Microaggressions in Everyday Life: Race, Gender, and Sexual Orientation

Written by bestselling author Derald Wing Sue, *Microaggressions in Everyday Life: Race, Gender, and Sexual Orientation* is a first-of-its-kind guide on the subject of microaggressions. This book insightfully looks at the various kinds of microaggressions and their psychological effects on both perpetrators and their targets.

Hoboken, N.J. (PRWEB) March 8, 2010 -- John Wiley & Sons - Modern forms of racism, sexism and heterosexism have become more disguised and covert rather than overtly expressed in the form of hatred and bigotry. Research indicates these old-fashioned forms of bias have not decreased, but instead have become more ambiguous and less obvious, making them more difficult to identify and acknowledge. These "microaggressions" are brief, everyday exchanges that send denigrating messages to certain individuals because of their group membership, such as race, gender, culture, religion, and sexual orientation. Written by bestselling author and multicultural expert Derald Wing Sue, MICROAGGRESSIONS IN EVERYDAY LIFE: Race, Gender, and Sexual Orientation (John Wiley & Sons; March 29, 2010; $45.00) not only illustrates the impact that microaggressions have on both victims and perpetrators, but also points the way to first address, and then eradicate, microaggressions on the individual, group, and community level.

While hate crimes and harassment continue to be committed by overt racists, sexists, and homophobes, the message of MICROAGGRESSIONS IN EVERYDAY LIFE is that the greatest harm to persons of color, women and LGBTs does not come from these conscious perpetrators. Instead, it’s from well-intentioned people, who are strongly motivated by egalitarian values, believe in their own morality, and experience themselves as fair-minded and decent people who would never consciously discriminate, which pose the biggest threat.

The book begins by introducing the concept of microaggressions and then presents a taxonomy of microaggressions. Next, the book looks at the psychological effect of microaggressions on both the perpetrator and target person. The manifestations of racial, gender, and sexual orientation microaggressions are explored along with their impact. Because no one is immune from inheriting the biases of the society, all citizens are exposed to a social conditioning process that imbibes within them prejudices, stereotypes and beliefs that lie outside their level of awareness. On a conscious level they may endorse egalitarian values, but on an unconscious level, they harbor anti-minority feelings. MICROAGGRESSIONS IN EVERYDAY LIFE describes the manifestation, psychological dynamics, detrimental impact of racial, gender and sexual orientation microaggressions.

MICROAGGRESSIONS IN EVERYDAY LIFE closes with a discussion of microaggressions in education, employment, and health care settings along with suggestions and guidelines for combating microaggressions. Each chapter concludes with a section called "The Way Forward" that contains guidelines, strategies, and interventions that can be taken to make society free of microaggressions. This book is essential for mental health professionals working in psychology, counseling, social work, and health care. Additionally students of multicultural psychology, multicultural counseling, or taking courses in social work and human services will find this book groundbreaking in their studies.

ABOUT THE AUTHOR:
Derald Wing Sue, Ph.D., is a Professor of Psychology and Education in the Department of Counseling and Clinical Psychology at Teachers College, Columbia University in New York, New York, and he also holds a joint appointment with the Columbia University School of Social Work. He is the coauthor of Counseling the
Culturally Diverse, now in its fifth edition and is one of the most cited multicultural scholars in the United States.

MICROAGGRESSIONS IN EVERYDAY LIFE
Race, Gender, and Sexual Orientation Published by John Wiley & Sons, Inc.

Publication date: March 29, 2010
$45.00; Hardcover; 352 pages; ISBN: 978-0-470-49140-9

ATTENTION REVIEWERS
For the convenience of your readers, please include the following in your review: Wiley books are available at your local bookstore or by calling 1-800-225-5945. In Canada, call 1-800-567-4797.

###