

Suggested Reading List
www.TheAlhavenGroup.com
inquiries@thealhavengroup.com

1. *The Autobiography of Malcolm X, Alex Haley*

This is the book that changed my life and was the start of my transformation to being a Strong Black Man. It is the story of Malcolm X.

It is the model for how knowledge and the proper mentoring can take a black man from being a criminal and transforms him into one of the most respected and feared leaders of our time.

2. *Visions for Black Men, Na'im Akbar*

Visions for Black Men is another classic analysis of the plight of black men in America. Na'im Akbar one of the preeminent scholars in the field of psychology analyzes the behavior of black men and how we have been conditioned to be this way. Once you understand what has happened to you, you are much more prepared to deal with it and accept and begin to practice solutions.

3. *Chains and Images of Psychological Slavery by Na'im Akbar*

This is another classic work from Na'im Akbar. I actually have a copy that was signed by the man himself. This is a MUST read for anyone who is serious about helping black men to reach their full potential. This book traces the conditions exhibited by most African Americans and our attitudes toward such things as work and fatherhood back to slavery. No one wants to hear this but it is the truth. From page 28:

"Today in African American communities around America, we carry the mark of the strong-armed stud of slavery. He occurs as the modern-day pimp or the man who delights in leaving neglected babies around town. He is the man who feels that he is a man only by physical, violent or sexual exploits. He leaves welfare or chances to father his children--and he fathers his "ride", his "vines", or his "pad". This peculiar behavior is often characterized as a racial trait attributable to some type of moral weakness in African-American people. Such conclusions fail to identify the real origin of such traits. Such family irresponsibility does not occur among African people who have not endured the ravages of slavery".

4. *What Makes The Great Great, Dennis Kimbro*

This is one of my favorite books of all time. Dr. Kimbro also read Think and Grow Rich: A Black Choice. In this work Dr. Kimbro writes of the habits of successful people. It is motivational and inspirational. It is the kind of book you can draw inspiration from. I keep it near me as I work towards my goals and dreams.

5. *The African Origin of Civilization, Dr. Cheik Anta Diop*

This book settles the question from a scholarly perspective that Africa is the origin of civilization. For a people who have been conditioned that they are less than nothing. Black people who have been told that they have contributed nothing to civilization. According to Dr. Diop, it turns out we gave the world everything that civilization is built upon. It has been written that when Dr. Diop presented his thesis it was rejected. He took on the world of scholars and proved them wrong. This is not accepted fact. Black people are the architects of civilization. Every black man needs to know this and be able to internalize this

truth. I have read others of Dr. Diop's works. My other favorite is Civilization or Barbarism.

6. *Countering the Conspiracy to Destroy Black Boys, Jawanza Kunjufu*

This classic by Jawanza Kunjufu is a must read. In this book Dr. Kunjufu describes the forces that are at play that deter Black males from school by the fourth grade and provides the reader with the necessary tools to counteract these forces.

7. *The Souls of Black Folk, W.E.B. DuBois*

This is one of the first books I read on my quest for knowledge of self. Dr. DuBois analyzes the dual consciousness of Black people in America. This book gave me an in-depth understanding of the psychology of being Black in America.

8. *The Mis-Education of the Negro, Carter G. Woodson*

This classic work from Carter G. Woodson was my introduction to how black people in America have been brainwashed into believing they are inferior to white people. The cover art of a woman with a padlock on her head says it all. This book will help you to understand how much unlearning we need to do in order to move forward and be productive in our communities.

9. *Black Economics, Jawanza Kunjufu*

This book provides a basic introduction into economics and helps you to understand why it is important to buy black and support black businesses. It also explains how this is exactly what other communities do. How many of the businesses in your community actually give back to your community? Does the nail shop? Does the hair shop?

Probably not, the money you give them by supporting their businesses leaves your community (making it poorer) and goes to their communities making it richer. This book helps you to understand that dynamic.

10. *The Spirit of Man, Iyanla Van Zandt*

A wonderful introduction into spiritual principles for men from an African perspective.

11. *African Holistic Health, Llaila O. Africa*

Good health is a major part of any strategy for success. Black men need to understand the history of health as well as the consequences of the foods they consume. This book is exceptional because it not only gives the history of certain foods but it is a wonderful introduction to holistic health from a Black (African) perspective.

12. *African Origins of the Major Western Religions, Yusef ben-Jochannon*
(check spelling)

This is one of my all-time favorite books. This book does something that most black people refuse to do. What Dr. Ben does in this book is look at religion from a historical perspective. By looking at religion from a historical perspective he puts

Christianity in its proper context among world religions. Studying this book can be very liberating from a theological perspective.

13. *From the Browder File, Anthony Browder*

This is a brief work. A compilation of essays on many important aspects on Black culture

14. *Christianity Before Christ, John G. Jackson*

Most people, especially African Americans ACCEPT religion without researching the history of the religion they profess. This book is a HISTORY of how the religion came to be. For some who are looking for another way this is a great start to understanding many of the christian principles you may be struggling with.

15. *From Slavery to Freedom, John Hope Franklin*

A comprehensive history of Africans in America.

16. *Nutricide, Llaila O. Africa*

This is the follow-up from Llaila Africa. It is deeper information about what you should be eating and what you should be avoiding in terms of diet. It is also gives much information about how you can naturally heal many of the ailments that are prominent in the black community.

17. *Heal Thyself, Queen Afua*

This is a great book on herbal remedies and dietary changes you can make to lead a healthier, happier lives. All of the information is from a traditional African perspective.

18. *Stolen Legacy, George G. M. James*

This is another very important work. This book gives Africans their proper place in the lineage of knowledge. The main point of this book is that much of the knowledge that is attributed to the Greeks was actually knowledge learned from Africans.

19. *They Came Before Columbus, Ivan Van Sertima*

This was another one of my first reads. It should be required reading from all Black people in America. Dr.

Van Sertima makes the case that Africans had already been to America before Columbus or before any European.

20. *Malcolm X on Afro-American History, Malcolm X*

This is the book that started it all. This is a must read for all black people. Malcolm was the first black leader that I ever heard talk about slavery. It was the first time I heard an explanation for the plight of black people in America and it was very liberating. This book is a treasure trove of the books that led Malcolm to learn. I read this book and then I

read all of the books that Minister Malcolm referenced in
this short but important work.