



Break Free from a Culture of White Supremacy and Discover Your True Worth

Get ready to look backward to see the truth of our history, inward to unlearn the lies we believe, and forward to work toward a bright, free future.”

—Danielle Coke, illustrator and activist

The systems of white supremacy have created norms, customs, values, beliefs, and standards that have taught that whiteness is better, whiteness is success, and whiteness is value—and unless you assimilate yourself to strive for whiteness, you are forever not good enough.

In *We'll All Be Free: How a Culture of White Supremacy Devalues Us and How We Can Reclaim Our True Worth* (Baker Books, July 2023), writer and speaker Caroline J. Sumlin reveals the force that keeps readers from freely expressing who they are as image bearers of God—a culture of white supremacy. Sumlin dissects the different ways white supremacy culture has led *all* of us—regardless of color, gender, or sexual orientation—to believe the inherent lie of self-unworthiness as it has attempted to destroy the minds and bodies of those who are Black, Indigenous, People of Color (BIPOC), as well as every other marginalized community.

With passion and compassion, Sumlin helps readers:

- see the wide-ranging and personal effects of living in a culture of white supremacy
- define the "root" cause of feelings of unworthiness
- dismantle oppressive structures that force them to conform
- identify damaging beliefs they internalize at a young age
- find clarity and freedom

We'll All Be Free:

How a Culture of White Supremacy Devalues Us and How We Can Reclaim Our True Worth

by Caroline J. Sumlin

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About the Author



Caroline J. Sumlin is a writer, speaker, and educator with a passion for helping all people to reclaim their self-worth and their humanity. A former foster child turned adoptee, Caroline brings awareness, healing, and liberation to the topics of toxic white supremacy culture, systemic injustice, mental health, faith reconstruction, and bold, purposeful living to her growing audience. She received her Bachelor of Arts degree from Howard University and resides with her husband and two daughters in Northern Virginia.

PRAISE for *We'll All Be Free*

"*We'll All Be Free* serves as a kind yet stirring reminder that there are no winners under white supremacy's weight. Throughout these pages, you'll find Caroline to be a comforter, cheerleader, and coach for the journey ahead. Get ready to look backward to see the truth of our history, inward to unlearn the lies we believe, and forward to work toward a bright, free future."

—**Danielle Coke**, illustrator and activist

"At several points throughout *We'll All Be Free*, I would pause and hover over a sentence, trying to memorize what Caroline had to say because I didn't want to simply highlight her words; I wanted to let her ideas and insights sink deep within, to continue to stir and challenge me long after I put the book down. Weaving her own story of adoption and trauma and pain, Caroline makes connections to concepts such as white supremacy culture in a fresh and compelling way. This book will help you understand not just what is broken in our racist and patriarchal society but how it connects to your own story. As a white woman and a recovering perfectionist, I am so grateful this book exists."

—**Jenny Booth Potter**, author of *Doing Nothing Is No Longer an Option*

"In *We'll All Be Free*, Caroline J. Sumlin writes 'For us to heal, to reclaim our worth, we must not only dig deep enough to discover the roots of our collective feelings of unworthiness but also dig deep enough to pull them all out together. . . . Remember, we cannot actively uproot a problem if we cannot find the roots to begin with.' Equal parts historical retelling, memoir, and roadmap, *We'll All Be Free* is one of a kind. Sumlin prompts readers to grasp at the roots of our own personal traumas and then draws explicit connections between feelings of unworthiness and the insidiousness of white supremacy culture, which has shaped each of us from our earliest memories. Sumlin asks all of us to uproot internalized feelings of inferiority and self-doubt within the context of the perfectionism and toxic bootstrapping of white supremacy culture. *We'll All Be Free* is both expansive and intimate; it is sweeping in its historical research and also breathtaking in its rawness and vulnerability. Sumlin's debut work is a must-read for . . . well, all of us."

—**Kate Slater, PhD**, racial justice scholar and educator

Sample Interview Questions for Caroline J. Sumlin

We'll All Be Free: How a Culture of White Supremacy Devalues Us and How We Can Reclaim Our True Worth

- Thanks for joining us! Will you tell us a little bit about your story and why you decided to write *We'll All Be Free*?
 - Define a culture of white supremacy. What are the roots of this ideology?
 - How did Jesus fight against these power structures?
 - Many of us can have feelings of unworthiness and have thoughts like "you're not good enough". Where do these toxic beliefs about ourselves come from?
 - In your book, you share several of your own stories about white supremacy culture. What was it like for you to open up in this way?
 - How did the industrial revolution and the American dream build systems of white supremacy?
 - Why do we need to get to the roots of our wounds to experience transformation?
 - In your book, you write about always striving to live up to a certain expectation for yourself—whether it was career, motherhood, or fitness. How did you fight this battle? What encouragement do you have for those of us who struggle with these same unrealistic standards?
 - What are some examples of standards of whiteness we have normalized in our culture?
 - List several of the most common toxic beliefs that we believe. How can we break free from them?
 - Adoption is often portrayed as a miracle story. Why is this idea flawed? How have you experienced it in your own life?
 - Many people who are fighting to dismantle white supremacy are trying to accomplish change *within* the system. Why doesn't this work? Why doesn't this lead to permanent change?
 - What are some ways we can push back this culture of white supremacy? How can we take part in the fight against this injustice?
 - If there is one part of this interview that you want our audience to remember, what would it be?
 - Where can our audience go to connect with you and purchase a copy of *We'll All Be Free: How a Culture of White Supremacy Devalues Us and How We Can Reclaim Our True Worth*?
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