aboriginal people and eco activism to save our world for our young.

The book helped put many pieces in place for me in that I lost some of my ill placed guilt of not being able to volunteer for every cause and event that I feel I need to support, unless I clone myself.

David Suzuki expressed concern we are developing the attention span of a hummingbird. I share that concern but I would say we are developing the attention span that is closer to that of a gnat, at least for issues that we need to face as a global community made up of many local ones.

Then there is guilt. When we do everything possible to do our best, such as giving birth to a child, and that child has what we call a genetic flaw, I see no reason for guilt but plenty of reason to embrace the child to ensure bootstraps are in place. No one is born a perfect human and we each have our challenges to deal with. And in cases when we feel we did not do our best, let us learn to forgive and find ways to lift each other up.

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22) Gary Younge, Another Day in the Death of America: A Chronicle of Ten Short Lives", by Nation Books (2016), [www.garyyounge.com/](http://www.garyyounge.com/)

I highly recommend this book to gain a better understanding of the complexities that makes up the U.S.A. Gary Younge, takes the process of understanding us through statistical analysis of data mining, to give us a close up and personal look when our children die too young from gun violence, from the perspective of a Bajan - British Black Male journalist and author.

In an interview, Gary Younge said something very significant to me. "Black" men are just as, if not more, positively involved in the raising of their children as "white" men. Based on what I have seen personally, I concur! Sadly, there still exists a misconception that "white" men are somehow more virtuous than those with more skin tone than I, a misconception I see as a result of our combined past that continues to infect the present.

23) Mohammed Yunus, "Creating a World Without Poverty: Social Business and the Future of Capitalism", Published by PublicAffairs, 2008

In terms of helping others, the author, an economist by trade, does the best job in terms of explaining what help actually is. Help is a process where we find ways to keep the dignity and respect in place for both the giver, and the recipient. Help that enables is not help. Help that is a Trojan horse is also not help. True help empowers both the giver and the recipient.

Over my 76 plus years, searching for answers as to what divides us, I have discovered that a huge gap in our economic standing, be that in a personal relationship or in society, is the most difficult to deal with in when money can be used as a form of power over another and is all too often misused in such a manner.

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24) Doug Saunders, "Arrival City/The Final Migration and Our Next World", Published by Vintage Canada Limited, 2011 (Random House), [www.dougsaunders.net/](http://www.dougsaunders.net/)

With so many of us migrating, too many forced to escape horrendous conditions and others looking for opportunity, the author explores the reasons. I felt I was in the slums, the ghettos, the bordellos of the world looking out at the opulence right next door. The root cause, well described, is how exploitation by those who have more in terms of material wealth and social standing continue to take advantage of anyone in a weakened financial position. More so the description of what the "poor" end up doing to survive is, at times almost comical, if it were not so dangerous and degrading. The solution is also presented: find ways to empower each one of us, economically!

25) Ishmael Beah, "Long Way Gone / The Memoirs of a Boy Soldier". Published by Farrar Straus Giroux [Also see: Sarah Crichton Books], 2007

This book needs to be read by everyone who is concerned about our future and believes peace building through empathy and understanding is the only path forward and that yet more and more lethal, "smarter", lighter weapons adding in designer mood/mind altering drugs is human lunacy.

The use of children to fight our adult issues began to take a new horrifying dimension in the latter half of the 20<sup>th</sup> century as modern day warfare evolved along with our use of chemicals to alter brain chemistry. The book describes a perfect storm with haunting images, maintaining the beauty that Africa also is. And then the resources we need to bring back just one child from the depths of hell on earth is a lesson in what we who have found inner health must do to save our species.

The inverse proportional relationship between the apathy and arrogance of the

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“first” world and the underdog perception of the “third” is abundantly clear in this book as some of us, all over the globe, look for ways to build a second world in between two extremes.

26) Leymah Gbowee, “Mighty Be Our Powers / How Sisterhood, Prayer and Sex Changed a Nation at War”, Published by Beast Books, 2011, <http://mightybeourpowers.com/>

Non violent resistance in action at its very, very best on par the non violent civil rights movement of the 1950s to 1970s in the American deep south. This book is not for the faint of heart but it certainly dispels the myth that African woman are weak minded and easily allow themselves to be victimized. I would say quite the opposite considering how we, the colonizers, did our best to destroy the natural fabric of African societies, most of which put the emphasis on relationship within nature first: belly people. In other words: first we must feel right and then we think. Head people, like ones I have come to know in my very Western “white” world, seem to think first and then chase their feelings, all too often denying they even exist and do not matter all that much.

28) Ayaan Hirsi Ali, “Infidel”, Published by Free Press, 2006 & 2007,

I so related to this very personal autobiography of the author as we both seek answers and recovery from our beginnings, hers more physically violent than mine since the horn of Africa is still at war trying to figure out how to move forward from colonization, white supremacy, tribalism, and the use of Christianity and Islam to instill fear and conflict.

She describes what it is to be subjugated to the age old beliefs of female circumcision, female shaming, the plight of being a refugee and how we tend love our parents even when they betray us. That she ran away from Islam, I can certainly understand under her circumstance. Finding refuge in my birth country,

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rising to political stature only to end up in the U.S.A., I found interesting and shows the duality of all societies, reflecting the very reason I cannot find any place on earth to call home and the reason my strong belief in a “God of Love” is a personal one.

30) Steve Brauwer: “Revolutionary Doctors / How Venezuela and Cuba Are Changing the World's Conception of Health Care”. Published by Monthly Review Press, 2011

The author, an American, takes a closer look at community health care in poorer and often more remote communities. I was surprised at how well it can work by involving the the local citizens as a team. Personally, I am not a fan of dictatorship but when the focus is helping to empower people who often cannot afford private care, a dictatorship can work better, in my opinion, at least initially in dealing with natural disasters and helping to bring health to our global lower income sector and rural communities.

31) Al Gore, “The Future / Six Drivers of Global Change”, Published by Random House, 2013, [www.algore.com/](http://www.algore.com/)

A very thorough comprehensive look at our global situation that humanity is facing. By the time I was finished reading, I felt quite depressed. However, burying our heads in the sand will not help and therefore I appreciated this very thorough analysis of modern day times. We need to do some serious, realistic and down to earth problem solving and not follow every hare brained scheme that pops into the minds of some of our commercial engineers that would strip away our atmosphere in 2 to 5 minutes or turn our skies orange.

32) Jeremy Rifkin, “The Third Industrial Revolution / How Lateral Power Is Transforming Energy, the Economy, and the World”, Published by Palgrave MacMillan, 2011, [www.thethirdindustrialrevolution.com](http://www.thethirdindustrialrevolution.com)

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This book gave me hope that the issues we face of providing humanity with our energy needs, our employment needs and our building of democracy needs, all lie in using sustainable methods such as solar and wind with an power grid that is distributed and not centralized.

33) Jeremy Rifkin, "The Empathic Civilization / The Race To Global Consciousness In A World In Crisis", Published by Penguin, 2009-2010

I would call this book one of the most significant yet driest academic books ever in terms of understanding the evolution of human consciousness as it developed through the cultures that told their stories in writing as opposed to orally. It helped me understand life and our history better and I discovered "Marianne", the fictional heroine of the French revolution, a concept on which the U.S.A. statue of Liberty is based, a description that feels very autobiographical.

We do need to develop a global consciousness to offset EARTH INC., the latter being a term I borrowed from Al Gore, former U.S.A. Vice-president. Then, let us develop a global conscience and a fundamental shift in who and what we value,. This is crunch time! Without a very fundamental shift towards valuing every square inch of land as sacred and learning to value each other in the same way, humanity will cease to exist as we drown or boil along with our currently still beautiful planet, Mother Earth!

34) Timothy Snyder, "Black Earth / The Holocaust as History and Warning", Published by The Duggan House (Crown Publishing Group / Penquin Random Hose), 2015

Concentrating more on what happened in Eastern and Central Europe during world war 2, than on Western Europe, this book filled in much about what happened during world war 2, the one whose middle I was born into. I learned things about my birth country (the Netherlands) I would have preferred not to

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have learned. The Dutch royal family and federal government fled to Britain (and Canada) as soon as we were invaded. That led to more severe consequences for those who fled to my country for safety than if they had stayed in Germany. I gained a new found respect for having a citizenship, something too many of us still do not have and all too often take for granted.

The atrocities of war are so well described I actually threw up, at times, at the indignities we are capable of during war time, And today we talk of war as if it is a game. It is not! It is state ordered murder!

35) Ian McKay and Jamie Swift, "The Vimy Trap / Or, How We Learned to Stop Worrying and Love the GREAT WAR", Published by Between the Lines, 2016

I was transplanted by my parents to Canada in 1951. I am not here by birth nor by choice. Even my decision to become a citizen was not mine. Because I was 16 or 17, I lost my birth citizenship the day my parents became citizens since Canada did not allow for dual citizenship for people my age, at that time. What I was told about our history, when I came to Canada, by our local educational system, left much out and was very skewed, in favour of a Eurocentric view. As I aged, I learned more and more in bits and pieces only to discover I live on stolen lands, all 1,125 square feet (0.736 sq meters). I lost my birth culture in the process of trying to fit in, most of it in the first month. I have had to accept that I feel like a stranger 67 years later despite all the signs I see that Hamilton is a welcoming place. On the surface? Yes! Looking deeper was my mistake but at least I am finding my own personal truth.

That one of the co authors, Ian McKay, is from my university peaked my interest and after reading the book, I applaud both authors for being truth tellers. I am still trying to understand what world war one was all about and found out what all wars have at their root: discontent stirred up by those in power so that they enjoy their perks and we allow our selves to be used as pawns thinking war builds

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heroes, peace and it is best fought somewhere else but not at home. In today's world of globalization that is a fool's game.

36) Juan Gonzáles, "Reclaiming Gotham / Bill de Blasio and the Movement to End America's Tale of Two Cities", Published by The New Press, 2017, [www.democracynow.org](http://www.democracynow.org)

My city, Hamilton, Ontario, Canada can say we are literally a divided city of two: a lower city and an upper city since the Niagara Escarpment cuts a cliff right through our city of approximately 300 feet in height. That would be approximately 9144 centimeters, in places. In actual fact, we have many cities within our municipal boundary even more than the number voting blocks we call wards. We have farm land, industrial land, a natural beach, a man made beach, mafia style construction, ship yards, wonderful nature eco systems and the typical public works departments. We have a university, colleges, libraries, public and private schools each with a different funding model. We have many, many local, ever changing communities as we bring in more and more immigrant labour holding onto a past that never will be again to muddle through into a very uncertain future. Affordable housing continues to be a huge concern as we figure out how to deal with an aging population. Unnecessary items are becoming cheaper and cheaper as our selling spiels increase. In other words, Hamilton is gentrifying itself in the age of feminism.

Juan Gonzáles describes this back and forth process in politics very well and how we are swayed to vote, not always in our best collective best interest. Yes! The wheels that grind and bind us are slowly moving towards justice for all provided we do not become soon extinct. Only we adults can decide on the legacy we leave our young.

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37) Amy Goodman and David Goodman, "Static / Government Liars, Media Cheerleaders and the People Who Fight Back", Published by Hyperion Books, 2006, [www.democracynow.org](http://www.democracynow.org)

I think the title just about says it all, especially in 2018! Another must read, in my opinion!

38) Jonathan Tepperman, "The Fix / How Nations Survive and Thrive in a World in Decline", Published by Tim Duggan Books (Penquin Random House LLC, 2016

I found the book to be an interesting read looking at how individual nations and city states solve their socio-economic-political issues in a world that I describe as global apartheid. I do take exception to the word "The" in front of "Fix" in the title as too simplistic. Nor am I a fan of nation building in the age of globalization. I would have preferred a closer look at building a sustainable, decentralized energy grid using solar, wind, small hydro, oceanic, geothermal and tidal power, instead of our current centrally controlled fossil fuel grids. That said, we do still need to critically examine the present conventional ways of doing things (our common roots), see our mistakes and build that better future for us all.

39) David Rieff, "The Reproach of Hunger / Food, Justice and Money in the 21<sup>st</sup> Century", Published by Penquin Group, 2015

Since I believe that no person on earth needs more than \$250,000CA per year to live well, I found this book of great interest as the author explores the relationship between philanthropy and providing the basic necessities of life such as food! David Rieff explores how we got to the current state in a world of plenty, and global trade. Yet, we still have people who cannot afford the very basics: clean air, good quality water, nutritious food and a living wage. I thought he was being a bit too generous to the financially rich in the world who do choose philanthropy as

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their banner. Having volunteered often and in many charitable events, I have also learned that charity is also NOT the answer, in and of itself.

40) David Zirin, "Brazil's Dance with the Devil: The World Cup, the Olympics, and the Struggle for Democracy", Published by Haymarket Books (2014)

Given the current global turmoil and Brazilian's current "soft" coups in their 2018 election process, I thought this book was brilliant in describing what ails us in our quest to bring peace and belonging to this world. We continue our battle to end poverty, on the one hand, while figuring out how to establish governing bodies that reflect "power by the people for the people", on the other, A must read!

41) Yanis Varoufakis, "And The Weak Suffer What They Must? / Europe's Crisis and America's Economic Future", Published by Nations Books (Perseus Books Group), 2016

As former Finance Minister of Greece during the 2015 monetary crisis in the EU (European Union), though only briefly, (January to July 2015), I watched the author's many interviews on line, including ones with noted American author, revolutionary and M.I.T. linguistics professor, Noam Chomsky.

While watching the online interviews, I did feel like the proverbial fly on the wall watching a bunch of mafia style hoodlums at work who head the EU. As a result, I felt I had to buy this book and try to figure what was going on since I was born in Western Europe in "Holland" in 1942 and became a "legal" economic war refugee in 1951 to end up walking a rather unique journey in and out of mental health (aka shrink jail!). I did find the author's writing style a bit difficult for me to follow but still feel buying this book was money well spent.

Please do note the question mark in the title. It is very significant because that is a question I ask every day!

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42) Matt Taibbi, "The Divide / American Injustice in the Age of the Wealth Gap", Published by Spiegel & Grau, 2014

I retired early in 1994 from full time work and in 2003 from part time. Until 2008, I was quite happy with my pension plan and the people who managed it. And then in the fall of 2008, we had the stock market crash that woke me out my slumber and I decided to a better job of understanding how our financial systems work and the reasons so many people were hit hard financially. Matt Taibbi explains the reasons well in the context of North American Western society. The issues we need to solve go a lot deeper than simply looking at an accountant's balance sheet and studying the up and down of the market place. Racism, white supremacy, an unsustainable way of doing business, and our very imperfect justice system all play a part. In other words how do we come up with fair trade deals in a world of "free" trade deals negotiated in secret behind closed doors?

43) Connor Grennan, "Little Princes: One Man's Promise to Bring Home the Lost Children of Nepal", Published by William Morrow, 2010, 2011

This book reads like a thriller and a romance novel but describing the very serious situation our world is in. Who gets hurt the most? The children! I am seriously dumbstruck how little humanity cares for its young. We need to learn to care equally about all of our off spring or we will destroy ourselves. Exactly when, no one knows but unless there is a fundamental shift in how we live, I doubt many of us will be here 80 to 100 years from now. And if any of us are here, they will likely wish they were not.

44) Jeff Hobbs, "The Short and Tragic Life of Robert Peace: A Brilliant Young Man Who Left Newark for the Ivy League." Published by Scribner, 2014

The author gave me insight into what America's 30 to 40 year olds face, an off shoot of the 1960s when drugs went main stream, we were caught in an unjust

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war (all wars are unjust as far as I am concerned), the Beatles wave and Twiggy fashion and this supposed “free” love rebellion from a more rigid, puritanical, judgmental past, or so it seemed.

This book could easily be classified under the current “Black Lives Matter” movement or more accurately: “Black Lives Continue To Matter Less”, in my very Eurocentric society. The root cause for this tragic story are once again America’s split down racist lines, a hold over from its days of slavery and poverty. Furthermore, the story also speaks to America’s lust for money as a dream and guns as a tool for finding solutions to life’s issues. This I liken to looking for a pot of fool’s gold at the end of a rainbow.

45) Kathleen McAuliffe, “This Is Your Brain on Parasites / How Tiny Creatures Manipulate Our Behaviour and Shape Society”, Published by Houghton Mifflin Harcourt Publishing Company, 2016

If there was ever a reason to date, marry and/or produce offspring from as far away from a person’s original ancestry, this is the book to read. In other words, in the language of animal breeding, mutts tend to be healthier than pure breeds and the closer we breed within our own family pool, the more insane and less healthy, we tend to become. The true bridge builders in this world, when they are successful in the relationship department, are those who step outside their own societal norm. When not successful or such relationships are forced such as in the case of rape, we perpetuate the internal damage and often makes life worse.

This book is not for the squeamish if you faint at the sight of bug or blood or are terrified of germ contact. I found the book a very interesting read and suggest that all Naturopathic doctors also go through the book as an aid in their practice.

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46) Seymour M. Herch, "The Killing of Osama bin Laden", Published by Verso, 2016

A brief look at how our leaders play politics with us and that I really cannot believe anything I am told by any one media source but must look deeper by examining the same story from a minimum of five angles. As for the military, I think we need to give them a new job description, one of pure self defence and rescue operations within each country's borders. Getting involved militarily in the affairs of other countries appears to make matters worse and worse and worse.

47) Edited by Danielle Metcalfe-Chenail, "In This Together / Fifteen Stories of Truth & Reconciliation", Published by Blindell & Glass (TouchWood Editions), 2016

Our current system is one of global apartheid given to us by the institution of racism, "white" supremacy and usury, the making of money by taking advantage of anyone in a weakened position. Were there other factors? Yes! But Racism, arrogance by "my" people and the use money to build power by one group to yield over another, I see as public enemies number 1, number 2 and number 3 in random order. What we need is a truth and reconciliation process around the globe. Why? So that we can figure our how to repair the damage of the last 600 or so years! This book is a start, a first step. Yet, I still see "white" supremacy as a thread running through the stories but we need to start somewhere and start now, to let the inner healing for us all to begin.