

Hope and Hard Pills to Swallow: Fighting for Black Lives



About the Book

In *Hope and Hard Pills to Swallow*, author and activist Brittany Packnett Cunningham takes readers on a journey through the complex and often

painful realities of fighting for Black lives in America. She shares her personal experiences as a Black woman and leader in the Black Lives Matter movement, offering a unique and insightful perspective on the challenges and triumphs of the movement.



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



Cunningham writes with honesty and vulnerability about the pain of losing loved ones to police violence, the frustration of fighting against systemic racism, and the hope that keeps her going. She also offers practical advice for how to be an ally to Black people and how to work towards racial justice.

Hope and Hard Pills to Swallow is a must-read for anyone who wants to understand the challenges and triumphs of the Black Lives Matter movement. It is a powerful and moving book that will leave you inspired and hopeful.

Praise for *Hope and Hard Pills to Swallow*

"Brittany Packnett Cunningham is one of the most important voices of our time. In *Hope and Hard Pills to Swallow*, she offers a powerful and moving account of the fight for Black lives in America. This book is a must-read for anyone who wants to understand the challenges and triumphs of the Black Lives Matter movement." — Ta-Nehisi Coates, author of *Between the World and Me*

"Brittany Packnett Cunningham is a brilliant writer and activist. In *Hope and Hard Pills to Swallow*, she shares her personal experiences and insights into the fight for Black lives in America. This book is a powerful and important contribution to the ongoing conversation about race and justice." — Ibram X. Kendi, author of *How to Be an Antiracist*

"*Hope and Hard Pills to Swallow* is a must-read for anyone who wants to understand the challenges and triumphs of the Black Lives Matter movement. Brittany Packnett Cunningham writes with honesty, vulnerability, and hope, offering a unique and insightful perspective on the fight for racial justice." — Alicia Garza, co-founder of Black Lives Matter

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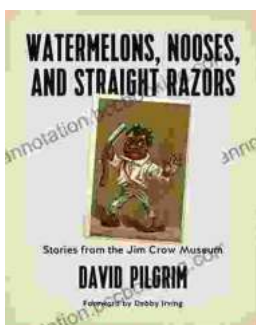
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