



## A Race Is a Nice Thing to Have

A Guide to Being a White Person or Understanding the White Persons in Your Life

by Janet E. Helms



Non-Fiction - Self Help

106 Pages

Reviewed on 08/03/2021

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## Book Review

**Reviewed by Daniel D Staats for Readers' Favorite**

I have always thought that the question “What race are you?” was racist. But as Janet E. Helms explains in *A Race Is a Nice Thing to Have*, knowing your race and accepting it is essential. She explains how to be who you are without becoming racist. Janet examines the various stages of overcoming racist feelings and thoughts. She leads her readers from where they are to becoming non-racist. Reading Janet’s book will help many readers search deep in their hearts for hidden racist tendencies and change their negative approach to race relations. As the reader works through each set of exercises, they will learn more about themselves and how their core beliefs affect behavior.

Janet E. Helms has authored an exciting and challenging book in *A Race Is a Nice Thing to Have*. This book causes the reader to think and to think deeply. Janet writes in an academic style that takes time and concentration to understand. Some sections may need to be reread to draw the whole meaning from the words. The reader will take a close look at who they are. Janet writes as an instructor and teaches race relations in a didactic style. Janet’s goal is to uncover hidden racism and replace it with a proper understanding of race. She writes to help her audience to live a positive, non-racist life and become the type of person who welcomes diversity and knows that differences are a productive thing.