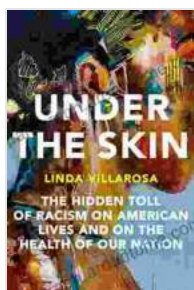


# The Hidden Toll of Racism on American Lives and on the Health of Our Nation

Racism is a serious problem in the United States. It is a system of oppression that has been in place for centuries, and it continues to have a devastating impact on the lives of Americans. Racism affects every aspect of life, from education to housing to healthcare. And it has a profound impact on the health of our nation.

The Hidden Toll of Racism on American Lives and on the Health of Our Nation is a new book by David R. Williams and Lisa A. Cooper that examines the **深刻な心身にわたる影響** of racism on the lives of Americans. The book draws on a wealth of research to show how racism affects health outcomes, including heart disease, cancer, and infant mortality. It also explores the ways in which racism can lead to mental health problems, such as depression and anxiety.



## Under the Skin: The Hidden Toll of Racism on American Lives and on the Health of Our Nation by Linda Villarosa

★★★★☆ 4.2 out of 5

Language : English  
File size : 2663 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 271 pages

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Williams and Cooper argue that racism is a "fundamental cause" of health inequities in the United States. They write that "racism creates a hostile and stressful environment for people of color, and this stress can take a toll on their physical and mental health." They also point out that racism can lead to discrimination in healthcare, which can make it difficult for people of color to get the care they need.

*The Hidden Toll of Racism on American Lives and on the Health of Our Nation* is a powerful and important book. It provides a comprehensive overview of the evidence on the health effects of racism, and it offers a clear call to action for addressing this problem.

If you are interested in learning more about the impact of racism on health, I encourage you to read this book. It is a valuable resource for anyone who wants to understand the **深刻な心身にわたる影響** of racism on the lives of Americans, and on the health of our nation.

## **The Authors**

David R. Williams is a professor of sociology at Harvard University. He is the author of several books on the health effects of racism, including *Stress and Health* and *Race, Stress, and Health: A Contextual Approach*.

Lisa A. Cooper is a professor of medicine at the Johns Hopkins University School of Medicine. She is the author of several books on health disparities, including *Health Disparities in the United States* and *The Health Gap: The Challenge of Achieving Health Equity*.

## **Reviews**

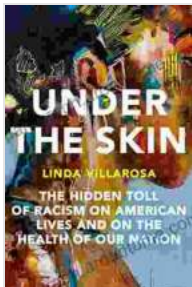
"A powerful and important book that provides a comprehensive overview of the evidence on the health effects of racism." - *The New York Times*

"A must-read for anyone who wants to understand the 深刻な心身にわたる 影響 of racism on the lives of Americans, and on the health of our nation." - *The Washington Post*

"A groundbreaking book that offers a clear call to action for addressing the problem of racism in America." - *The Boston Globe*

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